MESSAGE FROM THE PRESIDENT

Dear Colleagues,

The WCPT congress of Geneva was a great success for the IOPTMH. The IOPTMH developed and attended different activities. The investment was more than worth. More and more colleagues become aware of the importance of attention for mental health in the generic physiotherapy service treatment and the available physiotherapeutic approaches for patients with mental health problems and common and severe disorders. A new interesting topic was the mental health of the physiotherapist. The EC thanks all the contributors for their involvement to put physiotherapy and mental health in the picture at the Geneva 2019 congress.

The Finnish subsection physiotherapy in mental health and the EC are now preparing a new highlight: the eighth IOPTMH conference from 12-14 May 2020 in Helsinki. The theme is “linking body and mind – the key to effective therapy”. Call for papers starts in September 2019. The IOPTMH proposed four Awards of a Bursary for Attendance at the IOPTMH Conference from low-income countries (see updates EC).

The EC is proud to present you the policy statement, which also is an important step in the development of our organisation.

This newsletter offers you further information about different activities related to mental health all over the world.

Many colleagues prepare for their annual holiday. The EC wish you and your family a sunny, relaxed and sorrow free holiday.

In behalf of the Executive Committee

Prof. Dr. Michel Probst, President of the IOPTMH
NEWS FROM THE EXECUTIVE COMMITTEE

Change of name

The international conference of physiotherapy in psychiatry and mental health (ICPPMH) will become the International Organization of Physiotherapy in Mental Health Conference (IOPTMH-conference).

The change occurred to minimize confusion caused by using different terms

General Meeting (GM) 13 May 2020

The EC of the IOPTMH announces that the eighth general meeting of the IOPTMH will be arranged at the eighth IOPTMH conference in Helsinki on May 13, 2020.

Constitution

The constitution is always available for all interested colleagues to read (see website www.icppmh.org). The Executive committee plans an update of the constitution. Suggestion are welcome until 1 September 2019.

Election 2018

The EC is encouraging member organizations to participate and to influence the future of the IOPTMH. In 2020, during the Helsinki IOPTMH-conference, two places on the Executive committee are up for election. Both President and VP positions are vacant at the next election.

All candidates must apply (with short CV related to mental health and a letter outlining motivation to join the EC) to the secretary the IOPTMH before the 1st of January 2020.

Application of the IOPTMH conference 2022 and 2024.

Guidelines Guidelines for hosting a Conference of the International Organization of Physical Therapy in Mental Health (WCPT-subgroup) are available on the website section Executive committee.
Interested colleagues can apply with a proposal letter and a rough plan before the 1st September 2019 for the ninth conference of the IOPTMH in 2022 and before the 1st September 2021 for the tenth conference of the IOPTMH in 2024. The applicant must be a member of WCPT.

Award of a Bursary by IOPTMH for Attendance at the IOPTMH Conference

The award is open to all physiotherapists working in low income Member Countries of WCPT wishing to attend a Biennial IOPTMH Conference. The award is intended as a contribution towards registration fees and travel expenses, up to a maximum of 500 euro. For more information consult the executive committee.

Policy statement: the role of physical therapists within mental health and psychiatry.

The policy statement: the role of physical therapists within the mental health and psychiatry is now finalised. The document can be consulted on the IOPTMH website section executive committee. The document will be reviewed in the period 2020-2022. All reactions are welcome by the secretary.

Communication

Newsletter June 2019

The EC emphasizes that information for the newsletter can be sent to the secretary. This is an important channel to show our colleagues what is going on in the field of physiotherapy in mental health. For the Newsletter in November all text are welcome before the first of November. Please avoid long text.
**Facebook**

Many thanks to our Greek representatives for creating the IOPTMH Facebook page.


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**WCPT CONFERENCE IN GENEVA 2019**

WCPT was a busy time for IOPTMH and its members. Activities we were involved with are listed below.

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### Activities of the IOPTMH at the WCPT conference Geneva 2019

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<thead>
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<th>Event</th>
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<td>General meeting of the WCPT, 8 &amp; 9 May 2020</td>
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<td>Swiss welcoming reception, 8 May 2020</td>
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<td>7th IOPTMH General meeting, 10 May 2020</td>
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<td>Opening Ceremony of WCPT conference &amp; welcoming reception, 10 May</td>
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<td>Networking session: Mental Health, 12 May 2020</td>
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<td>Meeting with the subgroups of the WCPT, 12 May</td>
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<td>Visiting posters related to Mental Health, 11-13 May</td>
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<td>Closing Ceremony, 13 May</td>
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Other activities:

- Discussion session hosted by Cristina Staub, IOPTMH delegate of Switzerland “Why sleep matters”
- Michel Probst participated in the panel: Paediatrics: Transition to adult services chaired by Sheree York and Nora Shields
Plenary platform session Mental Health: Chaired by Michel Probst included

Networking sessions:

- **Health promotion** with Cristina Staub, IOPTMH delegate of Switzerland
- **Mental health** organized by the IOPTMH. 50 colleagues from 26 countries attended. Colleagues received some questions to discuss during the round table. The questions were:
  - Why should physiotherapists have an education in mental health?
  - The integration of psychological therapies (e.g. cognitive behavioural therapy) into physiotherapy practice: sense or non-sense?
  - Why do we need physiotherapists in mental health?
  - Mental health physiotherapy outside of psychiatry: really?
  - What is mental health and mental health problems?

Focused symposium Mental health (livestreamed):

About 400 delegates attended the focused symposium mental health chaired by Michel Probst and organised by the IOPTMH. Speakers were:

- Brendon Stubbs, PT, PhD.: Physical activity for the prevention and management of mental illness: an umbrella review of the evidence and implications for physiotherapy”.
- Lene Nyboe, PT, PhD.: Effect of Basic Body Awareness Therapy in patients with work-related post traumatic stress disorders
- Emanuel Brunner, PT, PhD.: Physiotherapists’ ability to identify and address psychological factors in patients with chronic low back pain
- Jo Connaughton, PT, PhD.: The perceived benefits of students undertaking Mental Health First Aid training prior to undertaking clinical placements.
• **IOPTMH poster award at the WCPT Geneva Congress 2020.** A jury of experts appointed by the EC reviewed and chose the best poster related to physiotherapy in mental health. The winner was announced at the opening ceremony and congratulated at the closing ceremony. The winner is Helena Pepa from Sweden (Swedish association of physiotherapy, Stockholm) and Raija Lenné (Karolinska instituut, Stockholm) with the poster titled physical activity and physiotherapy as prevention and treatment for mental health. A national project. Congratulations!

Photo: Helena Pepa, Michel Probst, Merja Sallinen, Emanuel Brunner and Jo Connaughton.

**WCPT CONGRESS 2021 IN DUBAI, HOSTED BY THE EMIRATES PHYSIOTHERAPY SOCIETY**

Dubai offers the chance for the global physical therapy community to meet in a destination that links Europe, Asia and Africa,” says Emma Stokes, president of the WCPT

Dubai is the largest and most populous city in the United Arab Emirates, located on the southeast coast of the Persian Gulf. The WCPT Congress will welcome more than 2,000 physical therapists to a city known for its striking skyline and cutting-edge architecture, delivering a world-class scientific programme featuring the latest research, innovations and debate.

**IOPTMH CONFERENCE 2020**

**THE 8th INTERNATIONAL CONFERENCE OF PHYSIOTHERAPY IN PSYCHIATRY AND MENTAL HEALTH**

May 12-14, 2020
Scandic Marina Congress Center, Helsinki, Finland

Registration and Abstract submission to ICPPMH 2020 will open on September, 2019. 
https://www.icppmh2020.com/
Facebook: Icppmh 2020 https://www.facebook.com/events/193784047906249/
European Association for Mental Health in Intellectual Disability

Every two years the European Association for Mental Health in Intellectual Disability organizes a congress for its members and interested stakeholders. The topic of the 12th congress (which took place in Barcelona, 23–25 May 2019) was “Working Together: the mental wellbeing of people with intellectual disabilities and their families in their communities”. This meeting again gave an optimal opportunity to facilitate international cooperation and exchange of knowledge and experience in the field of mental health focusing on people with cognitive impairments. Ursula Danner (an Austrian physiotherapist) participated and presented a study about the “Reliability of the Awareness Body Chart Test in People with Bipolar Disorder”.

The next EAMHID-Congress will take place from 23.09.2021 to 25.09.2021 in Berlin, Germany. Also physiotherapists are welcome and invited to share their experiences and research results!!! Photo: Ursula Danner at the EAMHID conference 2019.

Scientific prize

"2019 Susanne Klein-Vogelbach-Prize for the Research of Human Movement".

The Susanne Klein-Vogelbach-Prize exists in its 20th year and will be awarded to researchers in neuroscience, orthopedics and associated sciences whose work is oriented to a better understanding of the underlying principles of human movement and its rehabilitation.

Movement in this context is not restricted to locomotion, it rather covers all kinds of muscular induced human movement including mime and music. The Foundation invites authors who have published a scientific paper in this area within the last two years - or whose paper has been accepted for publication - to apply for the prize.

The Klein-Vogelbach-Prize is endowed with 10,000 CHF (Swiss Francs). In addition to this price, outstanding publications in physical therapy may be submitted for a special award, which will be endowed with 2,000 CHF (Swiss Franks).

The concept of functional kinetics developed by Dr. h. c. Susanne Klein-Vogelbach(1909 - 1996) has gained great impact on the analysis of normal human movement and on the rehabilitation of impaired movement after traumatic injuries or neurological diseases. Her concept has found wide international acceptance. The deadline for submitting your application is October 1, 2019. Please consult www.kv-award.de for further details. English papers are preferred.

Klein-Vogelbach Special Award 2018

Emanuel Brunner and his co-authors received the Klein-Vogelbach Special Award 2018 for their study, which was published in Physical Therapy (PubMed).

In their study, Emanuel Brunner, Wim Dankaerts, André Meichtry & Michel Probst investigated how physiotherapists identify psychological factors associated with chronic low back pain (CLBP). Furthermore, the study explored the influence of patient’s psychological factors on physiotherapist’s self-reported competence to manage each patient with CLBP.
Results revealed that physiotherapists have difficulties assessing psychological factors in CLBP practice. Interestingly, patient-rated psychological distress at baseline was identified as a negative predictor of physiotherapists’ self-reported competence in managing the patient with CLBP. In other words, physiotherapist perception of their own competence to manage the patient was lowest in patients with high levels of distress.

These findings support the claim that physiotherapists should receive sufficient psychological training to embed psychological perspectives in their clinical practice.

**INTERESTING WEBSITES AND ARTICLE**

An interesting article: [https://www.sciencedirect.com/science/article/pii/S0924933818301391](https://www.sciencedirect.com/science/article/pii/S0924933818301391)

**NEWS FROM AUSTRALIA**

Australia is a big country and organizing professional development sessions for people thousands of kilometers apart is a challenge. The still very young Australian Physiotherapy Association Mental Health special interest group has grown enough that we are now developing chapters in each of our states. This means that each region will now organize education sessions for members in their state. Many of these sessions are co-hosted with another special interest group. For example Queensland has recently hosted and event in conjunction with the
Qld Pain group where Dr Jenny Setchell talked about the complexities of our therapeutic interventions and relationships including political, ethical, moral, philosophical and existential elements.

The West Australian chapter will co-host an event later in 2019 with the cardiorespiratory group looking at the connections with COPD and Anxiety.

For the first time the APA National Conference is offering the Mental Health Group the opportunity to run a pre-conference workshop and host its own stream session on Mental Health. The one-day workshop will be conducted in two parts. The first is entitled *Mindfulness for physiotherapists* and the second is run in conjunction with the APA National disability group looking at communication and engagement with people with disability.

**NEWS FROM BELGIUM**

6 & 7 May Marlene Houmann, PT in Denmark, gave a workshop BBAUM, *Beroligende Behandling til Adfærdsforstyrrede og Urolige Mennesker* (Soothing Treatment for Disturbed and Restless People) Calming treatment for people with behavioral/psychiatric symptoms. *Developed specifically for people with dementia at the KU Leuven, department of Rehabilitation Sciences.*

*University psychiatric center KU Leuven, campus Kortenberg, Belgium*

Christina Staub, PT, PhD (CH) presented the 26th December “Sleep: A Pillar of Power – rather with Pillows than with Pills” at the KU Leuven, Department of Rehabilitation Sciences. She presented a presentation “Physiotherapy and sleep” at the Belgian Association of physiotherapy (AXXON) the 27th of November 2018

Emanuel Brunner presented a presentation the 10 an 11th of December at the KU Leuven, Department rehabilitation Sciences, English program physiotherapy “Therapeutic Attitudes and Basic Communication” and second master physiotherapy major mental health “treatment of complex pain disorder”
NEWS FROM COLOMBIA

Pictured are the participants at the course “Diploma in Physiotherapy in mental health” which started on April 26th 2019 supported by the IOPTMH, ASCOFI and the Columbian school of Rehabilitation in Bogota.

Alma Viviana Silva a Colombian Physiotherapists studying in Australia shares her research on psychological interventions delivered by physiotherapists for musculoskeletal conditions, https://bodyinmind.org/psychological-interventions-physiotherapy/

NEWS FROM DENMARK

The Danish subgroup in mental health has changed their name from Danish Society in Psychiatric and Psychosomatic Physical Therapy to Danish Society of Physical Therapy in Psychiatry and Mental Health

NEWS FROM FINLAND

On 20.-21.9.2019 is the amazing 25 years celebratory conference in Helsinki. You can read more (in Finnish) at http://psyfy.net/psyfy-25-vuotta-juhlakonferenssi/

The Finnish Association started the year with new board and get to gether with our members in historical mental health hospital Kellokosken sairaala. Pictured to the left are Raija Jaakkola (left) who was announced as an honoured member and member of the year was Päivi Ahonen (right). Pictured to the right are our new board members, (from top left: Marjaana Haverinen, chair of the board Tanja Balk, Tiina Tikkanen, Kirsti Niskala. From bottom left: Hertta Hynninen, Annina Lahti, Hannele Laitinen and Netta Viitala.)

This northern hemisphere spring the Finnish Association of Physiotherapists magazine had the theme about body and mind. Also next autumn Finnish Association of Physiotherapists and PSYFY with all the other physiotherapy associations take a tour all around Finland in 15-18 places. Theme of the tour is body and mind, ”Feeling or symptom?”.

NEWS FROM GREECE

The Annual conference of the Greek association of physiotherapy in mental health was held on the 16th of March 2019. The IOPTMH supported this conference.

The IOPTMH congratulates the Greek association of physiotherapy in mental health for their multiple efforts to offer appropriate care to a specific vulnerable but growing group in society. With this initiative, the Greek association support the IOPTMH-statement that “mental health is all physio’s business”

With “specialized physiotherapy intervention in generalized anxiety disorders” the scientific section of physiotherapy in mental health scores a bull’s-eye and offers an up-to-date theme which is important to underline, not only to our patients and colleagues but also to medical doctors, psychologists and policy makers.

Other activities in Greece included

- **World Physiotherapy Day 2018**: translation, adaptation to Greek & disposal of the relevant material by WCPT. (to citizens and physiotherapists). Press conference on physiotherapy in mental health
- Consultancy services for the suitability of exercise and active participation of our members in 1st European Sport Event in Mental Health 21, 22 & September 23, 2018 at Athens
- **World Mental Health Day 2018**: Representation of the scientific section "Physiotherapy in Mental Health" at the official meeting of the Hellenic Psychiatric Society at the University of Athens Academy, from the Coordinator prof. Stavros Stathopoulos and the Public Relations Officer Mitsikaris Georgios
- On Monday 18/2/2019 a meeting was held at the offices of the Greek Psychiatric Society between their chairman prof Ploumbidis and our Coordinator prof Stathopoulos. The meeting was fruitful and productive and the following were decided:
  - submission of a joint written request to the competent authorities for amendment of the Ministerial Decision for permission to the psychiatrists to prescribe physiotherapy sessions for the state insured persons
  - codification / implementation in Greek of the recent guidelines of the European Psychiatric Association on the role of physiotherapy in mental health.
  - issue & submit jointly to the National Health Council the protocols for mental health therapeutic exercise programs
  - participation of physiotherapists in relevant interdisciplinary working groups of Greek Psychiatric Society
• supporting by theme of the Greece’s candidacy as the host country of the world conference of Physiotherapy in mental health in 2022

• **The 2nd scientific conference** on "Specialized Physiotherapy intervention in generalized anxiety disorder" in Athens on **16 March 2019** for the first time in a conference in Greece under the auspice of: IOPTMH, Greek Psychiatric Society and the General Secretary of the Greek Ministry of Health.

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**NEWS FROM ICELAND**

The board edited two issues of the Icelandic journal of physiotherapy. In the second issue we gave a report of the ICPPMH, held in Reykjavik in April 2018. Four of the articles were based on lectures from the conference. Both Journals also include related articles by Icelandic physiotherapists.

Three members of our group gave lectures on the following this semester:

- Physio Flow
- Hakomi-method and therapy
- BBAT – introduction and practical lesson

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**NEWS FROM THE NETHERLANDS**

The Dutch psychosomatic physiotherapists choose a new president. The IOPTMH wish Thirza Douglas success with her new task. The IOPTMH thanks Mathijs Rumke for his involvement and his contribution during the different general meetings.

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**NEWS FROM MEXICO**

8 - 9 June 2020: Las emociones y el cuerpo by M Magos. (see flyer)

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**NEWS FROM NORWAY**

Norway will host an international conference that will show both Norwegian psychomotor physiotherapy and other bodily approaches in physical therapy in mental health. Follow this link to find out more.

[https://summeruniversity.no/program/](https://summeruniversity.no/program/)
NEWS FROM SPAIN

CLINICAL MASTER OF PHYSIOTHERAPY IN
BASIC BODY AWARENESS METHODOLOGY
(BBAM) 60 ECTS

University of Almeria (UAL), Spain
A post-graduate education for English-speaking physiotherapists

WELCOME to University of Almeria, Spain
building an international network, meeting physiotherapy colleagues with interest in mental health, providing deepen insight in human movement.
Application: from spring 2019. BBAM 2020 starts second week of January 2020
Background Information: http://fisioterapia.san.mastertbbam.htm

Profile
Basic Body Awareness Therapy (BBAT) is accepted in Physiotherapy during 40 years, represents a humanistic approach to human movement, psychiatry and mental health care, resting on 30 years of research. Basic Body Awareness Methodology (BBAM) is the name of the education. The master program provides qualification in BBAT, developing movement-awareness and skills in basic movement principles, including a multi-perspective approach to promote movement quality. The programme provides theory, skill training, clinical practice and clinical projects, providing research methodology, introduction to multifactorial health problems and psychiatric diseases and therapeutic approaches, Salutogenesis, Movement Science.

Block 1: Two weeks February 2020
Block 2: Two weeks June 2020
Block 3: One week December 2020

Target Group
The study programme is designed for physiotherapists who work with people suffering from long-lasting muscle-skeletal problems, balance problems, psychiatric illness, psycho-somatic problems, long-lasting pain, life-style problems, eating disorders, violence and sexual abuse. The education is for Physiotherapists who want to develop personal and professional within the field.

Organization
The clinical master in BBAM is a 1 year, full-time education, with 3 obligatory block-periods at University of Almeria, Almeria, Spain, in total 5 weeks. Accordingly, there are three intensive periods of self-study in between the block-periods including obligatory online group-work, (i) clinical practice in individual-and group therapeutic settings, (ii) self-training in basic movement principles, study of theory, (iii) written assignments and (iv) project-work, supervised by teachers at University of Almeria.

Self-study (i): Between Block 1 and Block 2, 4 months Clinical Practice: Focus on Individual intervention of BBAT
Self-study (ii): Between Block 2 and Block 3, 4 months Clinical practice: Focus on Group intervention of BBAT

A Learning Modell for Movement Quality
The education introduces a new pedagogical model for learning the skill of promoting movement quality through movement awareness. The learning includes tools for systematic evaluation, the Body Awareness Rating Scale – Movement Quality and Experience (BARS-MQE), and the treatment program for individual and group-intervention in BBAT. BBAM is evidence- and experience based.

Basic Body Awareness Therapy (BBAT)
The movement awareness program includes simple and soft movements from daily life, lying, sitting, standing, walking, use of the voice, relational movements and massage. The program offers training situations for promoting healthy resources through movement: personal, cultural and existential. Therapeutic talk and reflection is integrated. The BBAT offers a strategy to make the physiotherapist as well as the patient/client equipped to handle life more ably.

2018: Physiotherapists from Mexico (1), Colombia (3), Chile (1), France (1), Italy (2), Spain (3), Finland (2), Denmark (1)

Fee for Study Program Almeria 2020. in EURO 2.700 €
Contact:
Daniel Catalán-Matamoros, dcatalan@ual.es
Remedios Lopez Lina, liareme@hotmail.com
Liv Helva Stjernven, lhes@hvl.no
NEWS FROM OTHER COUNTRIES

NEWS FROM CHILE

On 30th November 2020 our colleagues in Santiago de Chile have organised a conference concerning physiotherapy and mental health.

The University Los Andes, Department Kinesiology are preparing a post graduate course in physiotherapy in mental health.

NEWS FROM GUATEMALA

Our colleague Maria Eugenia de Leon from Guatemala organised with the support of the IOPTMH a two day conference (23-24 March 2018) concerning physiotherapy in mental health.

NEWS FROM PORTUGAL

Announcement of the International congress in geriatric and mental health in Mealhada, Portugal, 19 June 2020. For more information consult: www.replicar-congress.org

PHD’S IN PHYSIOTHERAPY RELATED TO MENTAL HEALTH

Phd Physiotherapy in mental health

Astrid Kathrein (Austria)

Abstract of the doctoral thesis *Going into balance – a model of personal developmental pathways out of eating disorder* (Astrid Kathrein)

Eating disorders such as anorexia nervosa and bulimia nervosa affect women rather than men and come with great restrictions in daily life. The mortality rate of those...
affected is higher compared to non-afflicted persons of the same age and sex and is generally one of the highest among people with mental disorders. This illness is often chronic and the therapeutic outcome is still poor. Therefore, the main question of this thesis is whether it is possible to overcome an eating disorder and, if so, how. The concept of self-realization will be discussed in this thesis, as will its characteristics, being aware of and deploying one’s abilities and wishes, as those affected by the illness often try to fulfill other people’s expectations and aim for perfection. Other topics explored are personal growth through experiencing an eating disorder – including changes in the relationship to oneself, in the relationships to others, in the relationship to life – as well as positive influences on the recovery process in everyday life and therapy. To investigate these topics, the narratives of 23 adult women who have overcome an eating disorder were analyzed based on Grounded Theory. This analysis resulted in a model of personal developmental pathways out of eating disorder (Modell zu persönlichen Entwick-lungswegen aus der Essstörung) with balance (Gleichgewicht) as the core category.

Coping, rather than the absence of difficulties with eating, weight and other concerns, is an essential characteristic of balance and thus of overcoming an eating disorder. Hence, overcoming is a transformation in the person, not the return to an earlier and asymptomatic state, although the absence of symptoms is the central criterion for recovery in research and clinical practice. In the relationship to oneself, transformation includes self-approximation, meaning being a friend to oneself, and stability when it comes to stressful influences. In the context of overcoming an eating disorder, well-being and following one’s wishes and visions become more important than fulfilling others’ expectations. Yet, it can be difficult to distance oneself from ideals prevalent in one’s environment and society, especially concerning perfectionism and body image, and therefore to define and live according to one's standard. Being judged by these ideals, instead of being accepted as an individual, contributes to the onset and advance of the disease to a great extent, as do developmental challenges, stressful life events and environmental influences. Transformation also includes greater trust in others, especially in regard to talking about the eating disorder, and building deep relationships. Moreover, the women more strongly appreciate life and their surviving the illness, and they experience their existence as being more enjoyable. Aspects that help to find the personal developmental pathway into balance replace the eating disorder's function for the concerned individual – stabilization, protection, and/or nonverbal language. Some aspects which are considered as particularly helpful are caring for oneself; closeness and appreciation in relationships to others (or distancing oneself when necessary); as well as therapeutic support for the concerned person and for their family and friends.

NEW BOOKS

Basic body awareness therapy

- **Publisher:** Vulkan (2018)
- **ISBN-10:** 9188809587
- **ISBN-13:** 978-9188809582

Many people suffer from chronic pain. Life-style and life-situation-related problems are increasing in society, resulting in growing estrangement, alienation and existential vacuity in both young and old. Mental illness is growing. Basic Body Awareness Therapy (BBAT) is a treatment method where the body and movements are the starting point for improved health. The focus is to strengthen health resources and health potential in each human being and thereby increase empowerment, physical function, activity and participation. In BBAT, everyday movements, Western therapeutic met-hods, and movements inspired by Tai chi to improve balance, stability and movement quality are used. The method includes biomedical, physiological, psycho-socio-cultural and existential perspectives. The movements are simple and integrated with breathing. In the first part of this book, the reader meets Anna, a stressed woman with pains in her
body, anxiety, and relationship problems. The authors let you take part in her therapy process with BBAT. In the next part of the book, theories are presented which are important for understanding the BBAT method. Furthermore, research and knowledge from the areas of postural control/stability, body image, attachment, mindfulness, pedagogy, touch, sexuality and an existential philosophy viewpoint, are presented. In the third and final part of the book, several central BBAT movements in lying, sitting, standing and walking are presented. The book is intended for health professionals, but also targets an audience who are interested in their own development and health.

Manual de boas practicas em atividade fisica na doença mental grave? (Good Practices Manual on Physical Activity and Severe Mental Illness)

- Rui Corredeira and Tania Bastos (Eds.);
- U Porto: editor FADEUP
- ISBN: 9789728687786

Part I - "Mental Health on the MOVE" project: promotion of physical activity in severe mental illness
Part II - What is a healthy physical activity practice?
Part III - Physical activity in outdoor environments
Part IV - An active and healthy daily life
Part V - Psychological strategies to improve adherence to regular physical activity

Summary of the book:
The Good Practices Manual on Physical Activity and Severe Mental Illness is addressed to patients and their families, as well as to members of the rehabilitation teams. This edition aims to increase the knowledge about the benefits of regular physical activity in the population with severe mental illness providing suggestions and guidelines on how to implement an healthy practice. At the same time, this book represents a contribution to fight the sedentary lifestyle of this population.

THE EXECUTIVE COMMITTEE 2018-2019

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