



THE INTERNATIONAL ORGANISATION OF PHYSICAL THERAPY IN MENTAL HEALTH

NEWSLETTER MAY 2020

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Ed: J Connaughton



Message from the President

Dear Colleagues,

In our last newsletter (November 2019), we mentioned “2020 will be a special year”. Twenty-twenty will always be remembered as a special year, but unfortunately, not in the sense we expected. We are confronted with strange situations: lockdowns, closed borders, social distancing, new (temporarily) limiting rules, a digital society,

We feel optimistic about the near future but based on the information provided to us by the scientific experts, it will take time before a certain normalization will return to our daily lives. As healthcare professionals, physiotherapists want to offer every patient, young or old, the best possible care. The WCPT provides a lot of information on their website about how to handle patients with the COVID-19.

This COVID-19 pandemic has a huge impact on our lives and on the functioning of many organizations worldwide. The IOPTMH was forced to postpone the biennial conference in Helsinki as well as our general meeting until 2021. The WCPT meeting for the chairs of the subgroups and the 2nd Conference in America Continent were also postponed. With the lockdown, international contacts have been reduced to zero. Fortunately, we have a choice of extensive social media options which have alleviated the challenges.

Every incident also offers opportunities and it is our duty in this uncomfortable situation as a professional health care provider to have a positive attitude. We represent or we are members of national and international networks, which means that in these times we must continue to convey and support the broader idea of integration, and solidarity.

Mental health is an important issue in our society. Everybody is aware of the impact on wellbeing and mental health that this infection and the necessary restrictions related to controlling its spread are having on health care professionals and all people. People become more aware of their life, their self, their movements, their body and their environment.

The importance of exercises to stay healthy is being reinforced. Everyone is looking for a balance of who we are, what we do and what we want here and now. Today, mental health, awareness and exercises are important concepts to stay healthy. These concepts are also the key elements of physiotherapists working in the field of

mental health.

With this newsletter, we want to keep in touch with all our interested colleagues worldwide, we want to keep you informed about past and upcoming activities in the world of physiotherapy and mental health.

Keep your spirits up, even in these special circumstances. Take good care of yourself, show understanding for your patients, your students and support each other.

Stay healthy, safe and active

Sincerely yours,

Prof. Dr. Michel Probst, President of the IOPTMH

8TH INTERNATIONAL CONFERENCE OF PHYSIOTHERAPY



LINKING BODY AND MIND - THE KEY TO EFFECTIVE PHYSIOTHERAPY

RESCHEDULED TO FEBRUARY 2021.

Welcome to Helsinki – 8.-10. February 2021

In light of the recent developments surrounding the Covid-19 virus, the organizing committee of the ICPPMH Congress in Helsinki has decided to postpone the ICPPMH 2020 congress. We do not want to put our speakers and attendees at risk. Moreover, travel restrictions have been put in place for several countries and regions, it has already become practically impossible for many attendees to travel to Finland.

As Chair of ICPPMH 2020 Organising Committee and on behalf of the Finnish Association of Psychophysical Physiotherapy it is my great pleasure to welcome you all to the 8th International Conference of Physiotherapy in Psychiatry and Mental Health in Helsinki, Finland in February 2021.

This is the biannual conference of the International Organisation of Physical Therapy in Mental Health (IOPTMH): <http://www.ioptmh.org/>

The theme of this year, Linking Body and Mind - the Key to Effective Physiotherapy, highlights the direction of the physiotherapy field and research around the world. How can this new research and knowledge be implemented into clinical work?

Physiotherapy in mental health is person centered and process-related work. We as physiotherapists study and work with the moving and living body. We study the movement quality, reflect the movements and promote new movement opportunities to our patients.

Do we support or suppress patients willingness to move? We need to meet and treat the whole person, not just one body part. We can't just do "tricks". We need to include something more, and that something is presence.

We work in a world where depression, anxiety and chronic pain are increasing. What do we know about the evolution of mind and body, i.e. why do we have emotions like depression or anxiety, or why is pain an important sensation? We face many kinds of new challenges that science cannot yet explain. We work with patients with different types of functional disorders, unexplained pain, traumatizing backgrounds etc.

Unfortunately we have to approach and work with the ugly parts of life too. For example, the after effects of school shootings, wars, torture and exile on the person. Not to mention the aftermath of a global pandemic. We need to consider the body as well as the mind when treating these people. Today we know that all the feelings and emotions are bodily experienced. Facing these issues daily at work, it's truly important also to take care of ourselves as professionals.

The conference provides a forum for physiotherapists to meet and share knowledge of education, research, clinical practice, and to discuss important professional issues within the field of Physiotherapy in Psychiatry and Mental Health.



You are all warmly welcome to Finland in February 2021!

Tanja Balk



EUROPEAN REGION

World Confederation
for Physical Therapy

IOPTMH is waiting information as to whether this conference is going ahead or not.

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.



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II Congreso Americano de Fisioterapia en Salud Mental

Inscribirse aquí

Armenia (Quindío) - Colombia, 24-25 y 26 de Septiembre de 2020

La Confederación Mundial de Fisioterapia (WCPT, por sus siglas en inglés) ha definido la Fisioterapia en Salud Mental (FSM) como una especialidad de la fisioterapia y kinesiología que abarca un amplio número de técnicas dirigidas directamente a intervenir los problemas y trastornos mentales y psicosomáticos, así como, trastornos musculoesqueléticos de larga duración y dolor crónico.

Al ser un campo emergente son muchos los **RETOS** que tenemos como Fisioterapeutas y kinesiólogos:

- Posicionar la profesión como un área indispensable en los equipos de salud mental.
- Aplicar estrategias de promoción, prevención, terapéutica, de rehabilitación e inclusión, que nos permitan ser altamente resolutivos en el campo de la salud mental.
- Realizar una intervención terapéutica fundamentada en la evaluación, diagnóstico, tratamiento y seguimiento que posibiliten una intervención de calidad basada en la evidencia.
- Fortalecer la formación del Fisioterapeuta/Kinesiólogo en el campo de la Salud Mental.

Por esto, aunque la evidencia científica apenas empieza a ser difundida, la experiencia de colegas en diferentes latitudes ha demostrado la importancia del trabajo de Fisioterapia y kinesiología en la Salud Mental, y el impacto que tiene en procesos de prácticas saludables, y en la recuperación de personas que presentan algún trastorno de origen físico, emocional o mental.

The second American conference of physiotherapy in Mental health was planned in Armenia (Colombia) in September 2020. Due to the Corona Crisis, conference was postponed. The IOPTMH will inform you about the new date.

See introduction video: <https://congresofsmcol.com/>



8th Qatar International Psychiatry and Mental Health Conference

“Integrating Physical and Mental Health”

5 to 7 December 2019
Sheraton Grand Doha Resort and Convention Hotel

The president of the IOPTMH was invited to give a key lecture ‘Physical Activity: The Bridge between Physical and Mental Health’ at the 8th Qatar International

psychiatry and mental health conference. He has during the conference many contacts with colleagues working in the field of mental health. He visited also the main center of mental health in Doha.



NEW MEMBER ELECT COUNTRIES

Welcome to our three newest member elect countries.

- Physiotherapy Mental Health Bangladesh
- Chilean Scientific Society of Physiotherapists in Mental Health/ Sociedad Científica Chilena de Kinesiología en Salud Mental (SOKISAM).
- Physiotherapy in Mental Health New Zealand

At the next IOPTMH General meeting a vote will be taken to endorse these member elect countries to full member countries. We look forward to welcoming you to IOPTMH.

We invite all other countries interested in joining IOPTMH to contact the President Prof Michel Probst michel.probst@kuleuven.be or Secretary Jo Connaughton joanne.connaughton@nd.edu.au for information about the process.

NEWS FROM AUSTRALIA

Australia continues to grow the Australian Physiotherapy Association (APA) Mental Health Group. All 6 States now have a State Chapter of the Group. Queensland, South Australia, Victoria and Western Australia have started providing Professional Development sessions for members while New South Wales and Tasmania are working towards this.

Along with COVID-19 many parts of Australia were impacted by devastating bushfires in late 2019 and early 2020. Prior to the COVID-19 pandemic the APA invited the Mental Health group to record an e-talk aimed at helping physiotherapists to recognise signs that suggest their patient may not be coping and outline what they can do to assist them in both the short and long term. This includes adapting their approach and communication with the patient as well as modifying physiotherapy treatment to accommodate symptoms of anxiety or depression. It also includes referring the person to appropriate professional help.

Once social distancing and quarantining was introduced to manage COVID-19 the APA asked for a second e talk. This one covers looking after yourself during times of stress and worry.

The National group has also been invited to write an article for the APA Inmotion magazine's regular *5facts* feature. In the May edition the mental health group will identify 5 facts about looking after yourself and your patients during the pandemic.

In late 2019, Dr Brendon Stubbs delivered an invited talk in Brisbane at the Mind-Body conference and a talk at the Metro Addiction and Mental Health service.



NEWS FROM AUSTRIA

Advanced courses in Mental Health Physiotherapy



In the last years, advanced courses in Mental Health Physiotherapy (PTMH) have been developed in cooperation with the Austrian physiotherapy association. From 2021, they will form a theoretical and practical basis contributing to the ongoing professionalization of PTMH in Austria. The series consists of four courses, namely an introductory seminar (3 days), a clinical-practical deepening course focusing on assessment and examination (2.5 days), a course focusing on severely mental ill persons (2 days) and a course focusing on more stable or neurotic patients (2 days). A final exam can be taken optionally, in order to get a certificate for completing the course series. The courses are taught by Stefan Perner (Austria) and Kirsten Ekerholt (Norway).



NEWS FROM COLOMBIA

Colombia's FSMC mental health physiotherapy group has made reflections on the effects of the pandemic, as a contribution to the approach and role of the physiotherapist in the current context. To this end, with the support of Ft Omar Morelos, a video was built in which the members of the FSMC group participated, whose message invites reflection, care and how to cope with the difficult situation. In the same sense it supported the messages structure with similar contents of the hand of the American Network of Physical therapy in Mental health (RAFISAM). Under the leadership of Physiotherapist Alejandra Bojacá, the group has participated in trade union activities "Physiotherapy Colombia" to support the national accompaniment strategy to our colleagues. The strategy consists of AN ACTIVE LISTENING program for which the MD psychiatrist Alfonso Rodríguez of Colombia and the physiotherapist Giuseppe Daverio of Italy have been supported. Two webinars have been conducted as a previous one, one active listening and one on mental health with RAFISAM with translation support in Portuguese. With the network, writings have been provided for the fourth volume of the gazette led by Brazil, It presents experiences of academic reflections of training on mental health physiotherapy from the University of the CES by Sandra Milena Hincapie and Ana María Arias and the Colombian School of Rehabilitation by a group of teachers. A reflection paper on the role of physiotherapy and Covine-19 by Liliana Guarín is presented.

On the other hand, each member of the group in with his personal works has made valuable contributions such as accompanying institutionalized older people, giving virtual accompaniment to people who require therapeutic intervention, have shared audios of body consciousness exercises, government programs to intervene addictions, accompaniment of students of physiotherapy and something very important the Physiotherapist Salam Gómez in conjunction with the psychiatrist Alfonso Rodríguez have made an impact on the public policy of mental health of Colombia and La Ft Karim Alvis from the Latin American Center for the development of Physiotherapy/Kinesiology accompanied the analysis of "Education in Physiotherapy in the current context".

NEWS FROM FINLAND



When the epidemic in Finland was still in the early stage, the Finnish Association of Psychophysical Physiotherapy had time to hold the spring meeting and general meeting on March 14th in Helsinki. During the day, a new board was elected, Netta Viitala was announced as Psyfyläinen of the Year 2020, and in the lecture section of the spring meeting we dived into the worlds of functional disorders and body dysphoria



NEWS FROM GREECE

The Greek Physiotherapy in mental health Section contributed to the following conferences and meetings.

- European Psychiatric Association, Eurocareers, Mental Health Europe, EFNA and the European Brain Council at the EPIONI's 3rd flagship, prof Stavros Stathopoulos explained the physiotherapists role in education of the carers and especially in the area of dementia.
- Prof Stavros Stathopoulos explained physiotherapists role at the Educational conference on Dementia and Alzheimer's disease organized by the European Network "Asklepios" and the Greek Social Psychiatry and Mental Health Society and at the 1st Forum of Greek Social Psychiatry and Mental "Dialogues in social psychiatry and mental health: transitions, transitivity, transformations"
- 29th Annual PanHellenic Scientific Conference on Physiotherapy, The organization was represented at
 - Round Table:" «Applications of Therapeutic Exercise Programs in Mental Health"
 - Paper presentations
 - "Observation and evaluation tools within physiotherapy in mental health", Georga Georgia physiotherapist
 - "Therapeutic Exercise in Mental Health", Mastoras Nikolaos, physiotherapist "P.N.E.I. (Psycho Neuro Endocrino Immunology) and exercise», Papandreou Maria physiotherapist prof at West Attica University school of Physiotherapy
 - "Educating physiotherapists in mental health" Stathopoulos Stavros, coordinator of the Scientific section "Physiotherapy in mental health"
 - "Worldwide and Greek Pathway to Physical Therapy in Mental Health", Haronitis Epaminondas, secretary of the Scientific section "Physiotherapy in mental health"
 - Networking session: "Physical Therapy in Mental Health the Next Day"
- Panhellenic action "When physiotherapy met mental health". Meeting with the public on the topic: "Physiotherapy in mental health?" was organized as one day conference":
 - at the city of Patras in collaboration with the University General Hospital of Patras and the Regional Department of Achaia & Ilia of the Panhellenic Association of Physiotherapists
 - at the city of Ioannina in collaboration with Regional Department of Regional Department of Ioannina, Arta, Preveza and Thesprotia of the Panhellenic Association of Physiotherapists
 - at 20 cities of Attica in collaboration with vice-governors of the central & southern sector of the Attica region (was postponed due to restrictive measures due to coronavirus)
- Participation in HTA Conference, (the biggest annual event regarding Health Technology Assessment Policies in Greece)
- Participation in Artificial Intelligence Conference

- In the context of Nursing Specialties (Mental Health Nursing) established by the Greek Health's Minister, was held the main lecture "The contribution of physiotherapy to the interdisciplinary approach of the mentally ill" by prof Stavros Stathopoulos as keynote speaker invited by the director of nursing service of the hospital "O Evangelismos" within the development of knowledge, skills, attitudes and behaviors of their students.

The Greek organization has a new committee for the next 3 years.

- ✓ Coordinator: Stathopoulos Stavros
- ✓ Deputy Coordinator: Mitsikaris Georgios
- ✓ General Secretary: Haronitis Epaminondas
- ✓ Public Relations Manager: Mastoras Nikolaos
- ✓ Member: Georgakopoulos Evangelos
- ✓ Alternate member: Patsiris Stefanos

The Scientific section "Physiotherapy in mental health" was accepted as a full member at European Network of Active Living for Mental Health (ENALMH) and prof Stavros Stathopoulos was elected as Secretary at its Managing Board.

On the occasion of World Sleep Day for 2020 a press release was issued to highlight the role of physiotherapy in Sleep Disorders, which, in addition to the Greek media was forwarded to the organization for the World Sleep Society, multiplying the benefits for the science of physiotherapy.

Support for a training seminar at Peabody Developmental Motor Scales-2 (PDMS-2) of the Hellenic Psychomotor Society (official member of the European Forum of Psychomotricity), with presenter Tine Van Damme, PhD, PT & with the permission of Pro-ed.

Memorandum of Cooperation with nlpgreece® (Neuro-Linguistic Programming in affiliation with NLP University, Santa Cruz, California, USA) in the field of promoting good practice in mental health

Published in Greek: "Coronavirus: Stress management guide to physiotherapy means"

From the beginning of the restrictive measures due to the coronavirus, an *individual program of guided therapeutic exercise for mental illnesses with electronic means* is provided free of charge until 30/6/2020

Submit the proposal for approval to Hackathon's due coronavirus "Stress management / SMapp for the employees in the structures of the Greek National Health System"

In occasion of the World Day for Safety and Health at Work in 2020 we participate in the teleconference of the Group in Mental Health / Directorate for UNESCO Piraeus and Islands with main lecture "Practical tips to make home-based telework as healthy, safe and effective as possible" by prof. Stavros Stathopoulos

In the context of the module "Physiotherapy Assessment- Clinical Reasoning' of the Undergraduate program of Physiotherapy, at the University of West Attica, the professor in charge of the module, Professor Dr Georgoudis Georgios invited the Coordinator of the Scientific Section prof. Stavros Stathopoulos to hold a 3 hour lecture on: "*Observation and Evaluation tools within physiotherapy in mental health*".

Published in Greek: "A guide for physios not specializing in Mental Health" with the collaboration of UK CSP

Memorandum of Cooperation with Psychoscopisis team (<https://www.psychoscopisis.eu/index.php?lang=en>) for the online psychometric tests administration in mental health patients

This time is not only the time of reflect critically to the life's values but also is the time for actions of solidarity with them in need.

In this context, the Greek Scientific Section "Physiotherapy in Mental Health" provides a simple guide to stress management with physiotherapy as well as a free prescribing of a e - program of guided therapeutic exercise for diagnosed mental illnesses in collaboration with the framework of electronic technology and IT of Greek Psychiatry Society.

NEWS FROM MEXICO

On March 11th of this year, the Forum "Mental Health: Suicide Prevention in Children and Teenagers" took place. The President of the Commission for the Rights of Children and Adolescence, Senator Josefina Vázquez Mota, gave information on the statistics of the rate of suicide, violence, physical and/or mental abuse, addictions, and their causes, in the mentioned population. Experts on different topics attended the Forum. The representatives from the Mexican Association of Physiotherapy in Mental Health, addressed the topic "Physiotherapy in Mental Health in Children and Adolescents: How



to face it from Body Movement" and "Tools of Physiotherapy in Mental Health". Here it was highlighted the importance and role we play as health professionals and experts in exercise and movement, also mentioned the benefits of exercise in the prevention and treatment of anxiety and depression disorders.



We also had the opportunity to collaborate with Fisiso 101, with the MMood TV signal,

where an interview was broadcasted live to the representatives of the Association, with the theme: "Physiotherapy in Mental Health: A New Perspective".



A promotional poster for a Google Meet event. At the top, there are logos for ASOCIACIÓN ACERT, ASOCIACIÓN ACERT, and ASOCIACIÓN ACERT. The main text reads: "Tomémonos un café con la Red Americana de Fisioterapia en Salud Mental". Below this, it says "Un espacio de reflexión desde nuestra vivencia de la Fisioterapia en Salud Mental". The event is scheduled for "5:00 PM Hora COL, Jueves 23 de abril". The topics (TEMAS) listed are: 1. Cómo vivimos los fisioterapeutas esta situación de la pandemia en los diferentes ámbitos: UCI, Hospitalización, Atención comunitaria, Casos de cuidado, Clínicas privadas, etc.; 2. En primera línea estamos todos, también los docentes, los estudiantes, ¿qué pasa en estos tiempos de virtualidad?; 3. Construcción de la corporalidad. The invited countries (PAÍSES INVITADOS) are: Chile, Brasil, México, Ecuador, Colombia, Costa Rica, and Guatemala. The poster features a green coffee cup and a green background with a white circle.

NEWS FROM NORWAY

The situation in Norway in connection with the covid 19 virus has affected our work.

The Directorate of Health made a decision on March 16 that all physical therapy institutes in the public and private sectors should close, unless the business could comply with the authorities' instructions on infection protection. Exceptions were made for the physiotherapists who still wanted to give the patients necessary health care. The physiotherapists who worked with patients in psychiatry and mental disorders got a tariff for video consulting so that patients could be followed up during the virus crisis.

On April 20, the physiotherapists working in the primary health service were allowed to start again as long as the correct hygiene measures were followed. So far, it has worked well and nobody have been infected.

NEWS FROM SPAIN

We would like to share in the newsletter call for papers for the Special Issue “Physical Education and Mental Health Promotion” that we have published in the International Journal of Environmental Research and Public Health, Impact Factor: 2,468.

All the information is here: https://www.mdpi.com/journal/ijerph/special_issues/physical_activity_health

There is important evidence about the benefits that physical activity can have on various mental disorders, such as in cases of depression, anxiety or stress. Perhaps less known are studies that also highlight the importance of physical activity in more severe disorders, such as schizophrenia, where not only can these people's physical condition improve, but exercise also helps to reduce symptoms, such as negative symptoms in this disease.

However, despite this evidence, it is also true that people with mental health problems generally perform less physical activity than the general population. For this reason, it is important to analyze the barriers and facilitators of physical practice in that population, as well as evaluate how physical activity can be combined with improvement in other important personal and social areas, such as **healthy eating habits**, reduction of substance use, etc.

The mechanisms that influence the relationship between physical activity and mental health are not known in an exact way. It is also essential to analyze how physical activity can affect different characteristics of people with psychological problems that have to do, for example, with the improvement of variables such as self-esteem, quality of sleep or the reduction of stigma, very common in this population.

Finally, the practice of physical activity can lead in some cases to various problems, such as the incidence of mental disorders in elite athletes or addiction to exercise in some people.

In summary, this Special Issue aims to review all these aspects, highlighting the most innovative research related to barriers and possible facilitators of the practice of physical exercise; the combination of physical activity with other psychological, medical or social interventions in the field of mental health; the economic benefits in the sanitary cost that the promotion of the physical activity supposes; the possible explanatory mechanisms of these changes and the effective measures that can be implemented at the institutional level to favor the practice of physical activity in people with mental health problems or at risk of suffering it.

Likewise, the benefits that physical activity can provide in various mental disorders or people who may suffer from mental health problems (such as older people, people at risk of social exclusion, people with disabilities, etc.) will be detailed. All this is from a multidisciplinary perspective, covering the field of psychology,

physiotherapy, physical activity and sports sciences, medicine, social work and in general the different disciplines involved in physical activity and mental health.

Prof. Adolfo J. Cangas, Dr. Roberto Zarate, Prof. Daniel Catalán



Guest Editors

NEWS FROM THE UK



In May 2021, Brendan Srubbs is invited to talk at the Royal Society of Medicine about Movement and Mind. The theme of the day is “[Advances and emerging concepts in psychiatry](#)“ This event was originally due to take place on 12 May 2020 and has been postponed to Tuesday 4 May 2021.

NEWS FROM NON-MEMBER COUNTRIES

NEWS FROM CZECH REPUBLIC

Physioactiv organized the 14 & 15 January 2020 in Prague a two day workshop given by Prof. dr. Michel Probst & Maria Panas (PT MSc)



NEWS FROM GUATEMALA

The Guatemala´s Physiotherapy in Mental Health Group is based on 4 fundamental pillars: Training, Attention to Patients, Research and Divulgation. We are committed to social care, and currently we generate projects within our community to promote more and better Mental Health.



Training:

1. *National Institute of Rehabilitation in Mexico City:* We were invited to share talks with a group of students who are currently performing their social service in that institution. The lectures given were: "PHYSIOTHERAPY IN MENTAL HEALTH: Integrating Mental Health to the Physiotherapeutic treatment" and "PHYSIOTHERAPY IN TRAUMATIC SITUATIONS"

2. *National Hospital of Orthopedics and Rehabilitation of Guatemala:* as part of continuing medical education of this institution we participate by giving the lecture: "INTEGRATING MENTAL HEALTH TO THERAPEUTIC TREATMENT"



Attention to Patients:

1. *Group 10 Association:* is a non-profit association that provides family support and therapeutic, artistic and recreational activities. Currently we are integrated to the dynamics of the association conducting group sessions of Physiotherapy in Mental Health once per week.



2. *Users of the programs and services that are decentralized:* Jannette Samayoa Juárez with support from Edgar Castillo carry out volunteer work in the areas of Physiotherapy and Occupational Therapy in evaluation of minors who were



institutionalized in a governmental institution because they suffered abuse and neglect, and nowadays have been reintegrated into a family. The intention is individually attending children and adolescents with various physical, sensory and mental disorders. The program was implemented with users of the Social Welfare Secretariat (SBS) programs that are decentralized. During the conference, home visits are made in different municipalities of the Department of Guatemala in order to bring services closer and promote the return of their rights. The first phase of the program is to evaluate and set treatment goals, the second phase will consist of providing support and

training to the family to provide users with timely and effective treatment for physical, mental and social development.



3. *Love Life:* it is an association that helps patients with addictions. We have been able to collaborate with them through weekly sessions in which mental health physiotherapy tools are used, as adjunctive therapy in its rehabilitation process.

4. *Mexican Parkinson's Association:* We were invited to participate in a session with Parkinson's patients, in order to apply Physiotherapy techniques in Mental Health (awareness movement) to provide practical tools of emotional regulation to its users.

5. *Association of Relatives and Friends of Patients with Schizophrenia:* Physiotherapy sessions are held every week, providing patients with body tools and emotional containment that can be a useful resources in their daily life.



Research:

Within the research work, we present in this third edition of our gazette a clinical case of a patient who received Physiotherapy sessions in Mental Health, during the process of decreasing her medication. Likewise, in all the interventions that we currently carry out with the groups, the application of initial and final evaluations has been integrated, in order to document the results of the interventions.

Divuligation:

In the divulgation area, the project “My view in motion” is currently being prepared. This project aims to hold a photographic contest and exhibition. In addition to exploring the theme of mental health, this event wants to promote the elimination of the social stigma that burdens on the subject.



4TH. INTERNATIONAL PHYSIOTHERAPY CONGRESS UDEO SAN PEDRO SACATEPÉQUEZ

During November 2019, the “4th. International Congress of Physiotherapy” of the West Guatemala’s University, in the municipality of San Pedro Sacatepéquez.

This edition was carried out with the theme of: "Physiotherapy in Mental Health".



The event was attended by 100 participants, including students, professors and physiotherapy professionals.

The lectures during the event were:

- Physiotherapy in Mental Health: Expanding the Horizons
- The Role of the Physiotherapist in the Psychiatric Patient
- Basic Body Awareness Therapy

WORK SHOP UDEO

During the visit that was made to San Pedro Sacatepéquez, we were invited to the television program "Work Shop Udeo", which is broadcast on open television in the municipalities of San Marcos and San Pedro Sacatepéquez.



In the program we had the opportunity to talk about the importance of mental health in the entire population, as well as what is the role of the physical therapist in the search for it.

In addition we shared our experience along this path that has led us to work in this specialty of physiotherapy.

NEWS FROM UGANDA

In February 2020 Dr. James Mugisha from Kyambogo University in Uganda, prof dr . Davy Vancampfort, KU Leuven, Belgium and Prof dr Mathieu Vandenbulcke, KU Leuven, gave a workshop on holistic



care for people with dementia. How assessing and treating patients when



resources are very limited and often unavailable.

RECOGNISED PHYSIOTHERAPISTS IN MENTAL HEALTH

Physiotherapists researchers in the world of Mental health

In December 2019, our colleague Brendon Stubbs, (PT, Ph.D) is be named as one of the most highly cited researchers in the world in mental health by Web of Science (December 2019)

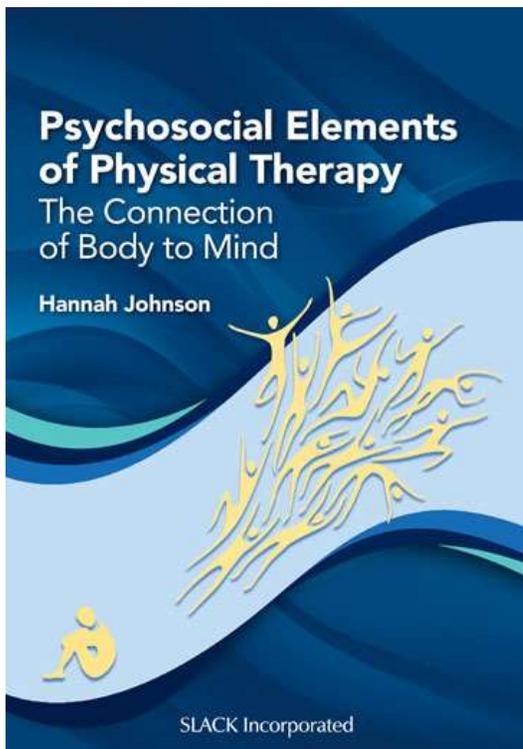


Davy Vancampfort, (PT, Ph.D) was also identified in the annual Web of Science list as being in the top 1% of highly cited researchers in the field of psychiatry/psychology across the world.

<https://recognition.webofsciencigroup.com/awards/highly-cited/2019/>

NEW BOOKS

“Psychosocial Elements of Physical Therapy: The Connection of Body to Mind” (2019)



Physical therapists know that their patients are more than just a list of symptoms. They are people first, often with a complex mix of medical and psychiatric circumstances, who may receive a wide range of care from a team of professionals. Keeping this in mind, ***Psychosocial Elements of Physical Therapy: The Connection of Body to Mind*** is both a textbook and a clinical resource for physical therapist students and clinicians practicing in any patient population with psychological concerns or disorders.

Psychosocial Elements of Physical Therapy: The Connection of Body to Mind provides physical therapist students and clinicians with an efficient yet comprehensive guide to helping patients with psychological concerns or disorders. The author provides an essential introduction of psychosocial concepts, general treatment approaches for culturally sensitive care, and selected classes of mental illness as defined by the *Diagnostic and Statistical Manual of Mental Disorders, 5th Edition (DSM-5)*.

Contents include

Maintaining the Clinician’s Therapeutic Presence, The Interdisciplinary Team/Interprofessional Team, Cultural Competence, General Treatment Information and Resources, Background Information on Mental Illness, Anxiety Disorders; Depressive Disorders, Bipolar Disorders; Schizophrenia, Spectrum Disorders; personality Disorders; Dementias: neurocognitive disorders; Substance use disorders; Chronic Pain and Illness and Caregiving, Domestic Violence, Abuse, and Neglect

Author Hannah Johnson, PT, DPT

Board-Certified Geriatric Clinical Specialist is a practicing physical therapist in a skilled nursing facility setting in Wisconsin. She earned her BS in biology and her DPT from Concordia University Wisconsin (Mequon, Wisconsin). Additionally, she has clinical board specialist certification in geriatric physical therapy. Currently,

she is working on her PhD in Interdisciplinary Health Sciences, with a focus on carryover of exercise programs for long-term residents of skilled nursing facilities.

ISBN 10 1-63091-553-X; ISBN 13 978-1-63091-553-7

News from the WCPT

As part of our ongoing work to support the global physiotherapy profession around COVID-19 we have:



- Launched the COVIDPhysio registry of projects and activities to encourage people to collaborate <https://www.wcpt.org/COVIDPhysio>
- Launched an advocacy campaign, with materials in three languages, around PPE and physiotherapists
 - News story <https://www.wcpt.org/node/178216>
 - Campaign page <https://www.wcpt.org/covid19/campaigns/ppe>
- Restructured the COVID-19 resources section on the website to make it simpler for people to navigate and find information <https://www.wcpt.org/covid19>

You may have seen details of these and other activities on social media and in E-Update.

THE EXECUTIVE COMMITTEE



Michel Probst	Belgium	President	Michel.probst@kuleuven.be
Liv Helvik Skjaerven	Norway	Vice President	Liv.Helvik.Skjaerven@hib.no
Joanna Connaughton	Australia	Secretary	Joanne.connaughton@nd.edu.au
Emanuel Brunner	Switzerland	Treasurer	Emanuel.brunner@ksw.ch
Merja Sallinen	Finland	Member	Merja.sallinen@samk.fi

Website: <http://www.wcpt.org/ioptmh> & www.icppmh.org

PLEASE FORWARD ALL NEWS ABOUT YOUR COUNTRY'S ACTIVITIES AND REPORTS FOR THE NOVEMBER 2020 NEWSLETTER TO SECRETARY JO CONNAUGHTON joanne.connaughton@nd.edu.au BY 1ST NOVEMBER 2020.