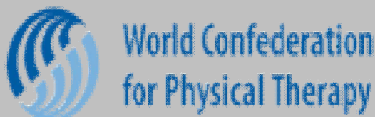


NEWSLETTER

INTERNATIONAL ORGANIZATION OF PHYSICAL THERAPY IN MENTAL HEALTH



SUBGROUP OF WCPT

World Confederation
for Physical Therapy

NEWSFLASH

- IOPTMH news from all over the world
- The 5th Conference – Utrecht 5-7 February 2014
- Executive Committee of the IOPTMH

**Extension of
early bird and
abstract deadline:
December 15th
2013**

Physical therapy in mental health: A challenge!

Dear Colleagues,

The executive committee (EC) of the International Organization of Physical Therapy in Mental Health (IOPTMH) is pleased to be able to send you a third newsletter.

The EC and the colleagues of the University of Applied Sciences Utrecht (NL) invite you to the next **conference in Utrecht from 5-7 February 2014** with the theme: "Presence in the world of today".

We invite all the members of the IOPTMH to the **General Meeting on the 6th of February in Utrecht**. You will find the agenda in this newsletter.

We are all aware of the challenging times we are living in, but we are nevertheless looking forward to the future with hope and confidence. The EC wish you a fruitful 2014.

Michel Probst,
President

Liv Helvik Skjaerven
Vice-president

**IOPTMH IS AN OFFICIAL SUBGROUP OF THE
WORLD CONFEDERATION OF PHYSICAL
THERAPY (WCPT).**

Contact

Info@ICPPMH.org

News from Italy

C. Ciavatta, an Italian physiotherapist contacted the IOPTMH. He has written an article to promote physiotherapy in mental health *DISABILITÀ INTELLETTIVA E SALUTE MENTALE* 9-12 *Fisioterapisti* 2013, 50: 9-12. For more information: Italian Association of Physiotherapists (Aifi, www.aifi.net) and their magazine "Fisioterapisti". [claudiociavatta@tiscali.it].

News from Sweden

* Swedish mental health physiotherapists have published a book "Att förstå kroppens budskap - sjukgymnastiska perspektiv" [To understand the message of the body- physiotherapy perspectives](2012), edited by G.Biguet, R. Keskinen-Rosenqvist and A. Levy Berg from Karolinska Institutet Stockholm [ISBN 9789144073217] and covered many aspects of PT in mental health and is written by 21 authors.

* 26th of October, the president of the IOPTMH Prof. M. Probst, PT, PhD, was invited to give a one day workshop in Gothenburg for the Swedish association of physiotherapy in mental health. The title was: "The body in movement", the cornerstone of a physiotherapy approach in mental health: theory and practice.

* On the 19th of September as a result of the retirement of Marie-Louise Majewski a day conference entitled "Physiotherapy in eating disorders" was organized. M. Probst was invited to give a lecture and a workshop. In the evening there was a dinner together with colleagues of Marie-Louise, Sten Theander, Ulf Wallin, Michel Probst and Gunhild Kjölstad. The IOPTMH wish Marie-Louise all the best.

News from Brazil

* Maria Inês Ferreira, MD, MSc, PhD asked for more information about our conferences and the abstract books of former conferences (Universidade Estadual do Rio de Janeiro, Brasil).

* J.Z. Canales (PT. MSc., Ph.D candidate), C. Carvalho Siqueira (PT, MSc candidate) and S. de Melo Borges (PT. Dr.) of the University of São Paulo (USP), in the School of Medicine's Institute of Psychiatry in Brazil would like to introduce the group "Physical Therapy in Psychiatry – Brazil." Their research topics:

Research title 1: "Posture, Control Balance and Body Awareness in Major Depressive Disorder: the Intervention of Physical Exercise."; **Research title 2:** "The Effectiveness of Physical Therapy as an Additional Procedure to Drug Therapy in Major Depression and association with Biomarkers.;" **Research title 3:** "Motor Performance in Tasks of Divided Attention in Patients with Mild Cognitive Impairment and Alzheimer's Disease."

News from Norway

* The University of Tromsø is offering a MSc programme in psychiatric and psychosomatic physiotherapy. In June ten students finished their 3 years of education. Their Master Theses are the first studies in the world where Norwegian psychomotor physiotherapy is the main subject. Summary in English summaries is available on <http://munin.uit.no/handle/10037/4/search> [Gro Marit Hellesø]

* A 3-day Consensus Seminar on the Theory of Basic Body Awareness Therapy (BBAT), was organized in 01/13 by prof.LH Skjærven, Bergen University College. The seminar was aimed at teachers in the International Association for Teachers in BBAT.

News from UK and Belgium

Physiotherapists are helping to implement physical activity programmes in clinical practice. Davy Vancampfort, Brendon Stubbs, Michel Probst, Andy Soundy, Anne Parker, Marc De Hert, Alex J Mitchell have written a letter to the Editor of the British Journal of Psychiatry (2013), accessible, free at <http://bjp.rcpsych.org/letters>.

“INTERNATIONAL ORGANIZATION OF PHYSICAL THERAPY IN MENTAL HEALTH”

“The 5th International Conference of Physiotherapy in Psychiatry and Mental Health takes place in Utrecht, The Netherlands, 5 – 7 February 2014”.

DID YOU KNOW.....

- M. Probst, M.L. Majewski, M.N. Albertsen, D. Catalan-Matamoros, M. Danielsen, A. De Herdt, H. Duskova Zakova, S. Fabricius, C. Joern, G. Kjölstad, M. Patovirta, S. Philip-Rafferty, E. Tyyskä, D. Vancampfort (2013). Physiotherapy and patients with anorexia nervosa. *Advances in Eating Disorders: Theory, Research and Practice*, 2013
<http://dx.doi.org/10.1080/21662630.2013.298562>
- Andy Soundy, Brendon Stubbs, Davy Vancampfort, Amber De Herdt and Michel Probst thank all the interested members of the ICPPMH for their cooperation with the different surveys
- Members of the IOPTMH have summarized the scientific evidence for physical therapy interventions in Eating Disorders
- Vancampfort, D., Vanderlinden, J., De Hert, M., Soundy, A., Adámkova, M., Skjaerven, L., Catalán-Matamoros, D., Lundvik Gyllensten, A., Gómez-Conesa, A., Probst, M. (2013). A systematic review of physical therapy interventions for patients with anorexia and bulimia nervosa. *Disability and Rehabilitation*, In print.
- Vancampfort, D., Vanderlinden, J., De Hert, M., Adamkova, M., Helvik Skjaerven, L., Catalan Matamoros, D., Lundvik-Gyllensten, A., Gomez Conesa, A., Ijntema, R., Probst, M. (2013). A systematic review on physical therapy interventions for patients with binge eating disorder. *Disability and Rehabilitation*, In print.

- The 4th Conference took place in Edinburgh, Scotland, 2012

**3RD GENERAL MEETING OF THE IOPTMH**

For the IOPTMH delegates from Belgium, Denmark, Finland, Iceland, Japan, Norway, Spain, South Africa, Sweden, The Netherlands, Turkey, United Kingdom,

Agenda for the General Meeting of the IOPTMH Utrecht 2014

- Acceptance of the Utrecht General Meeting agenda
- Approval of the minutes of the General Meeting in Edinburgh
- Report of the activities 2012-2014
- The financial report 2012-2014
- Auditors report
- Business plan for the Executive Committee 2014-2016 and budget proposal for 2014-2016
- Election of a new member to the Executive Committee
- Election of auditors for 2016
- The 2016 conference
- Election of the Executive Committee: when? In 2015 (WCPT-congress in Singapore) or in 2016 (during the next conference)
- AOCB (any other competent business)

The Executive Committee

“PROMOTING QUALITY OF MOVEMENT – THE CONTRIBUTION OF PHYSIOTHERAPY TO MENTAL HEALTH AND WELLBEING”

“Meet colleagues from all over the world to exchange experiences and reflections on our field .”

Newsletter IOPTMH

Additional information concerning the Utrecht conference

The conference organizers have received more than 60 abstracts till now.
The date for submission is extended till 15 December 2013

Tourism Utrecht Convention Bureau sponsors the Dutch organization of the IOPTMH-conference with 3900 euro. We thank the city of Utrecht.

The NFP (Dutch organization of physiotherapy in mental health) sponsors each Dutch participant who attends the conference with 60 euro. An idea for other countries...

Utrecht city is one of the world's happiest places:

<http://www.bbc.com/travel/feature/20131022-living-in-the-worlds-happiest-places/2>

Utrecht, just 40km south of Amsterdam, is a compact city filled with delightful cafes and restaurants, thousands of students who attend the venerable Utrecht University, and many artists and musicians. To visit the "Oudegracht", the central canal with cellar-level bars and pubs; the "Domtoren", or cathedral tower (the tallest in the country). Utrecht has all the big city amenities with a small town atmosphere and is much more relaxed than other cities. Utrecht has an excellent public transport system.



The abstract books of former conferences are available on www.icppmh.org

The Executive committee of the IOPTMH

President: Prof. dr. Michel Probst, KU Leuven, Belgium

Vice President: Ass.Prof. Liv Helvik Skjaerven, Bergen University College, Norway

Treasurer: Superintendent physiotherapist Anne Parker Edinburgh, UK

Secretary: to be announced

Member: Ass. Prof. dr. Amanda Lundvik Gyllensten, Lund University, Sweden

Information: Steps to become a new Member Organization in IOPTMH

A member of IOPTMH has to be an organization. The criteria and how to gain membership of IOPTMH are described in the constitution of IOPTMH. If you are considering becoming a new member organization of IOPTMH, you have to follow certain steps, for example ensuring that your national physical therapy association is member of WCPT and that you, as a national subsection of physiotherapy in mental health, is recognized by your national association. It is important to discuss plans with your national association at an early stage. Please take contact with IOPTMH to ensure these steps are followed.

Information for the newsletter can be sent to info@icppmh.org

Our conference is featured on the WCPT events calendar. See:
<http://www.wcpt.org/events#Feb14>