



International Organization of
Physical Therapy in Mental Health



World Confederation
for Physical Therapy

International Organisation of Physical Therapy in Mental Health

21 member countries: Austria, Australia, Belgium, Colombia, Denmark, Estonia, Finland, Greece, Iceland, Japan, Latvia, Netherlands, Norway, Mexico, South Africa, Poland, Spain, Sweden, Switzerland, Turkey and UK

Recognized subgroup of the World Confederation for Physical Therapy since 2011

SAVE THE DATES:

- 8th International Conference of Physical Therapy in Psychiatry and Mental Health, 12-14 May 2020, in Helsinki, Finland. More information: www.icppmh2020.com
- 2nd American Congress «Physical Therapy in Mental Health», September 2020.

Definition of Physical Therapy in Mental Health

Physical therapy in mental health is a specialty within physical therapy. It is implemented in different health and mental health settings, psychiatry and psychosomatic medicine. It is person-centered and provided for children, adolescents, adults and older people with mild, moderate and severe, acute and chronic mental health problems, in primary and community care, inpatients and outpatients.

Physical therapists in mental health provide health promotion, preventive health care, treatment and rehabilitation for individuals, groups and in group therapeutic settings.

Physical therapists in mental health create a therapeutic relationship to provide assessment and services specifically related to the complexity of mental health within a supportive environment applying a model including biological and psycho-social aspects. Physical therapy in mental health aims to optimize wellbeing and empower the individual by promoting functional movement, movement awareness, physical activity and exercises, bringing together physical and mental aspects.

Physical therapists in mental health contribute to the multidisciplinary team and inter-professional care. Physical therapy in mental health is based on the available scientific and best clinical evidence.

Probst, Skjaerven, Parker, Gyllensten, Ijntema, Catalan Matamoros. (2016). Fisioterapia, 38;49.



Physical Therapy in Mental Health

Highlights at the WCPT Congress 2019

Friday, 10th May

09:00 - 10:30 **Open General Meeting of the IOPTMH**
Venue: Starling Hotel, Geneva
All those interested are very welcome!

Saturday, 11th May

10:45 - 12:00 Networking session: health promotion (NWS-09)
Room T+U
With Cristina Staub, IOPTMH delegate of Switzerland

Sunday, 12th

08:30 - 09:45 **Networking session: mental health (NWS-14)**
Room R+S
Organized by the IOPTMH

14:00 - 14:30 **Indaba: Mental health (IN-06)**
Indaba - Zone 1: "Kitchen table" - Hall 1
Chair: Michel Probst, President IOPTMH

16:00 - 17:30 Discussion session: why sleep matters (DS-07)
Room C
With Cristina Staub, IOPTMH delegate of Switzerland

Monday 13th May

08:30 - 10:00 **Plenary session: mental health (PL-09)**
Chair: Michel Probst

10:45 - 12:15 **Focused symposia: mental health (FS-25)**
Room A + [livestreaming on www.wcpt.org](http://www.wcpt.org)
Speakers: Michel Probst (chair), Brendon Stubbs, Lene Nyboe, Emanuel Brunner, Jo Connaughton

IOPTMH Mental Health Poster Award

Poster displays: mental health (Hall 1, daily, 12:20 - 13:40)

Use the **iPlanner** to find more topics related with mental health

Executive Committee of the IOPTMH

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