

# ESPA

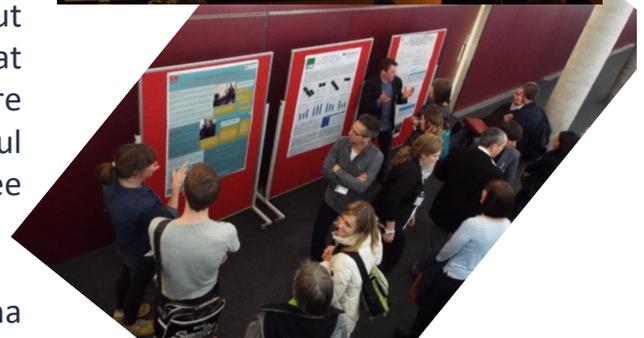
## European Spinal Psychologists Association

**Welcome to the first ESPA Newsletter.** One of our plans at the Bi-Annual General Meeting was to see if this was a good way to connect members between conferences and here is the first edition.

### Oxford 2017 - 7th Conference

It was great to welcome over 50 colleagues in Oxford for a packed conference. It was, of course, very poignant to meet for the first time without Professor Paul Kennedy and we felt the absence of his warmth and smile. We celebrated his life and phenomenal contribution with 5 presentations over the 2 days about Paul's work, and with his and Mrs Linda Hall's family at an evening recital and dinner. Two awards were announced so that we could continue to celebrate Paul and Linda's work as Founding Chair and Secretary – see the call for papers for more information.

Carla Susagna from the Institut Guttmann, Barcelona was awarded the Anette Johansen-Quale 2017 Scholarship, sharing with us her research about detecting suicidal ideation and self-harm after a spinal cord injury. Michelle Mead's Keynote challenged us to think about new ways of delivering services and care to optimise health after spinal cord injury and the poster's stimulated much discussion at break times.



#### Committee:

Peter and Magnus proposed and endorsed the election, supported by the meeting of Dr Jane Duff as Chair of ESPA and Dr Jasmine Hearn as Secretary.



We have a domain name and a title page for the website [www.espaspinal.org](http://www.espaspinal.org) and more information will be there shortly.



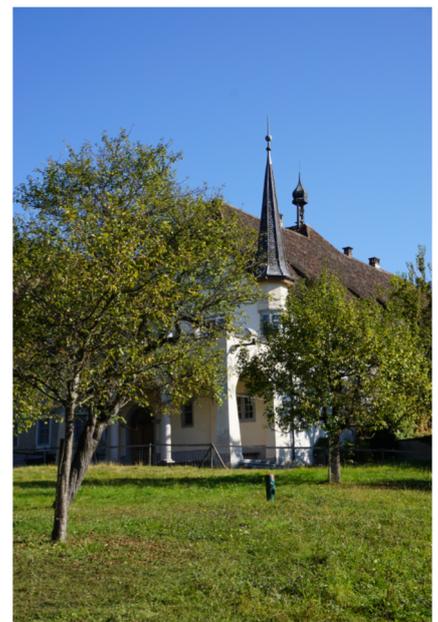
Follow us @ESPAspinal

## ESPA's 8<sup>th</sup> Conference: Psychological approaches to managing co-morbidity, incomplete injury, and higher age at injury

We are very grateful to Dr Daniel Stirnimann and Der Balgrist for hosting us from Thursday 21<sup>st</sup> to Friday 22<sup>nd</sup> March 2019 and delighted that Professor Dan Rohe of the Mayo Clinic will be our keynote speaker.

The Professor Paul Kennedy Scholarship will be awarded for the first time at this meeting and applications are invited from anyone studying or working in spinal cord injury care. Abstracts are invited for an oral presentation about a clinical intervention or workshop for this award.

The Anette Johansen-Quale Scholarship is available to anyone under the age of 30 either working or studying in the field of spinal cord injury. Both awards consist of 500 GBP towards attendance at the conference. The meeting will also recognise a "Best Presentation" in the name of Mrs Linda Hall. See the call for abstracts for further information. The deadline for abstract submissions is 1<sup>st</sup> October 2018. Abstract packs can be downloaded from <https://www.balgrist.ch/forschung-lehre/veranstaltungen-kongresse/8th-european-meeting-european-spinal-psychologists-association-131/> or requested from [espaspinal@gmail.com](mailto:espaspinal@gmail.com).



1<sup>st</sup> ESPA Meeting  
Stoke Mandeville



2<sup>nd</sup> ESPA  
Meeting  
Lobbach



3<sup>rd</sup> ESPA  
Meeting  
Nottwil



4<sup>th</sup> ESPA  
Meeting  
Badalona



5<sup>th</sup> ESPA  
Meeting  
Oslo



6<sup>th</sup> ESPA  
Meeting  
Vienna



7<sup>th</sup> ESPA  
Meeting  
Oxford



8<sup>th</sup> ESPA Meeting  
Zurich

## General Data Protection Regulation (GDPR)

Data Protection Law has recently been updated, so we have attached a new membership form which requires you to 'opt in' to continuing to receive information from us. The law does not allow us to continue to hold your membership unless you complete the attached and return it to us beyond the next conference.

Please note, we now have a new ESPA email address ([espaspinal@gmail.com](mailto:espaspinal@gmail.com)), so please return any completed forms to this and use it for any future correspondence.

### Membership Form

Your privacy is important to us, and we want to communicate with ESPA members in a way which has their consent, and which is in line with UK law on data protection. As a result of a change in UK law, we now need your consent to how we contact you. Please fill in the contact details you want us to use to communicate with you:

First Name:	
Surname:	
Job Title/Designation:	
Hospital/Centre/Institution:	
Correspondence Address:	
City:	
Country:	
Telephone:	
Email:	
How did you hear about ESPA?	

By signing this form you are confirming that you are consenting to ESPA, at the Association address below and the ESPA secretary, holding and processing your personal data for the following purposes (please tick the boxes where you grant consent):-

- To including my details on the 'ESPA Database'.
- To keep me informed about news, events and conference (*note you can unsubscribe from these communications at any time*).
- To share my contact details with a local conference organiser if required for a specific event.

Signed: \_\_\_\_\_

Dated: \_\_\_\_\_

You can grant consent to all the purposes; one of the purposes or none of the purposes. Where you do not grant consent we will not be able to use your personal data; (so for example we may not be able to let you know about forthcoming conferences); except in certain limited situations, such as where required to do so by law or to protect members of the public from serious harm.

Membership information is kept secure by the ESPA Committee and used for ESPA administrative and conference information only. ESPA will not pass this information onto any third party, and only keep it for 24 months, after which the information will be removed. You can withdraw or change your consent at any time by contacting the ESPA Chair, Dr Jane Duff at the Department of Clinical Psychology, National Spinal Injuries Centre, Stoke Mandeville Hospital, Buckinghamshire Healthcare NHS Trust, Mandeville Road, Aylesbury, UK, HP21 8AL or [espaspinal@gmail.com](mailto:espaspinal@gmail.com). Please note that all processing of your personal data will cease once you have withdrawn consent, other than where this is required by law, but this will not affect any personal data that has already been processed prior to this point. This is in accordance with the General Data Protection Regulation (GDPR UK, 2018).

## News from ESPA Members around the world:

ESPA now has members in over 18 nations. If you are aware of colleagues who have not heard of ESPA please share with them our new email address: [espaspinal@gmail.com](mailto:espaspinal@gmail.com) and invite them to contact us for information.

ESPA is working to:

- Support the development and dissemination of psychological knowledge about spinal cord injury
- Facilitate clinical research, providing a collaborative network culture across nations for clinicians and researchers
- Share clinical and psychological practice, promoting the highest standards of care.



The Department of Clinical Psychology, National Spinal Injuries Centre, Stoke Mandeville Hospital were delighted in June 2017 to receive the UK Spinal Injuries Association (SIA) “Best Team” Award.

## Needs Assessment Checklist

Do you use the Stoke Mandeville Needs Assessment and Goal Planning Programme in your SCI Centre or Clinic?

If so, [janeduff@nhs.net](mailto:janeduff@nhs.net) would like you to get in touch so that the NSIC at Stoke Mandeville can maintain a log of the Needs Assessment Checklist use. They’re scoping potentially developing the NAC into an app and a log would help keep colleagues up to date about developments be they in paper or electronic form!

**The European Health Psychology Society** will hold its annual conference from the 21st – 25th of August 2018 in Galway, Ireland. The conference theme is Health Psychology Across the Lifespan: Uniting Research, Practice and Policy, and may be of interest to the ESPA membership. For more information, see: <https://ehps.net/2018/>



## More news from ESPA Members around the world:

### The Spinal Injuries Psychology Advisory Group (SIPAG)

SIPAG is a network that brings together psychological practitioners working in SCI centres in England, Ireland, Northern Ireland, Scotland and Wales.

The group is working with the SIA in the UK to develop a best practice model of psychological care and service. SIPAG is keen to hear about models of service and staff : inpatient ratios, and staff : outpatient ratios from across the world and asks that you contact [janeduff@nhs.net](mailto:janeduff@nhs.net) if you can help scope this. Thank you.

### London Spinal Cord Injury Centre

The London Spinal Cord Injury Centre are delighted to welcome Dr Zainab Al-Noor, Clinical Psychologist, to their department. Zainab will be with the team on a part-time basis.

### International Spinal Cord Society Conference 2017

Thanks to the contributions of psychologists, social workers, peer and psychosexual counsellors across the world, ISCoS 2017 saw the inaugural meeting of the Psychosocial Committee, working towards improving psychosocial outcomes for people with spinal cord injury.

### International Spinal Cord Society Preconference Workshop, Wednesday 12<sup>th</sup> September, 2018

The Rehabilitation Psychology Interest Group (RPIG) of the Australian Psychological Society, the John Walsh Centre for Rehabilitation Research (JWCRR), Sydney Medical School-Northern, Sydney University and Australian SCI Psychology Special Interest Group would like to invite the ESPA membership to the ISCoS Preconference Workshop on 'Living well and enhancing resilience following injury'. The seminar will contain latest information vital for psychologists, rehabilitation counsellors, and other health/insurance professionals dealing with injured people. Tips for successful treatment will be given and ample opportunity for questions and discussion will occur in the sessions. Spaces are limited, so ensure that you register early. For more information and to register, see: <https://www.psychology.org.au/Event/19583>



57<sup>th</sup> ISCoS

The International Spinal Cord Society  
Annual Scientific Meeting

Combined with the 25th Australia and New Zealand Spinal Cord Society  
(ANZSCoS) Annual Scientific Meeting

13-15 SEPTEMBER 2018  
SYDNEY, AUSTRALIA

ISCoS  
The International  
Spinal Cord Society



## Research

We would love it if the ESPA Newsletter could become a forum to share research ideas and bring collaborators together.

The NSIC at Stoke Mandeville have active research in the following areas and would be keen to hear from other people if they want to pursue new areas of collaborative research or want to share knowledge about:

- The impact of infection control isolation about patient's psychological adjustment to SCI
- The relationship between metacognitions and psychological distress in SCI
- Readiness for change in SCI rehabilitation – applying the stage model to SCI rehabilitation
- Rehabilitation outcomes – a comparison of the SCIM and NAC

Please let us know if there's anything you would like to share or get involved in.

## Time to think, learn and network - Conferences Coming Up....

5<sup>th</sup> – 6<sup>th</sup> July 2018 – 35<sup>th</sup> Guttman Conference at the Princess Royal Spinal Injuries Centre, Sheffield, UK

13<sup>th</sup> – 15<sup>th</sup> September 2018 – 57<sup>th</sup> ISCoS meeting including a one day seminar on the 12<sup>th</sup> September on 'Living well and enhancing resilience following injury', Sydney, Australia

2<sup>nd</sup> – 5<sup>th</sup> September 2018 – The Academy of Spinal Cord Injury Professionals 2018 Conference and Expo takes place in New Orleans, US. The conference theme is 'Stronger Together; Passion, Purpose, and Possibilities in SCI/D'

The ESPA committee would like to thank the membership once again for your continued support. Please feel free to get in touch with any information, announcements, collaborations and so on at [espaspinal@gmail.com](mailto:espaspinal@gmail.com)

