



## European Spinal Psychologists Association

Welcome to the  
**Autumn 2018, ESPA**  
Newsletter and we  
hope to see many of  
you at **Der Balgrist,**  
**Zurich**

**21<sup>st</sup> to 22<sup>nd</sup> March**  
**2019.**



We are delighted to announce Professor Dan Rohe's innovative Keynote address. Dan has been developing 'Rehabilitation Psychology' competencies in the US and will be incorporating these into his presentation:

“The Values and Principles of Rehabilitation Psychology: their origins and relevance to contemporary practice“

Dan will describe the early organizing forces and events of the field of Rehabilitation Psychology including the origin of the 20 Value Laden Beliefs, outline the history and founding of the American Board of Rehabilitation Psychology, current process of board certification, and recognition of Rehabilitation Psychology as a specialty by American Psychological Association. The most recent evolution of the 6 Foundational Principles of Rehabilitation Psychology will be presented'

Small groups will review the principles, make suggestions for improvements and discuss how we can translate these into our clinical and research work.

Come and join us to contribute to shaping spinal cord injury rehabilitation practice



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



## European Spinal Psychologists Association

Some of the ESPA membership were able to attend ISCoS 2019 and we thought it would be great to feedback some key “take home” information. The programme was packed with psychological information. There was a great pre-conference day jointly provided by ISCoS and the Australian Rehabilitation Psychology Special Interest Group. Also at ISCoS the 2<sup>nd</sup> meeting of the ISCoS Psychosocial Special Interest Group (SIG) took place with about 26 psychologists, social workers and peer counsellors meeting.



The Psychosocial SIG will be hosting jointly with ESPA a one day pre-conference workshop at ISCoS 2019.

Also discussed was the development of a psychosocial dataset, and reviewed the emotional well-being toolkit developed in Australia:

[https://www.aci.health.nsw.gov.au/resources/spinal-cord-injury/psychosocial\\_strategy/emotional-wellbeing-toolkit](https://www.aci.health.nsw.gov.au/resources/spinal-cord-injury/psychosocial_strategy/emotional-wellbeing-toolkit)

There were too many highlights, to name them all but some included:

- Chuck Bombardier’s fabulous pre-conference sharing of his experience of interventions to help identify and treat depression in SCI and TBI, and presentation about working with grief as part of adjustment to SCI.
- Stan Ducharme’s Keynote presentation that “all phases of rehabilitation have psychological aspects” and outlining of the processes and interventions needed which he mapped onto Maslow’s hierarchy of needs.
- Analisa Dezarnuald’s workshop on trauma informed care and mindfulness exercise.
- Ashley Craig and James Middleton’s exposition of the crucial impact of fatigue upon rehabilitation outcome and further development of the pivotal role of self efficacy within the SCIAM model.
- James Middleton, Marcel Post. Philip Siddall and others’ instructional course on best practice for pain management
- Tijn van Diemen’s PhD work looking at specific self efficacy within the Moorong scale
- Jen Coker’s peer-led group to develop self-efficacy after spinal cord injury
- Jane Duff’s instructional course on the Stoke Mandeville Needs Assessment and Goal Planning programme
- Jasmine Hearn’s oral presentation about internet based mindfulness for pain management

Abstracts and information at:

<https://zibrant.eventsair.com/QuickEventWebsitePortal/the-57th-iscos-annual-scientific-meeting/iscos2018/Agenda>

## 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 the generous sponsorship of the Swiss Paraplegic Foundation for our conference.

The Professor Paul Kennedy Scholarship, sponsored by **STEWARTS** ([www.stewartslaw.com](http://www.stewartslaw.com)), 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, also with kind sponsorship from **STEWARTS** ([www.stewartslaw.com](http://www.stewartslaw.com)).

See the call for abstracts for further information. The deadline for abstract submissions is 16<sup>th</sup> November 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).



**Swiss  
Paraplegic  
Foundation**



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



# REGISTRATION INFORMATION

## Psychological approaches to managing co-morbidity, incomplete injury, and higher age at injury

Der Balgrist University Hospital, Zurich  
**Thursday 21<sup>st</sup> and Friday 22<sup>nd</sup> March 2019**

### ATTENDANCE AT THE TWO-DAY ESPA MEETING:

EARLY BIRD RATE UNTIL 31<sup>st</sup> DEC 2018 

290CHF*
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FULL RATE FROM 1<sup>st</sup> JANUARY 2018  
UNTIL 28<sup>th</sup> FEBRUARY 2019 

315CHF*
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\*Free public transport included from Wednesday 20<sup>th</sup> until Saturday 23<sup>rd</sup> (end of the day), from the airport to the city and within city limits

CONFERENCE NETWORKING DINNER 

90CHF
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POST CONFERENCE EVENT 

70CHF
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**For online registration and further detailed information about the meeting (venue, travel, accommodation, conference networking dinner, and post-conference event) see:**

<https://balgrist.ch/en/research-teaching/events-congresses/8th-european-meeting-european-spinal-psychologists-association-131/>

### Important notice:

- An online registration and payment portal will shortly be available at the above link.
- Accommodation at a reduced price is only available until 31<sup>st</sup> December 2018. See the information pack provided and book your room at special discounted delegate rates.



## ESPA Membership Form

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 EU, 2018).

## News from ESPA Members around the world:

### Featured Article: Tijn van Diemen and SELF-SCI research

I'm a clinical psychologist working at the spinal cord injury ward of the Sint Maartenskliniek in the Netherlands. Now 3 years ago I started my PhD study on self-management and self-efficacy at the University Medical Center Groningen. Below you find a short introduction of my Study.



Picture left to right: Tijn, James Middleton and Ashley Craig

People with recently acquired spinal cord injury (SCI) experience changes in physical, social and psychological aspects of their lives. In the last decades, attention has grown for aspects of self-management and self-efficacy in SCI research. However, we still do not know what the self-management and self-efficacy outcomes of first rehabilitation are and whether utilizing these skills may prevent secondary health conditions (SHCs) and increase participation and psychological adjustment early after SCI. The aim of the SELF-management after Spinal Cord Injury (SELF-SCI) study is to describe the course and determinants of self-management and self-efficacy during and after first SCI rehabilitation; and to determine theory-based associations between self-management and self-efficacy with SHCs, participation and psychological adjustment. The theories that we used are the Theory of Planned Behavior and the SCI Adjustment Model.

A total of 260 people with a recently acquired SCI were included in this study between January 2016 and December 2017. They all filled out questionnaires; the first at admission, the second one week before discharge and 3, 6 and 12 month after discharge. We hope to complete the data-collection by May 2019. If you want to know more about this study, you can find the study protocol in the open-access journal JMIR Research Protocols 2018;7(2):e68 doi: [10.2196/resprot.8054](https://doi.org/10.2196/resprot.8054)

Additional to this survey, we performed several qualitative studies. First a study on how patients are educated on self-management skills in inpatient rehabilitation. We interviewed 15 participants a few weeks after discharge and asked them about the way staff members did teach them to take care of themselves. We also interviewed 30 staff members about what they did to teach their patients to take of their body, to prevent secondary health problems and to promote the confidence of the patients. The process of analyzing the data and describing the results is ongoing.

During my 5 month internship in Sydney I investigated a widely used measure for self-efficacy, the Moorong Self-efficacy Scale (MSES), for its convergent - and face validity. The MSES and 3 specific self-efficacy scales (one measuring General self-efficacy, one measuring disability-management self-efficacy and one measuring self-care self-efficacy) were filled out by 125 people with a SCI 6 months after discharge from their initial rehabilitation. To examine its face validity, 67 professionals attending a workshop about self-efficacy, prior to the ISCOS meeting in Sydney, categorized all the questions of the MSES according to one of the three levels of self-efficacy. The analysis of the data and writing of the article is in progress.



Congratulations to Dr Rebecca Ellis from the Wakefield SCI Centre in the UK and Sarah Standish, Family Counsellor at the National Spinal Injuries Centre, Stoke Mandeville Hospital, who were joint winners of the UK Spinal Injuries Association (SIA) “Rising Star” Award. This award is available to people working in SCI during the first 5 years of their career.

Congratulations also to Dr Suzanne Carson, Clinical Psychologist at the North West Regional SCI Centre, Southport and Ormskirk Hospitals NHS Trust who was awarded the Compassionate Care Award. Well done Suzanne.



## Research:

Please send us information about research that you are doing so that ESPA can continue to be a forum to share research ideas and bring collaborators together.

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

### **A survey from the National Spinal Injuries Centre at Stoke Mandeville Hospital:**

**Does your SCI Centre use goal planning in rehabilitation?**

Please complete this very brief online survey [www.bit.ly/2wP9NQA](http://www.bit.ly/2wP9NQA)

### **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.

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.

Please do get in touch with any information, announcements, collaborations and so on at [espaspinal@gmail.com](mailto:espaspinal@gmail.com)