

## Spring 2020 Newsletter

**Welcome to our 4<sup>th</sup> ESPA newsletter, with the latest updates from our international colleagues in the field of spinal cord injury.**

This newsletter brings you updates on:

- Our inaugural preconference with the ISCoS Psychosocial Working Group, at ISCoS in Nice, France, 2019
- The 9<sup>th</sup> ESPA Conference, Dublin 2021
- ESPA Scholarships and Awards for conference attendance
- News of our own committee member, Peter Lude's, award of persons with spinal cord injuries of the year 2019

### COVID-19

The current pandemic is impacting on us all, with some of you having already experienced the climax of this and for some of us imminent. There are lots of psychological resources being generated, we wanted to share some of those we have found helpful and would encourage you to please recommend those you have found helpful also. This is a challenging time to provide psychological support to people with spinal cord injury and our colleagues managing the psychological and personal demand of providing healthcare:

- **Three films** with practical steps on managing anxiety:  
ACT <https://buff.ly/33JKsXS>  
Paul Gilbert <https://www.youtube.com/watch?v=wrgxdV7PoMQ>  
WHO <https://www.youtube.com/watch?v=zDx1LKkk5c4>
- **Public dropbox** with lots of information on wellbeing and mental health, remote working tips, and psychological first aid: [bit.ly/COVSupport](http://bit.ly/COVSupport)
- **Two research papers:**  
Mental health outcome for health worker:  
<https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2763229>  
and the behaviour change wheel for COVID:  
<https://blogs.bmj.com/bmj/2020/03/03/behavioural-strategies-for-reducing-covid-19-transmission-in-the-general-population/>



**ESPA**

**European Spinal Psychologists Association**

**Save the Date:  
9<sup>th</sup> ESPA  
Conference  
6<sup>th</sup> and 7<sup>th</sup> May  
Dublin 2021**



**Spinal cord injury: looking  
after body and mind**

We are hoping that low cost local accommodation may be available from the SCIC staff to support people where funding is a barrier – let us know if you would want this



**Announcing  
Keynote  
Presentation by  
Professor  
Denise Tate  
University of  
Michigan  
Medical School**

### **Key Dates to look out for:**

First Call for Abstracts and awards applications welcome from July 2020:

Professor Paul Kennedy Award -

<http://www.espaspinal.org/professorKennedyAward.html>

Annette Johansen Quale Scholarship –

<http://espaspinal.org/anneteJohansen-QualeAward.html>

We look forward to receiving a broad range of clinical interventions, research and workshops as well as key developments in SCI practice. It's an exciting and innovative time to be working in SCI so please come and share with us.

**Abstract Submission by 1<sup>st</sup> November 2020**

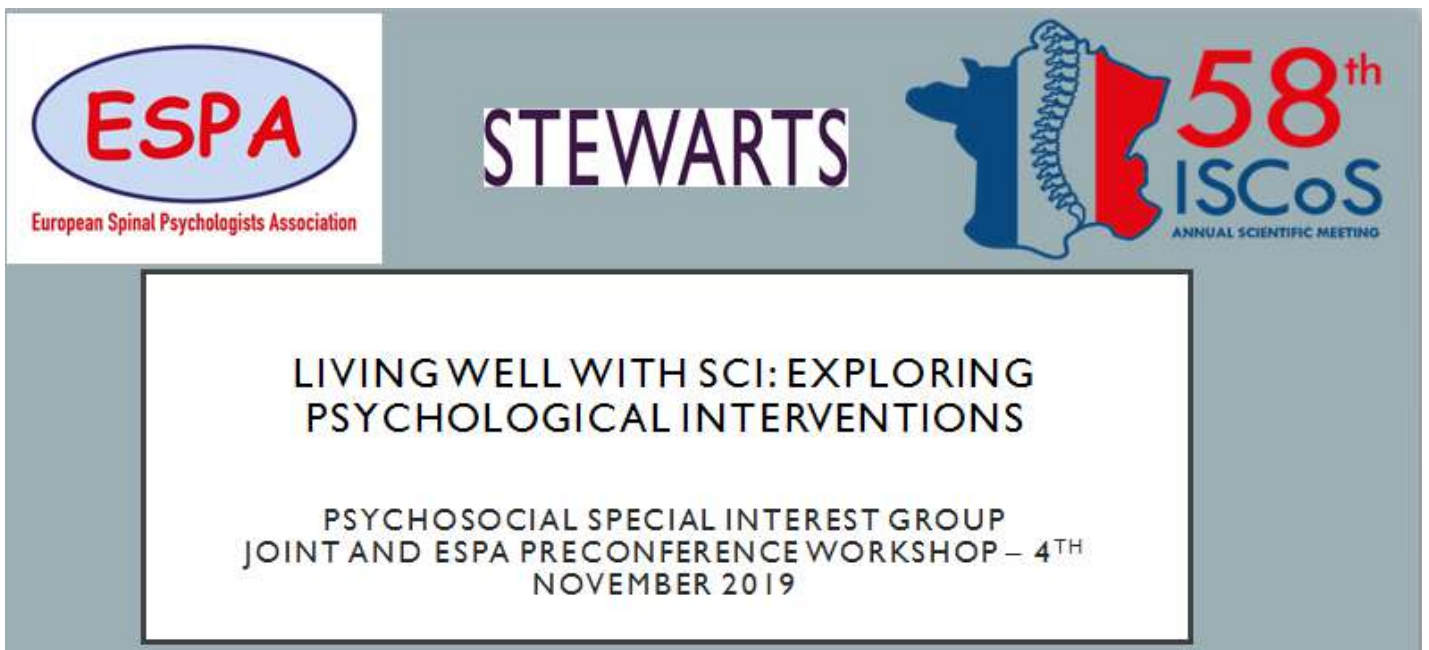
Registration information to follow or contact us at

[espaspinal@gmail.com](mailto:espaspinal@gmail.com)



## European Spinal Psychologists Association

We've been fulfilling our mission of bringing psychologists in spinal cord injury together and were delighted to jointly host with the ISCoS Psychosocial Working Group, the Inaugural Preconference, ISCoS France, 2019:



33 delegates from 13 nations with presentations from Australia, UK, France, USA and the Netherlands. Delegates contributed to the formation of the International SCI Psychological Functioning Basic Data Set – there's more information on page 4



[www.espaspinal.org](http://www.espaspinal.org) for the latest information



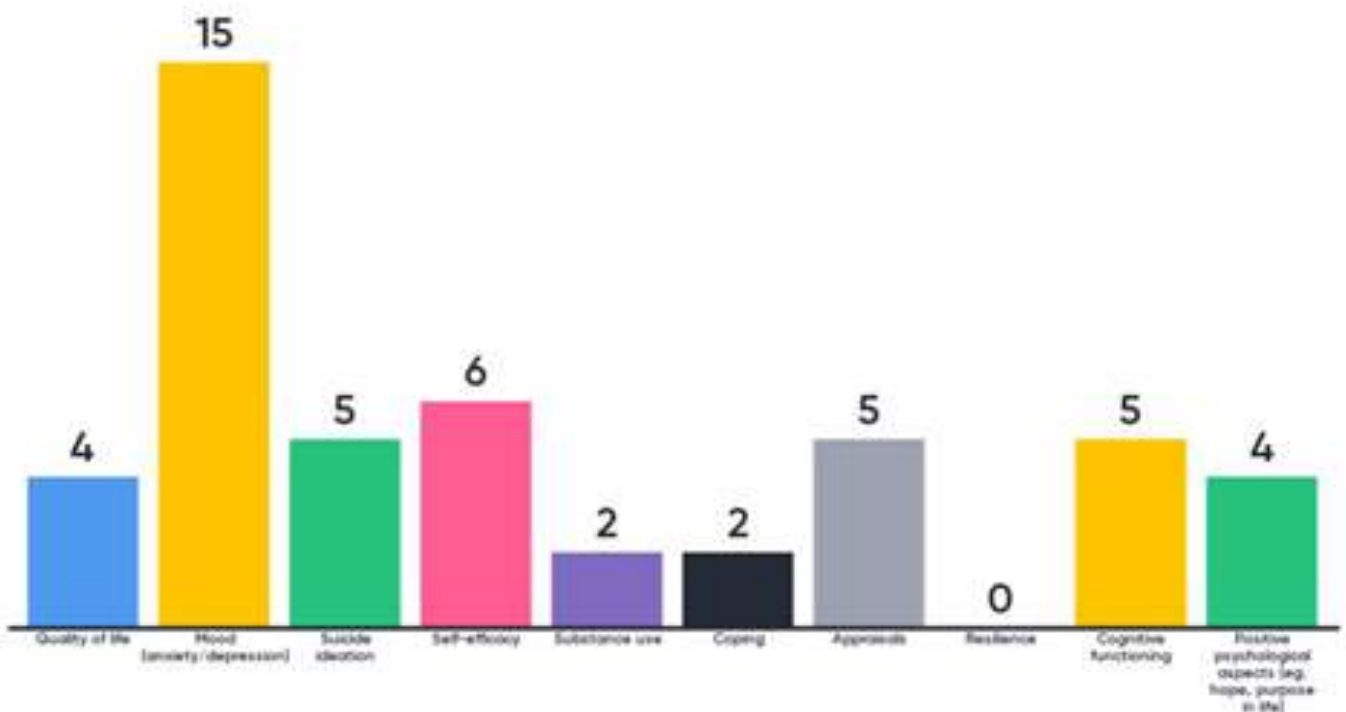
@ESPAspinal, an easy way to stay up to date and join international conversations



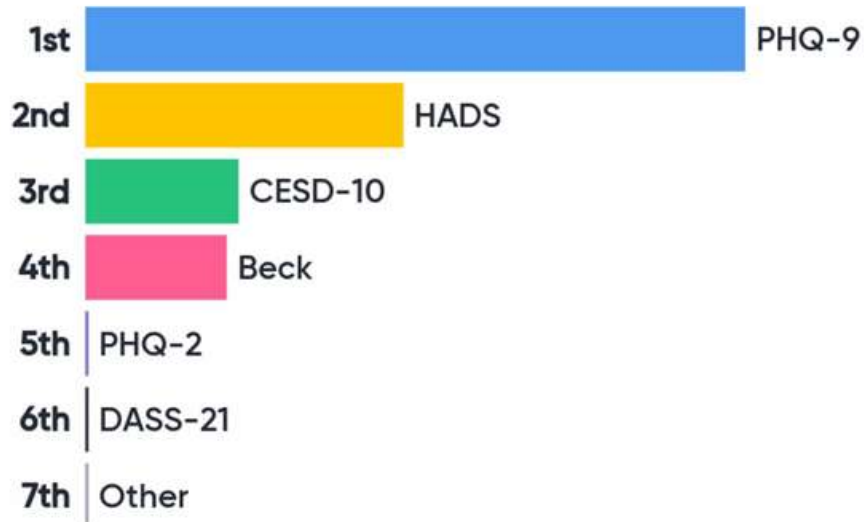
## European Spinal Psychologists Association

The meeting was a seminal one as it included a live poll by Marcel and Tijn as part of their workshop, with results shared during the Psychosocial Working Group's breakfast meeting.

Delegates voted on which 3 domains were the most important to screen, with mood being the most highly rated and then on the preferred measurement tool for mood. Only 25% of attendees routinely measured psychological aspects as an outcome for rehabilitation.



## What should we use to measure mood?



The preconference also launched the:

PROFESSOR PAUL KENNEDY  
LEGACY SCHOLARSHIP FOR PSYCHOLOGY



National Spinal Injuries Centre  
Stoke Mandeville Hospital  
Buckinghamshire Healthcare NHS Trust



Including Launch Donation from Oonagh, Julia and Dermot Kennedy

- Annual Funding to attend an ISCoS Conference, Travel and Accommodation
- Visit and networking with local Spinal Cord Injury Centre encouraged
- Scholarship criteria and application to be announced, with a focus on supporting early career psychologists working in SCI and particularly those from lower income countries

We are liaising with ISCoS about the viability of the scholarship for this year, but please do register your interest by emailing: [bht.nsicpsychology@nhs.net](mailto:bht.nsicpsychology@nhs.net) and we will keep you informed of progress.





## European Spinal Psychologists Association

On 8 December 2019 Ursula Schwaller (winner of 6 gold medals – World Championships & Paralympics – and architect) and Dr Peter Lude (announced as psychotherapist and politician) were honoured as persons with spinal cord injuries of the year 2019 by the Swiss Paraplegic Foundation. The press release focused on Peter's professional career as a psychotherapist and researcher awarded twice with the Sir Ludwig Guttmann-Preis and his life together with Yvonne as a successful team. More info here: <https://www.paraplegie.ch/de/service/medien/medienmitteilungen>

Peter is Vice Mayor of Bad Zurzach. His areas of responsibility are health, age and education. He was initiator of the new schoolhouse and the nursing house which includes acute and stationary long-term care as well as a day-nursery and vice president of both building commissions. Four generations live in the nursing house from age 4 months up to 100 years.



# ESPA

European Spinal Psychologists Association



## 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 22 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)

# 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 (GPDR EU, 2018).