



Welcome from the chair

Dear Colleagues,

We are excited to bring you our programme for our 10th conference to be hosted in Dublin in May 2022. We have representation from over 7 nations including Germany, the Netherlands, France, and Ireland, and a diverse and packed event with focus on whole person rehabilitation, emotional wellbeing, health equality and lived experience. We're delighted to share our award winners, Marion Gounelle from France and Rebecca Eaton from the UK, who you can learn more about later in this newsletter.

Our registration rates are detailed later in this newsletter. Early bird registration closes on 1st March 2022 and we encourage all to register to attend as soon as possible. [Click here to register.](#)

This newsletter also has information on the conference, travel, accommodation and social activities for attendees.

Very best wishes to you all and looking forward to our 10th conference in May 2022.



Dr Jane Duff, ESPA Chair

ESPA's 10th Conference, Dublin, 12-13th May 2022

Programme now available!

10th ESPA Meeting		
Hosted by: The National Rehabilitation Hospital, Dublin, Ireland		
SPINAL CORD INJURY: LOOKING AFTER BODY AND MIND PROGRAMME		
THURSDAY 12th MAY		
9:00	REGISTRATION AND COFFEE	
9:30	WELCOME AND INTRODUCTION	
9:50	SCIENTIFIC SESSION: WHOLE PERSON REHABILITATION (Chair: Dr Jane Duff)	Whole person rehabilitation – interactions between approaches and mood for self-care
9:50	Dr. Margaret Tiley	Self-development in rehabilitation and the prevention of secondary health conditions
10:10	Dr. Ingo Pals	May patients with acute spinal cord injury and additional traumatic brain injury present a higher level of depressive symptoms than patients without associated brain injury? A retrospective analysis
10:30	Dr. Christel van Leeuwen	Mindfulness training for persons with spinal cord injury (SCI) during in- and outpatient rehabilitation: a pilot study in the Netherlands
10:50	BREAK	
11:20	KEYNOTE SPEAKER (Chair: Dr Marco Nolte)	Body and Mind: The role of self-efficacy in secondary health conditions
11:20	DR. TIK VAN DIEMEN	Sin Maarten/Sint Maarten
12:30	LUNCH	
13:30	SCIENTIFIC SESSION: HEALTH EQUALITY (Chair: Dr Katharine Friley)	Social inequalities and health in persons with spinal cord injury: The mediating role of psychosocial resources
13:30	Dr. Caroline O'Leary	
13:40	Dr. Joan Saari Ruiz	Blazing a trail to participation: Preliminary results of PARTICIPA Project
14:00	Patrick Carroll	Seriously injured rugby players' perceptions on patient and public involvement in practical spinal cord research: An interview study
14:20	ANETTE JOHNSEN-QUALE ESPA SCHOLARSHIP PRESENTATION (Chair: Dr Claire Weegh)	
14:20	Marion Gounelle	Validity and reliability of the French Self-Efficacy Scale (MSES-FS): a measure of self-efficacy for people with spinal cord injury based on the Mooring Self-Efficacy Scale.
14:20	PHD Student	
15:00	BREAK	
15:20	PROFESSOR PAUL KENNEDY ESPA SCHOLARSHIP PRESENTATION (Chair: Dr Jane Duff)	Fatigue: multidimensional impact on whole body and mind
15:20	Rebecca Eaton	Trainee Clinical Psychologist
16:00	Reflections on the day	
16:30	Close	
19.00 FOR 19.30PM DINNER: Royal Saint George Yacht Club, Dun Laoghaire		

10th ESPA Meeting		
Hosted by: The National Rehabilitation Hospital, Dublin, Ireland		
FRIDAY 13th MAY		
9:00	NETWORKING AND COFFEE	
9:30	SCIENTIFIC SESSION: EMOTIONAL WELLBEING (Chair: Dr Fijn van Diemen)	The adult's knee what to do with me: People with spinal cord injury's experiences of accessing mental health support in the community.
9:30	Phanie Brock	Rowland
9:50	Dr. Katharine Friley	The therapeutic disconnect: the challenge of seeking support from generic mental health services when living with spinal cord injury in the community.
10:10	Dr. Christel van Leeuwen	Associations between personality traits and anxiety and depression in persons with SCI in first inpatient rehabilitation
10:30	BREAK	
10:50	SCIENTIFIC SESSION: LIVED EXPERIENCE (Chair: Dr Peter Luedt)	Adolescent and Young Adults' experiences of living with a parent with a spinal cord injury
10:50	Dr. Emma Brennan	
11:10	Olivia Barrett	"You feel a bit uneasy sometimes": The psychosocial impact of a spinal cord injury on sexual function and sexual satisfaction
11:30	Dr. Michelle Cahill & Dr. Marco Nolte	"Holding on to your mind when your body doesn't work": Living life when the dichotomy between mind and body is continually in flux
12:00	ESPA BI-ANNUAL GENERAL MEETING	
12:30	LUNCH	
13:30	WORKSHOP	Patient's beliefs about their spinal cord injury during first rehabilitation and how to apply the results
13:30	Prof. Marcel Post	
13:30	Dr. Christel van Leeuwen	
13:30	Dr. Fijn van Diemen	
13:30	Dr. Jane Duff	
15:00	PLENARY AND CLOSING REMARKS	
15:30	Tour of Dun Laoghaire Spinal Injuries Centre	
SATURDAY 14th MAY		
AM	GUIDED TOUR OF DUBLIN (optional)	

ESPA 2022 Registration

We're delighted to bring you a range of options for registration to our 10th Conference in Dublin, 12-13 May 2022, with fantastic early bird offers available (see below). [Register for ESPA 2022 here.](#)

	Early bird until 1st March 2022	Until 30th April 2022 (registration closes)
2 days full paying in person delegate	£215 (£250 inc conference dinner)	£250 (£295 inc conference dinner)
2 days student in person delegate	£90 (£135 inc conference dinner)	£125 (£170 inc conference dinner)
Thursday – full paying live stream delegate	£75	£150
Thursday – student live stream delegate	£25	£80



Marion Gounelle ANETTE JOHNSEN-QUALE ESPA SCHOLARSHIP AWARD WINNER

Marion graduated in 2010 with a Master's degree in Clinical Psychology, specializing in clinical psychopathology and neuropsychology of ageing. She currently works at the Propara Neurological Center in Montpellier, where she supports individuals with neurological disorders following a spinal cord injury, a head injury, a stroke, a neurodegenerative or developmental pathology. Alongside this, Marion is studying her PhD in Health Psychology at the University Paul Valéry. Her long term goals are to develop her clinical and research activities in order to help people to better live with their SCI, to adapt to it and to integrate their new needs in daily life.



Rebecca Eaton PROFESSOR PAUL KENNEDY ESPA SCHOLARSHIP AWARD WINNER

Rebecca is currently a Third Year Trainee Clinical Psychologist. Prior to training she worked as an honorary assistant psychologist and an assistant psychologist in two spinal centres in the UK. Rebecca has always been interested in working with individuals who have a spinal cord injury and the associated research field and is passionate about the opportunities she's had to return to spinal centres to work psychologically. Rebecca's theory driven project attempts to explore the impact of fatigue on negative appraisals and the relationship with depression in an acute setting.

ESPA Executive Committee Opportunity

Our current secretary, Dr Jasmine Hearn, will be stepping down from her role as ESPA Secretary after our Dublin conference. We are seeking expressions of interest from anybody interested in getting involved with the ESPA Executive Committee and being part of the team. Information on the secretary role can be found [here](#). If you are interested in the role, please complete the [expression of interest form here](#) and send this to espspinal@gmail.com by 15th April 2022. Nominations received will be voted on at the BAGM during our 10th conference in May.

Conference Venue, Dinner & Accommodation Information

Location: Dun Laoghaire (pronounced Done Leery!). Dun Laoghaire is a coastal suburb of Dublin and the home of the National Rehabilitation Hospital (NRH). It is approximately 1 hour from Dublin Airport by a regular AirCoach service (check times via www.aircoach.ie) and about 40 mins by fast train from city centre.

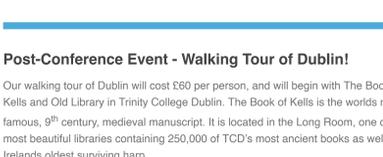
Attractions in Dun Laoghaire include the National Maritime Museum, the James Joyce Tower and Museum and the picturesque Dun Laoghaire Harbour offering popular pier walks.

Conference venue
Thursday: The Studio at the Lexicon Library, Dun Laoghaire (in front of the Royal Marine Hotel)
Friday: The National Rehabilitation Hospital, (NRH) Rochestown Ave, Dun Laoghaire

Note: These venues are approximately 35 min walk from each other or a 15 minute bus ride. Depending on numbers, some wheelchair transport can be made available on Friday morning to ensure participants can get to NRH.

Conference Dinner: Thursday 12th May. This will take place in the Royal Saint George Yacht Club, Dun Laoghaire. This is a 3-5 minute walk from Lexicon & Royal Marine Hotel.

Accommodation: We have collated a list of accommodation options suggested for individual booking either directly or via sites including Booking.com. We have secured a group rate of €130 B&B for a single and €145 for a double or twin for The Royal Marine hotel (early booking is advised). This rate applies for a night before and a night after the conference and will expire after 25th Feb 2022 (please use reference number 040481 when booking). Wheelchair accessible rooms available. [Click here for more information](#) on the accommodation options, venue, location, and accommodation available for ESPA 2022 delegates.



Post-Conference Event - Walking Tour of Dublin!

Our walking tour of Dublin will cost £60 per person, and will be held with the World of Kells and Old Library in Trinity College Dublin. Book of Kells is the world's most famous, 9th century, medieval manuscript. It is located in the Long Room, one of the most beautiful libraries containing 250,000 of TCD's most ancient books as well as Ireland's oldest surviving harp.



We will be joined by an experienced tour guide who will then accompany us to Dublin Castle where we will have a coffee break and get a chance to explore the grounds of Dublin Castle and visit the Chester Beatty library, described by Lonely Planet as one of the best museums in Europe, promoting the appreciation and understandings of world cultures. This library was once the private library of Sir Alfred Chester Beatty, an American collector and philanthropist.

We will end our tour in The Brazen Head, Ireland's oldest pub having walked past many Viking points of interest and St Patrick's Cathedral. These points of interest are all contained in a relatively small area and are also within walking distance of other attractions, including the National Gallery, the Guinness Storehouse and the Museum of Literature, for those who might like to prolong their visit to Dublin.



Testimonials for ESPA

"ESPA is the only conference where every talk or poster is relevant to my daily work on the SCIC. Other conferences are interesting, but this one makes a tangible difference, to my knowledge, to my patient education groups, and to my confidence as a professional in a specialist service. Thank you."

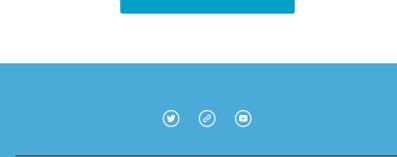
"There is nowhere else that the opportunity arises to talk to so many people from across the world, with such a wealth of experience and knowledge, who make you feel part of the group."

Your news

We would welcome news you'd like to share by June 2022 so we can share it in our next newsletter.

Thank you to our members!

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 espspinal@gmail.com



[Find Out More About ESPA](#)



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