



Welcome from the Chair

Dear Colleagues

The next year provides us with two opportunities to meet as an Association, firstly on the 8th October 2023 when ESPA co-hosts and supports the ISCoS Psychosocial Special Interest Group preconference, and then on 25th and 26th April 2024 for our usual 2 day meeting, hosted by the Netherlands. There is more information about both events, including the first abstract call for April in the newsletter and a great overview of Marcel's Keynote presentation.

This newsletter also includes reviews of other conferences and events members have attended and some great innovations on our website.

We're always keen to hear your thoughts about how we can develop as an Association.

Hope to see you in Edinburgh, Njmegen, or both!

Jane

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ISCoS registration NOW OPEN



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**2nd joint ESPA/ISCoS Psychosocial SIG
8th October 2023, Edinburgh, United Kingdom**

FIRST CALL FOR ABSTRACTS

[CLICK HERE](#)

Submit your abstract poster [here](#)

25th & 26th April 2024

Njmegen, Netherlands

Appraisals of Disability: Primary and Secondary Scale (ADAPSS-sf and long form)

For all those who use this, there has been a great development by the NSIC Clinical Psychology Team, with the development of a coding tool which makes administration and interpretation very easy – thanks so much to Lucy Grant for her brilliant skill with this. The team have also summarised the psychometric literature, have a citation list and included access to the paper tool in a folder hosted on the ISCoS Psychosocial Special Interest Group google drive – to access these documents either click on this [link](#).

AFPSA Congres in Montpellier 5th - 7th July

The Association Francophone de Psychologie de la Santé (AFPSA), the Epsilon laboratory of the Paul-Valéry Montpellier 3 University and Epidaure, the prevention department of the Montpellier Cancer Institute inform you that the 12th AFPSA congress will be held in Montpellier from 5 to 7 July 2023.

The theme "Promoting healthy behaviours: theoretical and methodological issues" was chosen to highlight research on this important theme in our discipline, especially in this post-covid 19 period. However, the call for papers is open to all the themes that make up the richness of health psychology.

You can now submit your proposals for papers by accessing the congress website available on the link below (Learn +). The deadline for submission of paper proposals is 20 December 2022.

The congress is supported by the research department of the National Cancer Institute (INCa).

For more information [click here](#)

Psychological functioning extended dataset

After finishing the psychological functioning basic dataset (<https://www.iscos.org.uk/international-spinal-cord-injury-psychological-functioning-basic-data-set>) a workforce under auspices of the ISCoS psychosocial SIG started to work on an extended dataset. The goal of the workforce is to create an internationally recognized and endorsed extended standard data elements with regard to psychological functioning of people with SCI/D for clinicians and researchers to use in their practice and investigations. To be sure that the extended dataset is relevant to most people all over the world, the workforce reached out for participants of Africa, South America and Asia.

To date the most commonly used questionnaires with respect to psychological functioning are identified and reviewed. Now the workforce is in the process of determine the most important domains of psychological functioning and to determine the questionnaires to endorse for these domains.

For more information please contact leads of workforce; Tijn van Diemen (t.vandiem@maartenskliniek.nl) or Kimberley Monden (kmonden@umn.edu)



[Website updates](#)



We have been developing the ESPA Spinal website to make it more user friendly and would like to share some exciting updates with you.

You will notice that there is now an option to change the language by using the flag drop down menu.

We hope that this will make it easier for those visiting our website whose first language is not English.

We are also developing a Members Login area where those who want to find out more about what the committee does or how to get involved can ask questions, there will also be an area for frequently asked questions. This has not yet gone live but please keep visiting the website and use this area when needed.

The Psychology Working Group of the German-speaking Medical Society for Paraplegiology (DMGP)

met during the DMGP Congress from 19 - 20 April 2023 in Nottwil, bringing together colleagues from Austria, Switzerland and Germany. The schedule was on the one hand subject-specific and on the other hand interdisciplinary, with contributions on trauma processing according to Somatic Experiencing as well as in art therapy and music therapy.

The colleagues of the Psychological Service of the SPC, Nottwil presented their

working structures. In interdisciplinary ICF visits every fortnight, each discipline and the patients themselves formulate their own goals, whereby the correspondence between patient goals and professional goal formulations is used as an indication of the state of disease management.

Doctor Katja Reichert presented an internet-based pain therapy for spinal cord injured patients based on Acceptance and Commitment Therapy (ACTonPain) developed at the University of Ulm. ACTonPain is currently the subject of an evaluation study starting in May 2023. The study includes outpatients with spinal cord injury and chronic pain. At present, however, approval for the use of the programme in the evaluation has only been granted within Germany.

Janina Lüscher & Mayra Galvis of the Swiss Paraplegic Foundation presented their research results from the project "Participation, Integration & Social Epidemiology Group". Many spinal cord injured patients show no clinically relevant psychological distress, 90% experience post-traumatic growth, about 1/5 show clinically relevant depressive symptoms, indicating a significantly higher prevalence of psychological problems than in the general Swiss population. Protective factors for functional mental coping seem to be fewer negative appraisals and more effective coping. Loneliness seems to be a strong risk factor for the development of mental health problems. Currently, the research groups are working on a dyadic everyday life study. Janina Lüscher presents important study results from Shrout, 2021 ("Dyadic Biobehavioral Stress Model"). The stress level of spinal cord injured persons and their partners is measured by means of cortisol measurements in order to investigate whether spinal cord injured persons are more susceptible to a higher stress level.

A project group within the DMGP Psychology Working Group reports on the current state of development of a curriculum for the postgraduate additional qualification for psychologists. The aim of the specialist further training is to prepare colleagues for the clinical-psychological care of patients with spinal cord injury and to take into account the professional requirements.

Spirituality Webinar

The ISCoS Psychosocial Special Interest Group hosted a webinar on "Spirituality in Spinal Cord Rehabilitation". Dr Elsbeth Littooj, Healthcare Chaplain at rehabilitation centre Reade and the OLVG Hospital in Amsterdam provided an incredibly insightful and thought provoking talk reflecting on the meanings that people hold and make about themselves, the world and others and how this might relate to the spirituality one holds and led us in an amazing meditative exercise. The [link](#) for the recording is available for a short time
Passcode: hSJLd2H#

ESPA Scientific Committee Opportunity

We are seeking expressions of interest from anybody interested in getting involved with the ESPA Scientific Committee and being part of the team. If you are interested in joining the committee please complete the [expression of interest form here](#) and send this to espaspinal@gmail.com

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 espaspinal@gmail.com



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