

*Best Wishes for the
Holiday Season*



ISPORG

International Society of Psychosomatic
Obstetrics and Gynaecology

December 2015

Newsletter

Newsletter Editor Dr Heather Rowe
Logo based on painting by Omar Biscotti

18th ISPOG Congress

Malaga Spain 12th -14th May 2016



MESSAGE FROM THE CONGRESS PRESIDENT CARLOS DAMONTE KHOURY

Dear Colleagues:

The final program will be published soon on the congress website www.ispog2016.es

The Local organizing committee headed by Prof Ernesto Gonzalez Mesa, the SEGO Psychosomatic Section by Prof Daniel Lubian Lopez and the Secretariat by Camila Lejarraga and Maria Rosa Crespo García (Meetandforum) are working non-stop and we are sure that it will be, in the Spanish style, the attractive and professionally-stimulating Congress we desire.

Almost all national POG Societies, some of them "in progress", invited key note speakers, Journal Editors and International Societies of different disciplines will contribute with the best clinical and research presentations highlighting new trends, building interdisciplinary bridges and designing future strategies for the education of all the professionals involved to enhance women's health care.

Malaga is a bright, beautiful newly-arranged and well communicated city. We will certainly meet professionals from different cultures, traditions and knowledge, and from all continents.

Keep the dates and please spread the news to your colleagues everywhere!



IN MEMORIAM Professor Don Jesús Florido Alicante, November 17th, 2015

It is with great sorrow that we have to express our last farewell to our friend, excellent companion Jesús, who died today in Granada, Spain.

After being the best pupil and follower of Prof Vicente Salvatierra, the founder of the Spanish Psychosomatic Society in 1986, from 1987 a Section of the SEGO (Spanish Obstetrics and Gynecology National Society) he was our President for many years, representing Spain in ISPOG Executive Committee from 1990 until 2004.

He was a brilliant academic, hard worker, outstanding human being and excellent companion. His work as a Professor and researcher followed until our last National Congress, Bilbao May 2015, inspiring new generations, and chairing the Scientific Committee of our next International Congress 2016, although seriously ill for the last year.

We want to share our sorrow with his family and closest coworkers.

Carlos Damonte Khoury

ISPOG President, in the name of ISPOG Board and the Malaga 2016 Organizing Committee

Daniel Lubian Lopez

President of the Spanish POG Society



18th ISPOG CONGRESS

INTERNATIONAL SOCIETY OF PSYCHOSOMATIC OBSTETRICS AND GYNAECOLOGY AND 20th CONGRESS OF THE PSYCHOSOMATIC SEGO SECTION



ISPORG
International Society of Psychosomatic
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EDUCATION

Sibil Tschudin, Convenor of the Education Committee

When the Education Committee was launched in 2012 three major aims were identified, i.e. (1) to develop an e-learning academy, (2) to provide access to the talks of psychosomatic symposia and congresses. e.g. by means of webcasts and (3) to offer workshops to give members the opportunity to experience the psychosomatic approach personally. To date we successfully achieved some, even if certainly not all of these aims:

- (1) Our website was well prepared to develop and expand a knowledge database when the untimely and tragic death of our digital secretary Levente Lazar interrupted this process. We are still in search of a colleague who will take over his important task. Never the less the Editorial Board has been constituted and the members of the Educational Committee will prepare quality criteria for educational resources, which will then be taken to the ExCo for ratification. The next step will then be to prepare and provide teaching modules and definitions of standards of care via our ISPOG website and thus make them available not only for our members, but also for all other interested health professionals.
- (2) The options to provide access to talks via webcast are still under evaluation.
- (3) We (i.e. Marieke Paarlberg, Heather Rowe and me) offered workshops on "Dealing with difficult patients" at the EBCOG congress in Glasgow in 2014, the ENTOG scientific meeting in Utrecht and the FIGO congress in Vancouver in 2015. We had positive feedback from the participants and these workshops seem to be a promising strategy for sensitizing colleagues to psychosocial aspects and teaching communication skills on a practical level. "Hands on"-training is in fact not limited to surgical and interventional skills training!

The positive evaluation of partly interactive symposia with case discussions (offered at the ESC congress in Lisbon in 2014 and the IAWMH congress in Tokyo in 2015) speaks to the potential for the widespread offer of these training modules.

We look forward to hearing any other ideas for education from ISPOG members. Please send your thoughts to Bianca Scarlett admin@aspog.org.au

ISPOG WORKSHOPS AND SYMPOSIA

A pre-conference workshop was held at FIGO entitled 'Dealing with difficult patients' facilitated by Marieke Paarlberg and Sibil Tschudin and assisted by Linda Herberich and Heather Rowe, which was attended by 25 people from a wide variety of countries. The workshop was very well received and there are now plans to run it again and also conduct a Train the Trainer workshop so that it can be offered by others.

Two symposia were in the main FIGO program organised by Jonathan Shaffir. Presenters are Carlos Damonte-Khoury (Spain), Sibil Tschudin (Switzerland), Barbara Maier (Austria), Justo Alonso, (Uruguay), Shari Lusskin (USA), Heribert Kentenich (Germany), Susan Carr (Australia), Meir Steiner (Canada).

Symposia and workshops are planned for May 2016:
ESC Basel May 2016 [http://www.escrih.eu/events/esc-events/2016ESC Basel May 2016](http://www.escrih.eu/events/esc-events/2016ESC%20Basel%20May%202016)

EBCOG Torino
<http://www.ebcog2016.org>

The International Menopause Society Prague September-October 2016

http://www.imsociety.org/world_congress.php
Planning is in process for the **International Marcé Society for Perinatal Mental Health** Melbourne October 2016 <https://www.marce2016>

The International Association for Women's Mental Health will be held in Dublin in March 2017
<http://www.iawmh.org>

Members are very welcome to become involved in these activities either by joining a planned symposium or by proposing a new one or another conference. Suggestions are welcome. *Justo Allonso (Uruguay) has proposed an ISPOG symposium at the next World Congress on Perinatal Medicine in Asuncion, Paraguay 2016.*

ISPOG 18th Congress Málaga

Closing date for abstracts for papers
20 January 2016

<http://www.ispog2016.es/index.php/call-for-abstracts>

NEWS FROM MEMBER SOCIETIES AROUND THE WORLD



Australian Society for
Psychosocial Obstetrics
& Gynaecology

The Australian Society, affiliated to ISPOG had a very successful year in 2015, with an excellent 2-day Annual Scientific Meeting in Melbourne. Over 100 people attended to hear world class speakers on topics such as psychosexual issues, menopausal concerns and the sexual and reproductive health of young people, together with challenging sessions on maternal perinatal health and global women's rights. The Annual General Meeting attracted new members who were elected to the committee from a variety of professional disciplines. Our biannual newsletter continues to keep the members up to date with all ASPOG activities. At FIGO in Vancouver this year, ASPOG members were invited to contribute to both ISPOG and FIGO seminars, thus ensuring that the Australian Society both learns and contributes from an international perspective.

2016 looks to be shaping up to be an exciting year. The Australian Society Annual Scientific meeting will be held in Hobart, Tasmania on July 29th and 30th 2016 www.aspog.org.au. It will be winter then, and, as well as for the science, going to Hobart will be an excellent time to pursue indoor pursuits such as viewing the magnificent Museum of Old and New Art, MONA <http://www.mona.net.au/> and enjoying the fine food and wines for which the region is renowned.

In May, ASPOG is proud to be presenting 3 seminars at ISPOG in Malaga, together with a fourth Australian seminar through Monash University.

We welcome you all to join us, both in Malaga and in Hobart.

On behalf of the committee,



Susan V Carr
President ASPOG

BSPOGA

BRITISH SOCIETY OF PSYCHOSOMATIC
OBSTETRICS, GYNAECOLOGY & ANDROLOGY
would like to take the opportunity to wish
you all peace in your hearts and homes
during these troubled times



As we look to the dawn of **2016** we hope it will be a smooth for you, personally and professionally, and that you continue to promote awareness of the bio-psycho-social aspects of women's and family health.

Recent and Forthcoming BSPOGA Events

22 August 2015 **IPCM** Symposium-

World Congress of Psychosomatic Medicine in Glasgow - How can we address the epidemic of stressful childbirth?

4th December 2015 **BSPOGA Annual Scientific Meeting:**

NICE, KIND and NES - Bringing hearts and minds together in Scotland to improve maternity care for those with complex needs.



Various Scottish Initiatives since the NICE 110 Pregnancy and Complex Social Factors in 2012 will be discussed. The Meeting will be a Tribute to the work of Dr Mary Hepburn, OBE.

<http://www.bspoga.org/content/asm-2015-programme>

RCOG BSPOGA News

21 November 2015 **Junior Doctors Careers Fair**

25 November 2015 **Annual Professional Development Conference**

BSPOGA is a Specialist Society of the RCOG. This is an important collaboration, highlighting to our junior and senior colleagues that issues of psyche and soma are issues of 21st century health care and should not be

marginalized , but inform a person-centred , individualized and safe approach to our counselling, shared decision making and management.

RCOG World Congress in Birmingham in June 2016
Abstract Submission Open

Press Release!

BSPOGA Book - Biopsychosocial Factors in Obstetrics and Gynaecology **will be released in the Summer of 2016.**

The BSPOGA Symposium at **ISPOG 18th Congress Malaga 12 May 2016**

Interventions to improve perinatal wellbeing.
<http://bspoga.org/ispog>

With warm wishes-on behalf of BSPOGA Chairman
Mr Leroy Edozien

Clare

Dr Clare Willocks, Secretary General BSPOGA

GERMAN SOCIETY

The German Society still has 700 members. The yearly congresses are well attended. There was a joint congress of the German, the Switzerland and the Austrian Society at Munich February 2015 with 236 attendants.

Additionally a symposium in honoring Prof. Rohde was held at Bonn University (200 participants). Positive is the involvement of the German Society of Psychosomatic Obstetrics and Gynecology in the National OBGYN Society at their congresses. But also in the participation for establishing guidelines in all parts of OBGYN (infectious diseases, chronic pelvic pain, caesarean section, preterm delivery, hysterectomy, contraception, etc.). There are friendly relations between the German Ministry of Health and the German Ministry for Family regarding their educational efforts, brochures and leaflets.

As in other national societies there is the problem to attract young members for psychosomatics OBGYN. Positive remarks: During their trainee part to become resident, all doctors in OBGYN have to undergo the course "Psychosomatic basic care" which includes theory parts but also parts of Balint group and verbal intervention technique. This is established since several years and the courses take place in 6 different towns in Germany.

Prof. Dr. H. Kentenich

SUMMARY OF ACTIVITIES IN ISRAEL

1. ISRAPOG has continued its involvement in Post-Graduate Courses at the School of Medicine at Tel Aviv University. In March this year we conducted a session that was dedicated to various aspects of psychosomatics in Ob/Gyn such as: Fertility Preservation, Sleeping Disorders and Uro-Gynecological Disorders.
2. ISRAPOG issue every trimester a Newsletter to its members and friends with latest news and developments.
3. ISRAPOG's eight committees convene regularly. The following committees met intensively during the last year: a. Committee on Psychiatric Medications during Pregnancy and Lactation b. Research Committee c. Committee on Post Graduate Studies. The Executive Board meets regularly for plans and discussions concerning the future activities of the society.
4. One of the recent major activities is the planning of the ISRAPOG Annual Meeting on March 21, 2016. The meeting will be dedicated to two major topics in psychosomatic aspects: Fertility Preservation in Oncological Patients and Male Infertility.
5. ISRAPOG launched a new updated, novel and interactive website, which will serve as a platform for continuous scientific and educational communication and networking. The website can be found at www.israpog.org.il

Summary of International Activities:

1. ISRAPOG will conduct a session on "Psychosomatic Aspects of Interruption of Pregnancies in Advanced Gestational Age" in the ISPOG International Meeting in Malaga in May 2016.
2. With the extensive involvement of ISRAPOG a contact between ISPOG and the President of the Russian Society of Ob/Gyn, Professor Victor Radzinsky, was established. Thus creating a platform for formation of the Russian Society of Psychosomatic Obstetrics & Gynecology.
3. Professor Dov Feldberg, the Chairman of ISRAPOG, attended the Board Meeting of ISPOG which took place during the FIGO World Congress in Vancouver in October 2015. He was actively involved in all the discussions and future plans of ISPOG for the coming year.

Sincerely yours,
Prof. Dov Feldberg



International Society of Psychosomatic
Obstetrics and Gynaecology

JAPANESE SOCIETY OF PSYCHOSOMATIC OBSTETRICS AND GYNECOLOGY

The Japanese Society of Psychosomatic Obstetrics and Gynecology (JSPOG) has been steadily growing in size and increasing its activities. JSPOG currently has 772 members, consisting mainly of obstetricians and gynecologists, though active members also include psychiatric and psychosomatic medical doctors as well as numerous other health professionals. In addition to our annual meeting, we were happy to have delegated members from ISPOG as speakers in IAWMH2015. Similar to other societies, JSPOG publishes the society's Journal of Japanese Society of Psychosomatic Obstetrics and Gynecology three times annually. After nine years, JSPOG also published in 2015 a revised edition of its Textbook of Women's Psychosomatic Medicine.

Mental healthcare is an important topic in Japan today. Legislative changes now require that all workers be given a stress check once annually beginning in December 2015. In the field of obstetrics and gynecology as well, renewed attention is being paid to the mental health of expectant, postpartum and nursing mothers. Japan is an island nation in East Asia. Facing conditions like these, JSPOG's goal is to work together with other countries of the world to improve QOL for women in Japan. **Kiyoshi TAKAMATSU**

NORTH AMERICA

Jonathan Schaffir, MD, immediate past president of NASPOG, and Shari I. Lusskin, MD, current president, attended the ISPOG ExCo meeting at XXI FIGO World Congress of Obstetrics and Gynecology in Vancouver, BC on 5 October 2015. On the following day, Dr. Lusskin participated in the ISPOG Presents symposium "ISPOG Presents: Psychosocial Topics in Obstetrics and Perinatal Medicine." She gave a talk entitled "Pharmacotherapy for Depression in Pregnancy and Lactation." Dr. Schaffir participated in the second ISPOG Presents symposium "ISPOG Presents: Psychosomatic Issues in Gynecology" on 7 October 2015 and gave a lecture entitled "Hormonal Contraception and Mood." We both appreciated the opportunity to meet with our ISPOG colleagues from around the world and to hear their fascinating lectures. The 2016 NASPOG Biennial Meeting will be held in New York City on 8-10 April 2016. We welcome your submissions of posters. This is a lovely time of year to visit the Big Apple and we hope that you will join us www.naspog.org. From 12-14 May 2015, NASPOG members Teri Pearlstein, Kimberly Yonkers, Sarah Fox, David Baram, Jonathan Schaffir, and Meir Steiner will present at the 18th ISPOG Congress in Malaga, Spain. Finally, the jet-setting members of NASPOG will fly back from Malaga to present a symposium entitled "Hormones and Mood: A Presentation of the North American Society for Psychosocial Obstetrics and

Gynecology" at the 2016 Annual Clinical and Scientific Meeting of the American College of Obstetricians and Gynecologists (ACOG) in Washington, DC on 15 May 2016. See you in New York! **Shari I. Lusskin**

SPAIN

Psychosomatic e learning within the Virtual Campus of the SEGO, National Spanish Ob Gyn Society (of which we are a Section) started officially in 2015. www.sego.es

We held a Psychosomatic full day programme within the National Spanish Ob Gyn Congress, Bilbao May 2015, with interdisciplinary presentations and one Key Note Speaker, Prof Chiara Benedetto, Ex-President of the Italian POG and EBCOG whose presentation was about Communication Skills www.sego2015.es. We are preparing the XVIII ISPOG and XX National POG Congress. In order to invite national professionals we organized a meeting on November 19th, held at the Centro Cívico in Málaga, same venue of the next ISPOG Congress.

The meeting was organized by the Prof Ernesto Gonzalez Mesa (Local President) and Dr Fermin Criado Enciso (Scientific Committee Pres) opened by the Presidents of the Obstetrics & Gynecology Spanish Society (SEGO), Prof Dr T. Martinez-Astorquiza, the POG Section, Prof. Dr D. Lubián Lopez, and the Malaga Ob-Gyn Association, Dr A. López. This full day meeting/seminar was particularly targeted to all health professionals involved in women's health care, and its main objective was to highlight the need to consider the social and psychological aspects in all the diagnostic and therapeutic Ob-Gyn interventions.

As pregnant women are frequently exposed to a series of stressful stimuli that affect their emotional balance producing medical complications and worsening the perinatal outcomes, and gynaecological problems are often linked to emotional disorders, sometimes as a cause and sometimes as a result, these considerations are essential to guide gynecological diagnosis and treatments. Some aspects related to premature birth, smoking, vomiting during pregnancy, and maternal education were discussed in the Obstetric part of the conference. Likewise, aspects of menopause, endometriosis, genital cancer, infertility and sexual desire disorders were discussed by local experts on these matters in the gynecological part.

More than a hundred health professionals participated in the meeting, including Ob-Gyn specialists, Midwives, Family doctors and Psychologists. During the meeting the XVIII Congress of the International Society of Psychosomatic Obstetrics and Gynecology (ISPOG) was presented to the audience and the call for abstracts was advertised. The Congress will be held in the auditorium Edgar Neville at Malaga (Spain) from 12 to 14 in May and we expect an important number of participants from many different countries.

Prof Ernesto Gonzalez Mesa

JOURNAL OF PSYCHOSOMATIC OBSTETRICS AND GYNECOLOGY

Taylor and Francis publishers

As you know Taylor and Francis is the new publisher of ISPOG's official journal, JPOG. The transition to the new arrangements has been very smooth. We have worked hard with T&F to improve the online subscription process for ISPOG members. As you know, full online access to all JPOG content is available to ISPOG members for a reduced subscription fee. We hope that there will be some more improvements over the next weeks. We hope that ISPOG members will support the journal by subscribing and writing for publication.

Impact Factor 1.89

The journal impact factor is continuing its steady growth and demonstrates the relevance and quality of the papers published. Congratulations to the editorial team (Joint Editors in chief Prof Pauline Slade and Prof Shaughn O'Brien, Associate Editor Prof Helen Spiby).

Call for papers for a special edition of JPOG on Biopsychosocial Perspectives on the Menopause

Please see the call for papers for a special issue of the JPOG on menopause at
<http://explore.tandfonline.com/cfp/med/ipob>

The closing date for papers is 15 February 2016 to be published in December 2016.

The guest editors for the special issue are Guest Editor: Myra S Hunter and Leroy Edozien.

JPOG is soliciting reviews

The Editors are actively seeking reviews for publication - systematic reviews, integrative and narrative reviews on topics of relevance to the journal and readers. Please see the Instructions for Authors and submit your review in the usual way through ScholarOne manuscripts <https://mc.manuscriptcentral.com/dpog>

CONGRESSES

14th Congress of the European Society of Contraception and Reproductive Health

May 4-7, 2016

Basel, Switzerland

<http://www.escrh.eu/events/esc-events/2016>

18th ISPOG Congress

May 12-14, 2016

Málaga, Spain

<http://www.ispog2016.es>

24th European Congress of the European Board and College of Obstetrics and Gynaecology

May 19-21 2016

Torino, Italy

<http://www.ebcog2016.org>

13th Congress of the European Federation of Sexology

May 25 - 28 2016

Dubrovnik, Croatia

<http://web.aimgroupinternational.com/2016/efs>

15th WAIMH Congress

Prague, Czech Republic

May 29-June 2, 2016

<http://http://waimh2016.org>

ASPOG 2016 Annual Scientific Meeting

Hobart, Tasmania

Australia

29-30 July 2016

<http://www.aspog.org.au/aspog-conferences/2016-conference.html>

International Marcé Society Biennial Scientific Meeting

September 26-28, 2016

Melbourne, Australia

<http://www.marcesociety.com>



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