



ISPOG

International Society of Psychosomatic
Obstetrics and Gynaecology

December 2019

Newsletter

Newsletter Editor M. Caroline Vos
Logo based on painting by Omar Biscotti



Season's Greetings!

Christmas Message from the ISPOG President

I feel highly privileged to be writing my maiden Christmas message as President of ISPOG in this issue of the

ISPOG newsletter. In the aftermath of a successful ISPOG Congress, the officers of the society are in high spirits, and as we go into a landmark year we are afforded the opportunity both to look back and take stock and to look forward with enthusiasm. Going into 2020, we should have clarity of vision in respect of ISPOG and the advancement of the biopsychosocial model of health care delivery. In other words, we must have 20/20 vision for ISPOG!

In the next three years ISPOG activities will be focused mainly in the domains of advocacy, education and research. May I recommend that member societies should key into these areas of activity and keep other member societies abreast of developments in this area through the medium of this newsletter, the ISPOG website and the websites of member societies.

The world is progressing at a fast pace, new concepts taking a relatively shorter time to gain a foothold. This is partly due to the digital revolution. We must take advantage of this to disseminate our core message on the importance of integrating biological, social and psychological factors in the planning, delivery and monitoring of healthcare. And this integration should be emphasised in the basic and continuing education of health professionals.

May I encourage members, individually and as a group, to continue to champion this cause with fervour.

I wish you all Merry Christmas and Happy New Year.

Leroy C Edozien



Past President's Report

This October at the occasion of our 19th ISPOG congress in The Hague, my term of presidency came to its end. During the past three years, ISPOG could

strengthen the mutual collaboration with other international societies with which we share common interests, such as the European Board and College of Obstetrics and Gynaecology (EBCOG), the International Association for Women's Mental Health (IAWMH) and the International Marcé Society for Perinatal Mental Health. To further education was one of my declared aims during my presidency. Thanks to Jonathan Schaffir, our member at large for education, we are some steps further in promoting E-learning via our ISPOG website, whereas my contribution consisted predominantly in organising and holding interactive "hands-on" workshops covering psychosocial topics at various conferences. To spread our messages and to reach all health professionals interested in psychosocial aspects in ObGyn social media presence is crucial nowadays. ISPOG has launched a social media drive before and during our congress in The Hague with the idea that these networks, once established will also be beneficial in the future. For more information regarding our activities between 2016 and 2019 I refer you to my comprehensive president's report, which will be sent out to your national contact person together with the minutes of our general assembly.

I look back on three years full of inspiring exchange, unforgettable encounters and the experience of being supported by very reliable and supportive friends. This was especially important as we were repeatedly confronted with challenging tasks. I would like to express my deep





gratitude to the ISPOG Board members, Carlos Damonte, Heather Rowe, Vivian Pramataroff-Hamburger and Leroy Edozien. Furthermore, I would like to thank the members at large and all other ExCo members for their engagement for ISPOG, which affords energy and time, but brings back inspiration, satisfaction, even sometimes fun and eventually prevents us from professional burnout!

I handed over my Presidency to Leroy Edozien. I wish him, as well as the other re-elected or new officers, a successful three years' term and I am happy to have the opportunity to keep on supporting the board in particular and ISPOG in general in my new position as immediate past-president. Thanks to all of you for your confidence, your support and your friendship.

Treasurers Report

ISPOG has a healthy financial situation. In 2018, membership fees of 12.844 euro were collected. Expenses were 4.860,56 euro. 4-5 countries still need to pay their membership for 2018-2019. Total assets end of 2018 are **54.927,57 euro**.

Introduction New Officers

Mechthild Neises, MSc MD PhD, our new president-elect has a longstanding career in psychosomatic obstetrics and gynaecology. She has been active both in science and in the professional German organisations in psychosomatic obstetrics and gynaecology and especially in psycho-oncology. She currently holds practice in Aachen, Germany. She is the author of many publications, both in the field of obstetrics and gynaecology and especially in psychotherapy and psychosomatics.

M. Caroline Vos, MD PhD, new secretary-general, is a gynaecologist and epidemiologist from Tilburg, the Netherlands, with an interest in gynaecologic oncology and pelvic surgery. She has been active in the Dutch POG working party for many years and is especially interested in education through the Academy of Psychosomatics in Obstetrics and Gynaecology. Her research is on cancer survivorship, information provision and provision of care. She also works in care for women after FGM.



At the handover October 10, 2019 in the Hague, the Netherlands, from left to right: Carlos Damonte Khoury, Mechthild Neises, Vivian Pramataroff-Hamburger, Leroy Edozien, Sibil Tschudin, Heather Rowe, M.Caroline Vos

Farewell and Acknowledgment

As the president of ISPOG during the last 3 years' term and in the name of the Board and of all ISPOG members I want to express my gratitude to the three people, who had accomplished their terms and / or resigned from their posts at the occasion of the general assembly this year in The Hague, for their commitment and engagement for our society. These are Carlos Damonte Khouri, Heather Rowe and Linda McGowan.

Carlos Damonte Khoury

Dr Carlos Damonte Khouri, Spain, was an ISPOG officer for twelve years. He started as Secretary General under Klaas Wijma's presidency, then became President-elect and was our President, when I entered the board. As an extremely skilled networker he tirelessly engaged himself in gaining new member societies not only in the Spanish speaking part of the world, but worldwide. In his speeches and talks, he always proved far-sightedness and a deep sense of humour. Primarily he is a dedicated proponent of the bio-psychosocial perspective in ObGyn, but this is not his only passion. Some of us know him also as an ardent flamenco singer. For all of us he is a precious and loyal colleague and for many of us he became a good friend. We are very grateful to him for all he did for ISPOG.





Heather Rowe

Dr Heather Rowe PhD BSc, Australia, was our Secretary General for six years. As the past President of the Australian SPOG and as a Senior Research Fellow focussing on perinatal mental health promotion and the management of fertility at Monash University in Melbourne, she brought with her the best qualifications for this position. In fact, it took not much time to realise how extremely lucky we were to have her in our board. With Heather, I had someone at my side, who always kept the overview, asked the right questions and gave precious input and wise advice at the right moment. Thanks to her and the Event Manager Bianca Scarlett we could profit from a very well organized and efficient ISPOG Secretariat. However, Heather is not only a very thoughtful, reliable and considerate person; she is also an excellent researcher, speaker and moderator. During our numerous "ISPOG missions" I had the chance to profit from Heather's professional skills, but we also discovered our various common non-medical interests and became very good friends. Our close ties were never challenged by the fact that Heather lives at the other end of the world and will not be compromised by the end of her term as a board member. We all are very grateful to Heather for what she did for ISPOG.

Linda McGowan

Prof Linda McGowan, Great Britain, was co-editor-in-chief of our Journal of Psychosomatic Obstetrics and Gynecology (JPOG) from 2017 and has announced her retirement as Editor effective 30 September 2019. She currently has a Leadership Chair in Applied Health Research and is Director of Research and Innovation at the School of Healthcare of the University of Leeds. Within the usual pair of editors, Linda McGowan represented the psychology discipline. Under her joint editorship with Prof Julie Quinlivan, Australia, the reputation of the journal was further strengthened, represented by a steadily increasing impact factor to 2.327 in 2018. We are very grateful to Julie McGowan not only for her engagement for our journal to date, but also that she agreed to remain until a replacement is found and will support the incoming editor during the transition.

Sibil Tschudin

ISPOG Research Agenda from ISPOG 2019, the Hague, the Netherlands

Thanks to the initiative of the JPOG editors-in-chief a session dedicated to the ISPOG research agenda could be held for the first time at our 2019 ISPOG congress. Researchers were invited to submit research proposals. These were presented at the session and evaluated. Bringing together all these experts led to interesting discussions. We are very grateful to Julie Quinlivan for her tireless engagement, which led to the publication of an editorial in the JPOG with a summary of each of the six presented proposals (see link below). If anyone wants to contribute to these projects, please contact the coordinating person below.

Topic	Global co-ordinator
Collaborative management of endometriosis	Heather Rowe Email: heather.rowe@monash.edu
Male infertility emotional and psychological support	Tewes Wischmann Email: Tewes.Wischmann@med.uni-heidelberg.de
Care provision following birth trauma	Gill Thomson Email: GThomson@uclan.ac.uk
Denial of pregnancy	Antje Bittner Email: antje.bittner@ukdd.de
Fertility after cancer	Kiyoshi Takamatsu Email: ktakamatsu@tdc.ac.jp
Reducing incongruous expectations for childbirth	Yael Benyamini Email: benyael@tauex.tau.ac.il

Please find the full article at:

<https://www.tandfonline.com/doi/full/10.1080/0167482X.2020.1695872#.Xepgfv045Jl.twitter>

Application for new Editor-in-chief of the Journal of Psychosomatic Obstetrics and Gynecology now open:

https://think.taylorandfrancis.com/call-for-applications-for-the-post-of-editor-in-chief/#?utm_source=CPB&utm_medium=cms&utm_campaign=JOK12298





Member Contact Details – Please Check Your Entry!

We are endeavouring to keep your contact details correct and up-to-date.

Please visit the ISPOG website and check the contact details of your national society. If they are not correct, please forward the correct details to admin@ispog.org

Agenda

NASPOG, St. Louis, Missouri April 17-19, 2020 via <https://naspog.wildapricot.org/2020>

EBCOG, Bergen, Norway, May 14-16, 2020 via <https://www.ebcog2020.org>

During EBCOG 2020 the **next ExCo meeting will be held on Friday May 16th in the afternoon.** Details will be provided as soon as possible.

ISPOG wishes you, and your families and colleagues a peaceful and safe holiday season.

M.Caroline Vos

Secretary General on behalf of the ISPOG Board



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