



# ISPOG

International Society of Psychosomatic  
Obstetrics and Gynaecology



## 2021 SUMMER NEWSLETTER



Dear ISPOG members, here is the summer edition of the newsletter for 2021. It contains a report from the Spring Executive Committee meeting with the inauguration of the Croatian and Danish POG society, the Treasurer's report, a call for the survey on education and announcement of the MdS price from Switzerland.

### Spring Executive Committee meeting by Zoom

On April 14<sup>th</sup> 2021, the second Executive Committee meeting by zoom was held. In spite of the large time differences across the globe, it was very well attended. We have shared our experiences with the Covid-19 pandemic in the different countries and spoke about the upcoming ISPOG conferences: 2022 in Vienna, Austria and the bid for 2025 in Seoul, Korea. The meeting was also very special, because we welcomed two new societies to ISPOG's worldwide family.

### Inauguration of two new societies



#### Croatia

The Croatian POG society is as all other professional societies a member of the Croatian Medical Association and the statutes of the society apply to them. The society has already been very active in ISPOG with contributions to and participation in the national symposia at the conferences. Until now, they organized symposia on the ISPOG congresses about Fetal programming and Anorexia nervosa and reproductive health. One of the areas of research is on music therapy and aromatherapy during delivery. The society brings 20 new members to ISPOG. CPOG is formally founded in 2017, but collaboration with ISPOG begun almost ten years before. The society consists not only of gynecologists and obstetricians but also include psychiatrists and psychologists. They have a special collaboration with Clinic of psychiatry within University Hospital Sestre milosrdnice in Zagreb, the capital of Croatia. The final preparations are done for their first medical book, Psychosomatics in Gynecology and Obstetrics which is due in fall. Also, they held various education seminars and symposias on Psychosomatic aspects of Gynecology disorders, Psychosomatics in Obstetrics with medicolegal aspects of the delivery, Power of communication-what we can and can not do, Preterm delivery-the aspect of unfavorable outcome and other. An effort is made to point out the significance of psychosomatics to new generations of medical students, residents and specialists through everyday work. One of the aims is incorporation of these skills in undergraduate and postgraduate training.



In 2018 a multidisciplinary group of health care professionals from different clinical backgrounds were gathered to discuss how to improve the treatment and care for patients with problems that were related to the pelvic floor. Right from the start, clinical sexology and psychotherapy were an integral part of the newly founded centre. After there has been reached an agreement between the involved specialties, the first patients were treated mid-2019. The setup allowed the patient to see, at the same time in the same consultation, both a (uro-)gynaecologist, an urologist, a surgeon, a physiotherapist with special expertise in pelvic floor therapy, a nurse, a clinical sexologist and a psychotherapist. The bio-psycho-social-model served as a sound foundation for any decision that was made and each patient received the possibility to either consult a counsellor or a psychotherapist parallel to any somatic treatment. Sometimes, counselling or psychotherapy were the first or only necessary treatment. Generally, this approach led to a closer cooperation between the different specialties but also across the schism that so often divides somatic medicine from psychological treatments. As a method, our psychotherapists are mostly trained in ISTDP (intensive short term psychodynamic therapy), which has been shown to be highly effective in this very setting. As other methods, cognitive therapy, biofeedback and awareness are also used.

We have begun with different scientific research projects to measure the effect and outcome of our new setup. So far, different patient workshops and patient satisfaction-measurements show that our approach improves the patient's experience. The Danish society has 20 members so far.

We welcome all new members to ISPOG and enjoy the growing activity around the globe!

## Treasurer's report

ISPOG has a healthy financial situation. In 2020, membership fees of € 12 887 were collected. Expenses were € 7 478,23. Total assets end of 2020 are € 60 282,54. **Thank you very much to all of you who sent your fees on time.**

## ISPOG 2022

During ISPOG 2022, we will celebrate our diamond jubilee. The program for the conference is almost finished thanks to your valuable input. We all encourage you to send in abstracts and come to the conference. More details can be found at [www.ispog2022.org](http://www.ispog2022.org). The abstract submission will be sent around.

## Survey for the Educational Committee

For ISPOG 2022, an inventarisation of the education on psychosomatics in the field of obstetrics and gynaecology will be collected. We will compare the current data with the data presented at ISPOG 2013 in berlin. The survey has been sent to the national representatives, but if you missed it or want to add something, please send an email to M.Caroline Vos at [admin@ispog.org](mailto:admin@ispog.org)

## Announcement of the Myriam de Senarclens price

### Fondation Dr Myriam de Senarclens MdS - Prize

#### Dr Myriam de Senarclens (1921-1993)

Pioneer of psychosomatic  
obstetrics and gynaecology

Co-founder and member of the  
Executive Committee of ISPOG



The MdS prize is intended to encourage, support or reward a study, research project or an original work, which treats, from a psychosomatic perspective, a subject in gynaecology or obstetrics.

Applications are open to all medical personnel (gynaecologists, obstetricians, psychiatrists...), those working in social sciences (psychologists, sociologists, anthropologists...), nurses, midwives, as well as multi-disciplinary teams.

Prize in the value of 20'000 Swiss Francs will be awarded every 4 years  
For more info please refer to our internet site

[www.Fdmds.org](http://www.Fdmds.org)

Call for projects – until October 4th, 2021

Prize distribution – June 2022

## 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 the secretary-general [admin@ispog.org](mailto:admin@ispog.org)

## Agenda

NASPOG will hold a webinar series August 2020 – August 2021. We will feature 1 webinar per month on the second Thursday of each month at 7pm Eastern (6pm Central/5pm Mountain, 4pm Pacific) starting August 13th. **For the program and registration see <https://naspog.wildapricot.org/program>**

ASPOG 2021, 3-5 September 2021 - Hotel Grand Chancellor, Hindley St, Adelaide

Academie voor Psychosomatiek in de Obstetrie en Gynaecologie (APOG) (Dutch POG Academy) September 2-3 2021, Utrecht, the Netherlands [www.wpog.nl/apog](http://www.wpog.nl/apog)

EBCOG, September 2-5 2021, Athens, Greece. [www.ebcog-hsog2021.org](http://www.ebcog-hsog2021.org)

**ExCo meeting per zoom Wednesday 10 November 13.30 h CET**

World Conference, International Association Women's Mental Health 20-23 February 2022, Melbourne, Australia

20<sup>th</sup> ISPOG Congress 2022, 9-12 March 2022, Vienna, Austria [www.ispog2022.org](http://www.ispog2022.org)

World Conference, International Association Women's Mental Health 7-11 November 2022, Maastricht, the Netherlands, [www.iawmh.org/congress/](http://www.iawmh.org/congress/)

**Save the dates!**

The ISPOG board wishes you, your families and colleagues a nice summer with time to relax and enjoy.

M.Caroline Vos, secretary-general on behalf of the ISPOG Board.

