



International Organization of  
Physical Therapy in Mental Health



COLEGIO DE  
KINESIÓLOGOS  
DE CHILE



SOKISAM  
SOCIEDAD CHILENA DE  
KINESIOLOGÍA EN SALUD MENTAL

# XI INTERNATIONAL CONFERENCE PHYSIOTHERAPY IN MENTAL HEALTH

11TH INTERNATIONAL CONFERENCE  
IOPTMH

A global gathering to share science, experiences  
and advances in Physiotherapy and Mental  
Health.



Facultad de  
Ciencias de la  
Rehabilitación



# CHILE

Chile is a country located at the southwestern tip of South America, with an extensive coastline along the Pacific Ocean and borders with Peru, Bolivia, and Argentina. It has an approximate population of 19.6 million inhabitants and is characterized by its institutional stability and its development in the fields of health, education, and science. The official currency is the Chilean peso (CLP). Its strategic location and connectivity make it an ideal meeting point for international academic and scientific events. Chile is recognized for its stability, its development in education and health, and its commitment to scientific and academic advancement. Its geographic and cultural diversity, together with a strong network of universities and health services, make it a safe and welcoming environment for hosting international meetings. Chile offers ideal conditions for academic exchange, professional collaboration, and the strengthening of the health sciences.



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# CONCEPCIÓN

Concepción is one of Chile's major cities and a recognized university, scientific, and cultural hub in the southern part of the country. It stands out for its vibrant academic life, its strong tradition in health and the sciences, and its air and land connectivity with the rest of the country and internationally. Surrounded by nature, the sea, and rivers, Concepción offers an ideal environment for academic exchange, reflection, and professional networking.



# CONCEPCIÓN

[Information about the Santa Barbara Winery Tour \(click here\)](#)



VIÑA SANTA BERTA

ACTIVIDAD DIARIA

11TH INTERNATIONAL CONFERENCE

**IOPTMH**

CHILE

## ¿How arrive to XI International Conference of Physiotherapy in Mental Health?

### Santiago de Chile (SCL) - Concepción (CCP) Airway



You can take a flight from International airport Arturo Benítez (Santiago) to airport Carriel Sur (Concepción)

flying time 1h - 1:30h de

Approximate cost USD 60-80 round-trip flight



## ¿How arrive to XI International Conference of Physiotherapy in Mental Health?

### Santiago de Chile (SCL) - Concepción (CCP) Highway - autobus



From the Santiago terminal bus (Terminal Sur) you can take a bus to Concepción terminal bus

Time of travel 6-9h

Cost approximate USD 20-40 round-trip



## ¿How arrive to XI International Conference of Physiotherapy in Mental Health?

### Santiago de Chile (SCL) - Concepción (CCP) Land route - train and autobus



From the central metro station (Santiago) you can take a train to Chillán city and then a bus to Concepción

Time to travel 5:30 h - 6:30 h

Cost approximate USD 40 round-trip.



## ¿How arrive to XI International Conference of Physiotherapy in Mental Health?

### Santiago de Chile (SCL) - Concepción (CCP) Highway - car



From Santiago you can rent a car. For highway you have to pay road toll only with cash.

Time to road trip 5 h - 6 h. 12km

Cost approximate USD 50 - 60 for gasoline (small car) and USD 16 for road toll. Cost only por one way trip.



# MEET THE CONFERENCE ORGANIZERS



Paulina Cedas



Karina Venegas



Javier Ramirez



Stephanie Layana



Jorge Mondaca



Natacha Osses



Facultad de  
Ciencias de la  
Rehabilitación



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KINESIOLOGÍA EN SALUD MENTAL





# Conference Program 23.4.2026

## 11 International Conference on Physiotherapy in Mental Health

8:00-8:30	Registration & Accreditation		
8:30-9:00	Opening Ceremony		
9:00-9:45	Effects of sports practice on executive functions and their relationship with the presence of depressive and anxiety symptoms in university students. PhD Christian Campos		
9:45-10:15	Mindfulness in Physiotherapy : Keeping it Safe and Simple. Are we there yet? B.Phty.Hons.,MCBT Ellen Lake		
10:15-11:00	Coffe Break – Poster Presentations		
11:00-11:15	Oral Presentation: Mind-Body PT for ASD and Anxiety Belkis L. Alayón Marvez et al. ARGENTINA		
11:15-11:30	Oral Presentation: KAP of Physiotherapy in Postpartum Women Estom Uvambe-TANZANIA		
11:30-11:45	Oral Presentation: Sensory-based modulation interventions Susie Maj Kaalund et al.-DENMARK		
11:45-12:00	Oral Presentation: PNE for Fibromyalgia Morales-Osorio MA et al.-CHILE		
12:00-12:45	Moving to Learn: The Sport+EF Project as an Interdisciplinary Approach to Cognitive-Motor Development in Schools. Dra. Falonn Contreras Osorio		
12:45-13:15	Autism in the Context of Hypermobility and Associated Conditions PhD. Carolina Baeza-Velasco		
13:15-14:00	Education Round Table (Carmen Soto - Tracey Pons - Elisa Galvez - Cristian Campos)		
14:00-15:30	Lunch Time		
	Workshop 1	Elisa Gálvez-Sonia Roa Country: México-Chile Language:Spanish	Physiotherapy and Mental Health in Perimenopause: Body-Based Strategies Grounded in Compassion.
	Workshop 2	Davy Vancampfort Country: Belgium Language: English	Physical activity counseling in the treatment of mental illness: master class
15:30-17:30	Workshop 3	Maria Patricia Castro Nieto Country: Colombia Language:Spanish	Therapeutic Dance and Movement Intervention for Older Adults: Dancing with Life
Maximum of 30 participants per workshop	Workshop 4	Jonna Jensen Country: Denmark Language:English	BBAT
(Registration will be announced in due course)	Workshop 5	Ellen Lake Country: Australia Language:English	Trauma-Informed Physiotherapy Care
	Workshop 6	Susie Maj Kaalund Jes Bech Engsted Country: Denmark Language:English	Global SENSE: Innovating Sensory-Based Physiotherapy Interventions for Mental Health
	Workshop 7	Ana María Arias Margarita Correa Sandra Hincapíe Country: Colombia Language:Spanish	The Art of Inhabiting the Body: An approach to movement quality from Cirque du Soleil
	Workshop 8	Tracey Pons. País: Nueva Zelanda. Language: English	Persistent Pain and Poor Mental Health: Physiotherapy Assessment and Management



# Conference Program 24.4.2026

## 11 International Conference on Physiotherapy in Mental Health

8:30-9:15	<b>Pain Management in Physiotherapy in mental health</b> PhD. Tracey Pons		
9:15-10:00	From the Walls of the Asylum to Free Movement: Toward a Community- and Neuroscience-Based Exercise Prescription in Mental Health in Chile PhD. Orlando Villouta		
10:00-10:45	<b>Coffee Break – Poster Presentations</b>		
10:45-11:00	<b>Oral Presentation: Physical fitness in inpatient adolescents</b> Marine Coppens et al. BELGIUM		
11:00-11:15	<b>Oral Presentation: Mental Health Physical Therapy Recs</b> Dr. Joe Tatta-USA		
11:15-11:30	<b>Oral Presentation: Gender Inequalities in Physical Activity</b> Stefanie Tonguino Rosero-COLOMBIA		
11:30-11:45	<b>Oral Presentation: Education in trauma-focused physiotherapy</b> Lene Nyboe-DENMARK		
11:45-12:30	Round Table: Physiotherapy Techniques in Mental Health – Jonna Jensen, Davy Vancampfort		
12:30-13:00	<b>Chronic Pain in the PRAIS Program Population</b> PhD. Claudio Carvajal		
13:00-14:00	<b>General Meeting IOPTMH</b>		
<b>Lunch Time</b>			
<b>Maximum of 30 participants per workshop (Registration will be announced in due course)</b>	Workshop 1	Margarita Correa Mayra Martheyn Country: Colombia Language: Spanish	Legacy of conscious movement: experiences of training and professional practice of bbat physiotherapists in latin america
	Workshop 2	Daniel Catalán Country: Spain Language: Spanish	Balance, Breathing, and Awareness: The Therapeutic Power of BBAT in Mental Health
	Workshop 3	Prof. Dr. Miguel Muñoz-Cruzado y Barba Country: Spain Language: Spanish	Physiotherapy in Mental Health within the New Health Paradigm
	Workshop 4	Simon Rosenbaum Country: Australia Language: English	Designing and Implementing Physical activity programs for communities affected by trauma and social disadvantages
	Workshop 5	Phillip Ward Country: Australia Language: English	Specific Challenges in Implementing Lifestyle Interventions in the Global South
	Workshop 6	Liliane Akiki Country: Libano Language: English	Laugh Your Tensions Away: Laughter Therapy
	Workshop 7	Julio Guarnizo, Mónica Herrera, Steven Jara, Adair Salazar, Daniela Aguirre Country: Ecuador Language: Spanish	Mindfulness and Movement for Cognitive Care
	Workshop 8	Cristobal Candia Araneda. Country: Chile. Language: Spanish	Physiotherapy intervention in group workshops within Psychiatric Intensive Care Units
	Taller 9	Lene Nyboe, B. País: Dinamarca. Idioma: Ingles	Physical Therapy for Patients with Post Traumatic Stress Disorder (PTSD)

# Conference Program 25.4.2026

## 11 International Conference on Physiotherapy in Mental Health

8:30-9:00	<b>From Leuven to the Andes: 20 Years of Physiotherapy in Mental Health-Reflections and Future Directions</b>	Davy Vancampfort
9:00-9:45	<b>Making It a Reality": The Challenges of Integrating Lifestyle Interventions into Routine Care for People Living with Mental Illness</b>	Phill Ward
9:45-11:00	<b>Coffe Break – NetWorking</b>	
11:00-11:15	<b>Oral Presentation: Combining behaviour change wheel...</b>	Arnaud Philippot et al.-USA
11:15-11:30	<b>Oral Presentation: Implementing BRIDGES protocol</b>	Irène Ibanez-BELGIUM
11:30-11:45	<b>Oral Presentation: The Role of the Physiotherapist in Movement Quality</b>	Ana María Arias Pérez et al.-COLOMBIA
11:45-12:00	<b>Oral Presentation: Trauma-Informed Care in Curricula</b>	Rebecca E. Parr et al.-USA
12:00-12:30	<b>Parkinson and mind-body therapies</b>	Judy Deutsch
12:30-13:30	<b>Round Table: Effects of Physical Activity on Cognition and Persistent Pain (Claudio Carvajal – Davy Vancampfort-Enrique Cerdá)</b>	
13:30-14:00	<b>Cocktail and Closing Ceremony: Presentation of Conclusions, Awards, and Official Closing.</b>	

# Registration Fees

— Before January 30th —

## High Income Countries

In-Person: 280 USD  
Online: 200 USD

## Middle Income Countries

In-Person: 240 USD  
Online: 190 USD

## Low Income Countries

In-Person: 200 USD  
Online: 150 USD

## SOKISAM Members

In-Person: 210 USD  
Online: 160 USD

## COLKINE Members

In-Person: 238 USD  
Online: 190 USD

## Students

In-Person: 140 USD  
Online: 100 USD



**SOKISAM**

South American Society of Sexual Medicine



International Organization of  
Physical Therapy in Mental Health

# Registration Fees

— From January 30th —

## High Income Countries

**In-Person:** 350 USD  
**Online:** 290 USD

## Middle Income Countries

**In-Person:** 300 USD  
**Online:** 250 USD

## Low Income Countries

**In-Person:** 250 USD  
**Online:** 200 USD

## SOKISAM Members

**In-Person:** 280 USD  
**Online:** 230 USD

## COLKINE Members

**In-Person:** 315 USD  
**Online:** 260 USD

## Students

**In-Person:** 175 USD  
**Online:** 140 USD



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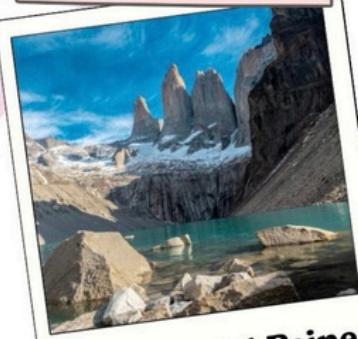
**SOKISAM**  
South American Society of Sexual Medicine

# Haven't you signed up yet?

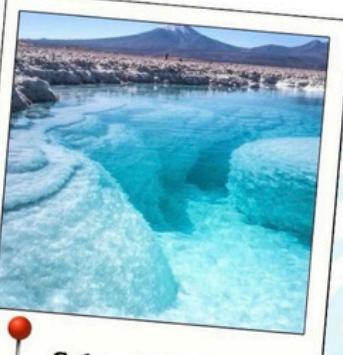
Follow step by step

WHILE I SHOW YOU CHILE

Step 1: Enter the page  
<https://congresoiopmtmchile.cl/>



Torres del Paine



Salar de Pedernales

APRIL 23,24,25-2026, CONCEPCIÓN,CHILE

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Teleférico de Santiago

Step 3: Scroll down to make an online purchase.

Check the World Bank to find out your country's income.

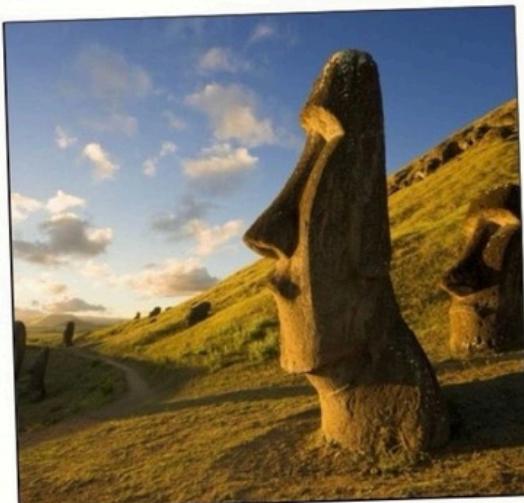
Step 2: At the top of the page, choose the "Registration" option.



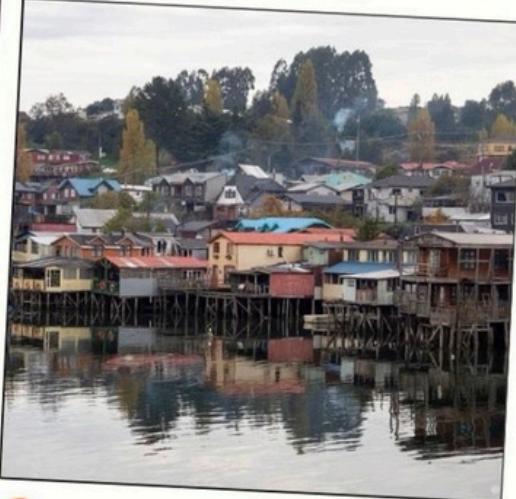
Viñedo Santa Rita

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**Rapa Nui**



**Palafitos de Chiloé**



Step 4:  
Complete the  
registration  
form. Don't  
forget to attach  
proof of  
payment.

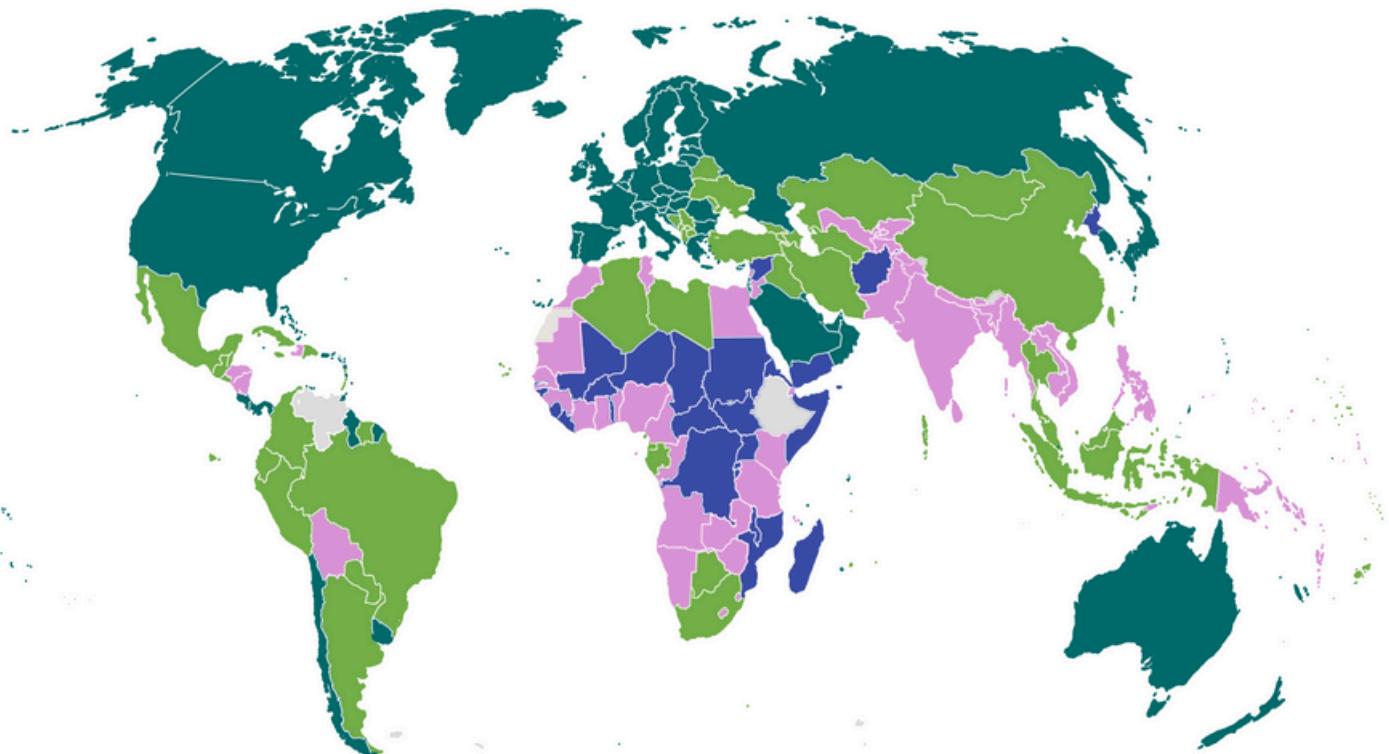
### REMEMBER!

Earlybird end January  
15th.

You can check the prices  
under the "Congress  
Prices" option at the top  
of the website.

# WORLD BANK GROUP COUNTRY CLASSIFICATION BY INCOME LEVEL

High Income    Upper-middle Income    Lower-middle Income    Low Income    Not Classified



# TOURIST INFORMATION

**We're waiting for you in Concepción, Chile!**

Known as the “Capital of the South” of Chile, Concepción is a vibrant, university city rich in culture that blends nature, history, and modernity. Its innovative spirit shines through its museums, parks, theaters, and art spaces, while its proximity to beaches, rivers, and forests provides the perfect setting for outdoor activities. Additionally, the local cuisine delights with unique flavors from both the sea and land, highlighting fresh seafood, traditional dishes, and contemporary cooking. Discover all its attractions and plan your visit here:

<https://chileestuyo.cl/destino/concepcion/>

# TOURIST INFORMATION ABOUT OTHER CITIES

**Tourist Information about Viña Del  
Mar. Click here.**



**MDS HOTELES**

Connecting Body and Mind

# AFFILIATED HOTELS IN CONCEPCIÓN

11TH INTERNATIONAL CONFERENCE

**IOPTMH**

CHILE

TARIFA DE HABITACIÓN	TARIFA DE TEMPORADA	TARIFA PREFERENTE
Habitación Single	\$120.000 CLP	\$88.000 CLP
Habitación Doble	\$140.000 CLP	\$108.000 CLP
Habitación Junior Suite	\$160.000 CLP	\$128.000 CLP
Habitación Standard Piso Ejecutivo	\$150.000 CLP	\$118.000 CLP
Habitación Junior Suite Piso Ejecutivo	\$190.000 CLP	\$148.000 CLP



Connecting Body and Mind

# AFFILIATED HOTELS IN CONCEPCIÓN

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CHILE

**HOTEL INFORMATION AND BOOKING RATES:**

**SINGLE ROOM RATE: USD \$61 + TAX, BREAKFAST INCLUDED.**

**DOUBLE ROOM RATE: USD \$69 + TAX, BREAKFAST INCLUDED.**

**PAYMENT METHODS: BANK TRANSFER OR DIRECT PAYMENT BY THE GUEST. A CREDIT CARD IS REQUIRED TO GUARANTEE OR PAY 100% OF THE STAY.**

**HOW TO BOOK:**

**TO MAKE A RESERVATION, YOU MUST REQUEST YOUR ACCOMMODATION DIRECTLY WITH THE HOTEL IBIS CONCEPCIÓN TEAM BY EMAILING NICOLAS.CID@ACCOR.COM. PLEASE STATE THAT YOU ARE AN ATTENDEE OF THE 2026 KINESIOLOGY AND MENTAL HEALTH CONGRESS.**

**HOTEL SERVICES**

**IN ADDITION TO LODGING, THE IBIS HOTEL FEATURES AN ON-SITE RESTAURANT OFFERING LUNCH AND DINNER SERVICES SHOULD ATTENDEES REQUIRE THEM.**

**<https://serviciosturisticos.sernatur.cl/844-hotel-ibis-concepcion>**

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[congresoioptmhchile.cl/](http://congresoioptmhchile.cl/)



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RED INTERNACIONAL  
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COGNICIÓN



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