

PSYCHOLOGY FOR HEALTH

Contributions to Policy Making

EXPERT CONFERENCE

Organised by the European Federation of Psychologists Associations EFPA
International non-governmental organization enjoying participatory status with the Council of Europe



Thursday, September 20, 2012

Friday, September 21, 2012

Bedford Hotel Brussels
135-137 Rue du Midi
1000 Brussels
Belgium

www.efpa.eu/PsyforHealthCongress2012

Welcome

We have the pleasure to invite you to this first conference on psychology for health in Europe. This conference offers policy makers and experts from psychology and other professions a unique opportunity to gain a better understanding of the behavioural routes to health.

We trust that participants will enjoy the direct discussions and knowledge exchange at this conference, and that it will help them collaborating more closely in the future.

This conference does not only express the commitment of Europe's psychologists to the promotion of health in Europe, but also the support of EFPA for the EU's health strategy and its readiness to assist in developing and implementing the third health programme.



Prof. dr. Stan Maes
President of the Conference



Prof. dr. Robert A. Roe
President of EFPA

Program committee

Stan MAES (Conference President)
Robert ROE (EFPA President)
Christoph STEINEBACH (EFPA Executive council member)
Pauline ADAIR (EFPA Chair of Standing committee Psychology and Health)
Adriana BABAN (EHPS incoming President)

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Bernard CARUANA (EFPA Executive Council Member)
Marianne KANT-SCHAPS (EFPA – Convenor Standing Committee Psychology in Education)
Sabine STEYAERT (EFPA Director)



EFPA has joined the EY 2012 coalition who sees the European Year for Active Ageing and Solidarity between Generations as an opportunity to address age discrimination and demographic change in a way that is fair and sustainable for all ages.



EFPA has responded to the call of EU Commissioner Neelie Kroes and is now involved in the work of the Coalition of high tec and media companies striving for 'Making the Internet a safer place for Children', which is a key commitment of the Digital Agenda for Europe.

Event Details

Date : Day 1
Thursday, Sep 20, 2012
08.30 – 18.30

Day 2
Friday, Sep 21, 2012
09.00 – 16.00

Venue: BEDFORD HOTEL
135-137 Rue du Midi
1000 Brussels
Belgium

Background information

Thanks to the broad scope of psychological research and their close collaboration with other professionals in schools, businesses, communities, and health care institutions, psychologists are in a unique position to contribute to the improvement of physical and mental health in Europe.

The aim of this conference is to highlight findings from psychological research and to demonstrate how psychologists can add to the work of other experts in safeguarding and promoting the health of European citizens. A particular emphasis is put on the role that psychology can play in developing healthy life styles, the early discovery of health risks, and various forms of prevention.

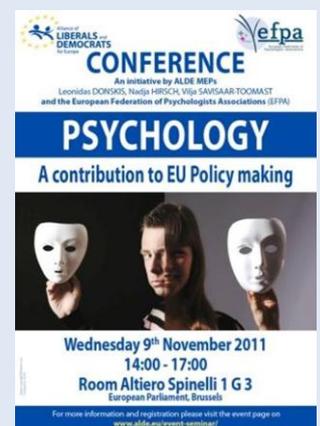
This conference will bring together experts from various areas of psychology, offering different but complementary perspectives on promoting health and reducing illness, with the purpose of sharing insights and experiences with policy makers and formulating policy statements as well as recommendations for future policies at the European and national level.

We expect 250 participants, including key actors from European institutions and EU Member States, the health sector, and NGOs, particularly those involved in the EU's Health Programme.

The conference is part of the "Psychology for Europe" initiative (2011) by which the European Federation of Psychologists Associations aims to raise the visibility and impact of psychology as a broad and potent field of science and professional activity that can bring substantial benefit to Europe, socially and economically.

This conference does not only express the commitment of Europe's psychologists to the promotion of health in Europe, but also the support of EFPA for the EU's health strategy and its readiness to assist in developing and implementing the third health programme

Robert Roe, EFPA President



Areas of expertise that will be covered

1. Health promotion via behaviour change: life style, addiction and health
2. Life-long learning and health: what school psychologists can do
3. Enhancing the prevention and early treatment of mental ill-health: depression and suicide
4. Health improvement through physical activity: lessons from sport psychology
5. Managing serious illness: focus on patients and care-givers
6. Health inequality in times of crisis: alleviating the impact of unemployment and poverty
7. Employment, working conditions and stress: from research to practice
8. Psychological contributions to healthy ageing and longevity

The programme will also provide room to address other health issues, such as the behavioural immune system, medically unexplained symptoms, and social violence.

Participants will receive an information package, documenting a wide range of psychological projects and interventions.



Eurobarometer on Mental Health

Program

Day 1: Thursday, September 20, 2012
08.30 – 18.30

08.30 WELCOME COFFEE AND REGISTRATION

10.00 OPENING : PLENARY SESSION

Welcome

EFPA President Robert A. Roe & Conference President Stan Maes

10.15 Welcome - Mrs. Paola TESTORI COGGI

Director General in the DG Health and Consumers of the European Commission

(1) Health promotion via behaviour change: life style, addiction and health

10.30 Prof. David French - Coventry University - UK

11.00 **(2) Life-long learning and health**

Prof. Dr. Peter Paulus – Universität Lüneburg – Germany

11.30 COFFEE BREAK

12.00 **(3) Prevention and early treatment of mental ill-health**

Prof. Pim Cuijpers – Vrije Universiteit Amsterdam – Netherlands

12.30 **(4) Health improvement through physical activity**

Prof. Paul Wylleman – Vrije Universiteit Brussel – Belgium

13.00 LUNCH BREAK

14.00 **The activities under the European Pact for Mental Health and Well-being and the emerging context of work on chronic disorders**

Michael Hübel – European Commission DG Health and Consumers

14.30 **4 parallel sessions (panel discussion on policy statement related to domains 1-4)**

16.30 COFFEE BREAK

17.00 **(5) Managing serious illness**

Prof. Rona Moss-Morris – King's College London - UK

17.30 **(6) Health inequality in times of crisis**

Prof. Stephen Stansfeld - Wolfson Institute Preventive Medicine – UK

18.00 Drinks/Reception



Paola Testori Coggi



David French



Peter Paulus



Pim Cuijpers



Paul Wylleman



Michael Hübel



Rona Moss-Morris



Stephen Stansfeld

Program

Day 2: Friday, September 21, 2012
09.00 – 16.00

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- 09.00 **WHO Europe's Health Strategy and Programmes**
Dr. Arun Nanda – Strategic Advisor to the Director of WHO Europe -
Copenhagen
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- 09.30 **(7) Employment, working conditions and stress**
Prof. dr. Jan de Jonge – Technische Universiteit Eindhoven – Netherlands
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- 10.00 **(8) Psychological contributions to healthy ageing and longevity**
Prof. dr. Frieder Lang – Universität Erlangen - Germany
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- 10.30 COFFEE BREAK
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- 11.00 **4 parallel sessions (panel discussion towards a policy statement related
to domains 5-8)**
-
- 13.00 LUNCH BREAK
-
- 14.00 **Presentation of the policy statements by the 8 different panels (10 min
per panel)**
Discussion / comments
-
- 15.30 **Conclusion and next steps: Psychology for Health in Europe**
Declaration, Recommendations and further actions
-
- 16.00 End of Day 2 - Closure
-



Arun Nanda



Jan de Jonge



Frieder Lang

Practical information

How to get there

Located in the historic centre of the capital city of Europe, Brussels

Bedford Hotel & Congress Centre

135-137 Rue du Midi

B-1000 Brussels

Tel: +32 2 507 00 00

Fax: +32 2 507 00 10

Mail: info@hotelbedford.be



Train - SNCB NMBS

- 20 minutes by train from National airport to “Brussels Gare Centrale” station
- 800m from “Bruxelles Gare Centrale” station
- 900m from Bruxelles Gare du Midi station (terminal THALYS/EUROSTAR)

By bus or underground STIB

The Société des Transports Intercommunaux de Bruxelles (STIB) is the main public transport operator in Brussels. STIB trams, buses and metros form one network and you can switch easily from one to another using the same ticket.

Underground

- Direct underground (tram) connection, station: Anneessens

Car/Taxi

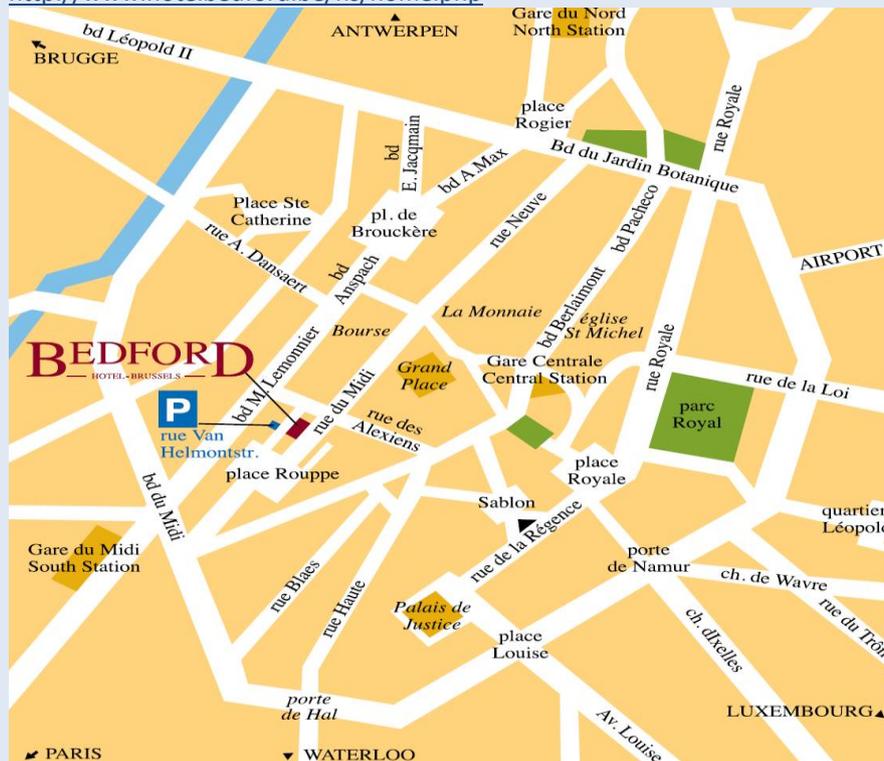
30 minutes driving from Brussels National Airport

The Bedford hotel has an Indoor parking (200 cars)

Contact: info@hotelbedford.be for conditions

Map

<http://www.hotelbedford.be/ns/home.php>



CONGRESS ORGANISATION

Congress venue

Bedford Hotel & Congress Centre

135-137 Rue du Midi

B-1000 Brussels

Belgium

Tel: +32 2 507 00 00

Fax: +32 2 507 00 10



Congress organisers

EFPA Head Office

Grasmarkt 105

B – 1000 Brussels

Belgium

PsyHealth2012@efpa.eu

Congress language

The language of the congress is English

Insurance

The congress fee does not include insurance. Participants should determine their own insurance needs.

CONGRESS REGISTRATION

Registration and registration fees

(fees must be paid in Euro)

	By July 15, 2012	After July 15, 2012
Delegate	260 €	300 €

Please register online at the website of the conference by completing the registration form available at www.efpa.eu/PsyforHealthCongress2012 under [Register](#).

Registration fee for participants includes:

- Admission to all sessions
- Congress material (folders)
- 3 Coffee breaks and 2 lunches

Deadline registration

Deadline for early bird registration: July 15, 2012

Deadline final registration: September 15, 2012

Confirmation of Registration

On receiving the registration and the corresponding payment, the congress organisers will send a confirmation receipt to participants. Please present this confirmation receipt at the congress counter when fetching your badge and congress material.

Payment

When registering for the Psychology for Health 2012 Congress, please effect payment of the applicable registration fee. Payment may be made via secure encrypted credit card or electronic bank transfer, details of which are available on the congress website.

Cancellation of participation

The congress organisers must be notified in writing of any cancellation. For cancellations of participation in the congress before June 30, 50% of registration fee will be refunded. No refund can be made for cancellation received after June 30, 2012.

List of Hotels

Through our partnership with the Bedford Hotel we are able to offer our delegates specially negotiated accommodation rates. These rates can be consulted on our website: <http://congres.efpa.eu/general-information>

List of Participants

To encourage communication and collaboration amongst psychologists, participants will be given the opportunity to have their name, institution, city and country in the list of participants published during the congress.

