



ISPOG

International Society of Psychosomatic
Obstetrics and Gynaecology



2024 SUMMER NEWSLETTER



We are pleased to bring our members the winter edition of the ISPOG Newsletter.

Message from the ISPOG President

Dear colleagues,

we are pleased to send you the summer edition of our newsletter and realise how quickly time is passing. In this half-yearly review, we would like to express our thanks to all those who have worked on a voluntary basis and with great commitment for our company at national and international level. This thanks also goes to all those who have worked and will work on the book project, both the one that has been completed and the one that has started this year, both published by Springer, and who will take on responsibility as editors.

Even though many people would like to see a return to normality, we are not experiencing this in a world that is noticeably falling apart. The pandemic is over, but we are seeing how much our patients and perhaps also our colleagues are still suffering from the consequences of the pandemic and the effects of the disease, such as long Covid. Conflicts, including those involving the use of weapons, are on the increase and are having a detrimental impact on our globalised world. It is often women who are increasingly restricted in their part-time employment and suffer the economic consequences. In our daily work, we are confronted with a wide range of stressful events. A heavy workload, differences within the team, (alleged) incorrect treatment, demanding patients or relatives can be some examples of triggering situations. "Doctors have limits" and that applies to everyone who works in the medical field. Nevertheless, we do our work with the best intentions and determination, because the world, especially in these times, needs an understanding and unifying perspective in order to get through the difficult crises. It is the psychosomatic perspective and competence that can help to avoid polarisation, stigmatisation or exclusion under this pressure – but to integrate, connect and promote development and maturation. In this way, we can be helpful advisors and companions for our patients in the event of physical and mental illness and social stress, which may play a role as a cause or consequence. For our members, this expertise and the opportunity for a collegial exchange of advice may be helpful and supportive.

We have summarised a wide range of topics, some of which you can also read about on our homepage. At the events that took place in the first half of the year, I would like to thank all those who gave lectures and chaired sessions. ISPOG symposia took place during the 17th ESC Congress in Bilbao, Spain and during the 53rd DGPF Annual Meeting in Bonn,

Germany. In addition, board members were involved in the 1st Nordic Symposium for Psychosomatic Obstetrics and Gynaecology in Copenhagen, Denmark and the NASPOG Biennial Meeting in Aurora, Colorado, USA. Unfortunately, there is not enough space here to adequately recognise all of our members' activities.

Even though we are travelling again, we would like to assure you that climate neutrality is an important issue for us and plays an important role in our work and organisation. For example, it has proven to be worthwhile to hold our Executive Committee meetings in a ZOOM exchange, which allows everyone to participate and allows for a multifaceted discourse – this is how we come together twice a year – while the face-to-face meetings used to take place once a year in the past.

A very important event is approaching: our ISPOG Congress in Seoul, South Korea, in April next year. You can read more about it elsewhere in this newsletter. I would like to draw your attention to the many relevant and highly topical issues in the field of psychosomatics in the context of obstetrics, migration, ageing, oncology, burnout and climate change, and I am pleased to invite you to participate actively with a presentation.

In the ISPOG newsletter, you will find my welcoming words and a short report under "Message from the President".

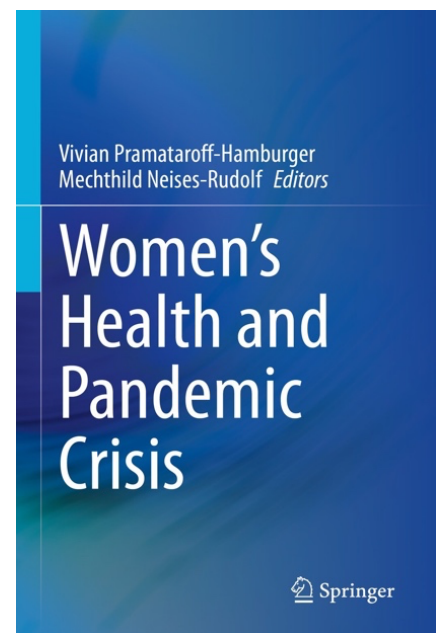
With best wishes and all the best for a relaxing summer break

Yours

Mechthild Neises-Rudolf

"Women's Health and Pandemic Crisis" now available!

The post-conference book of ISPOG 2022 is now available. In a very speedy process, the 25 contributions for this book were prepared and collected under the editorship of Vivian Pramataroff-Hamburger and Mechthild Neises-Rudolf. It can be ordered through Springer-Verlag via <https://link.springer.com/book/10.1007/978-3-031-43748-9>



A new textbook on Bio-psycho-social obstetrics and gynaecology in preparation

At the last Executive Committee meeting a proposal for the new book was presented. This book will be open access and thanks to a generation contribution from the German society will be made possible for 3 euro per ISPOG member. Our aim is to have contributions from members of ISPOG all around the globe. Vivian Pramataroff-Hamburger, Chulmin Lee and M.Caroline Vos will serve as editors for this edition. Please share your suggestions with us for contributing authors. It would be nice if junior and senior members as well as members from different countries could cooperate.

ISPOG on tour Spring 2024

The Spring of 2024 was very vibrant for ISPOG. Many members travelled to different countries to share experiences and collaborate. It started with the first Nordic meeting on Psychosomatics in Obstetrics and Gynaecology in Copenhagen on February 2nd where members from the Danish, Dutch and Swedish societies came together. Finnish and Icelandic colleagues also joined. Liat Helpman from Israel travelled to Tokyo to meet with the Japanese society. Chulmin Lee, our president-elect joined NASPOG for their annual meeting in Denver, Colorado in March. At the German society's meeting in Bonn, also in March, a symposium was held on trauma where members from Austria, Israel, the Netherlands and Nigeria joined. Finally, ISPOG was represented at the ESC in Bilbao, Spain in May with a symposium on sexuality which was well received.

Executive Committee meeting Fall 2024

The next Executive Committee meeting will be held on line on 26 September 2024. Details for the meeting will be send around later.

ISPOG 2025 Seoul, Korea

The next ISPOG Congress will be held on Apr 3-5, 2025 in Seoul, South Korea. The Korean Society of Psychosomatic Obstetrics and Gynecology (KSPOG) is working elaborately to make the congress the most meaningful and memorable one. The scientific program is currently under development and all the relevant information will be officially announced on a website which will be posted in September. Seoul is a great exotic place to visit in the far-east that combines modernity and history and will be the right place to meet the congress' motto of "Psychosomatic Obstetrics and Gynaecology in the Globalised World". Please save the date and don't miss this opportunity!



21th Congress of the International Society of Psychosomatic Obstetrics and Gynecology (ISPOG)

Seoul Korea, 3-5 April 2025 - Psychosomatic Obstetrics and Gynaecology in the Globalised World

Congress date : 3-5 April, 2025
Congress venue : Omnibus Park
The Catholic University of Korea,
222 Banpo-daero, Seocho-gu, Seoul, Korea.

대한심신산부인과학회
大韓心身產婦人科學會
Korean Society of Psychosomatic Obstetrics and Gynecology

Treasurer's report

ISPOG has a healthy financial situation. Total assets end of 2023 are **€ 70.026,19**. **Thank you very much to all of you who sent your fees on time.**

Forthcoming events

21st ISPOG Congress 2025, 3-5 April, Seoul, Korea

Save the dates!

Happy holidays

The ISPOG board wishes you, and your families and colleagues healthy and happy holidays.

M.Caroline Vos, Secretary-General on behalf of the ISPOG Board.
