

Special interest group^{SIG} Pain Psychology - Diagnostics, Therapy and Research

Annual Report 2021

The current annual report of the Special interest group (further on called SIG) Pain Psychology of the Swiss Pain Society (further on called SPS) presents the activities between the annual SPS congresses 2020 and 2021.

Personnel and members

The number of full members has evolved from seven (2017) to 21 (2021). The SIG maintains a list of full members and practitioners who are interested in the SIG, which is updated yearly.

Non-members are always very welcome to get to know each other. You can take part in the meetings without a full membership until the end of the respective calendar year. Interested parties can contact the SIG management by email.

Further information: <https://swisspainsociety.ch/de/special-interest-group/sig-schmerzpsychologie/>

Projects and extraordinary activities

The road map of the SIG activities defined in 2018 has proven itself as a guideline and will be retained: network, public relations, education and services. The following projects are current in these areas:

Network

Alice Prchal, co-leader at the interprofessional pain unit at the children's hospital Zurich and full member of the SIG launched an online symposium on May 25th thematizing the oncoming ICD-11 criteria of pain diagnoses. Several SIG members participated the constructive and vivid discussion.

Public relation

The SIG was mentioned in several presentations and talks of SIG members in clinics and universities to increase the awareness of this group.

Julia Kaufmann and Ben Brönnimann wrote an article for *Leading Opinions In Neurology and Psychiatry* which probably will be published by end of 2021. Mentioning the SIG, the article points out the importance of the interdisciplinary setting in the treatment of chronic pain patients at an early stage and address the obstacles that can be encountered in every day clinical practice.

Furthermore, a new, more robust roll-up with the new SPS-logo including an area that can be adapted to the topic of the day has been purchased.

Education

The main project of the SIG during 2020 - 2022 concerns the active participation in the process of the new design of the swiss pain course (patronage: SPS). The SIG presented a new concept to the SPS-board and will develop a two-day course for 2022, that will be acknowledged by the SPS (credits). The aim is to make the pain course attractive to psychosomaticians, psychologists and psychiatrists. This contribution is intended to improve the interdisciplinary care of those affected by chronic pain in the future.

For more information: Please contact the SIG-leaders.

The first two day course will be held on September 9 and 10 in 2022.

Services

Flyer: The SIG Pain Psychology Flyer is available online.

Website : The SIG website at www.swisspainsociety.ch is constantly updated in cooperation with the SIG members. Herewith the SIG axress great thanks to Anne Ayingol, the secretary oft he SPS, fort he very active and supportive involvement.

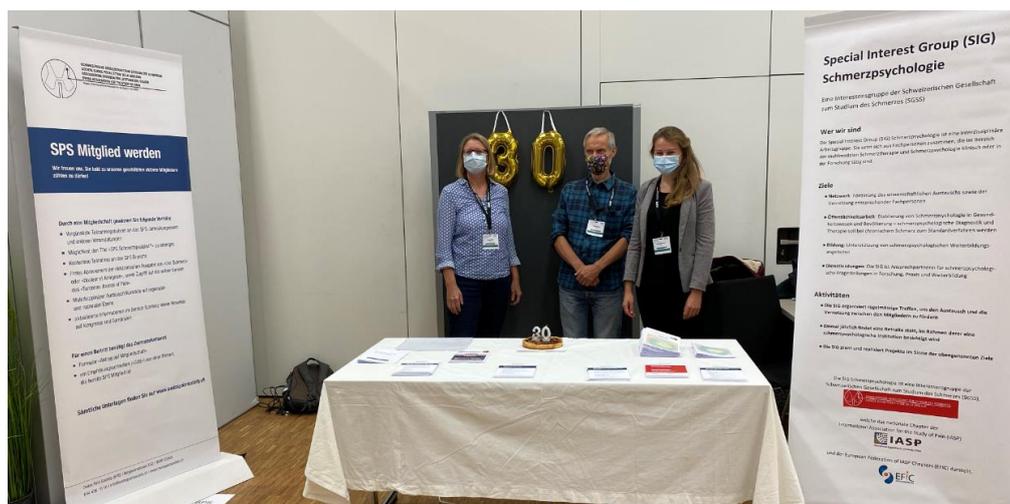
Member recruiting: The membership recruitment is ongoing.

Quarterly meeting, conference and retreat, congress

As in previous years, the SIG held meetings six times a year:

Four quarterly meetings in Zurich following the working group Chronic Pain of the SAPPM. In addition to new full members, a number of interested parties also joined this year and contributed to a constructive climate for discussion. Due to the SARS-Cov2-pandemic, meetings were held online.

The SIG presented itself as in previous years at the SPS annual congress in the general assembly and at the booth with a roll-up.



Ursula Galli (founding member SIG), Beat Steiger (board member SPS), Julia Kaufmann (Co-leader SIG) (from the left)

The annual conference organized by the SIG Pain Psychology with a retreat at the Kompetenzbereich für Psychosomatische Medizin Loryhaus, Inselspital Bern had to be postponed due to SARS-CoV2-restrictions and finally took place on August 25 2021 with the great support of Dr. phil. Corinna Terpitz and Dr. phil. Johannes Grolimund.

The conference was very instructive and fruitful. The numerous presentations by the highly committed team and the afternoon retreat on the subject of modular pain courses with group work allowed us to make optimal use of synergies. The protocol of the afternoon retreat can be requested from the SIG.



The participants of the Conference (from the left): Sibylle Matter, Céline Braunwalder, Julia Kaufmann, Beat Steiger, Ben Brönnimann, Helen Köchlin, Luzia Grabherr, Esther Rhyn, Alice Prchal, Sabina Fluri, Christophe Rieder, Johannes Grolimund
Missing on the photo: Mei-Yin Hou, Ursula Fuchs, Corinna Terpitz

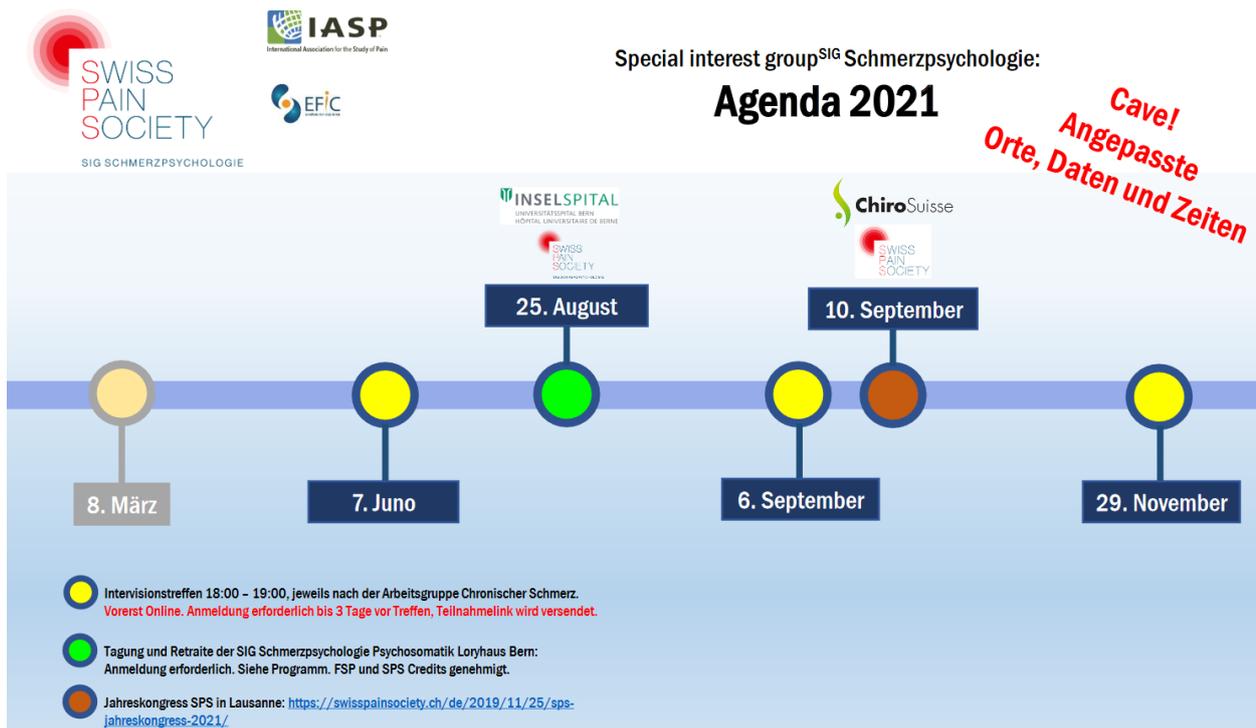
Budget

The Budget of the SIG was used for a new roll up and the room rental of the conference.

Budget 2022 is planned to be used for the conference and the advertising of the two day course.

Agenda and projects 2020/2021

The data on SIG activities are be communicated promptly on the website and by Newsletter to the member of the SIG:



Ben Brönnimann, Co-leader SIG

Aarau, August 2021

Brönnimann

Julia Kaufmann, Co-leader SIG

Luzern, August 2021

J. Kaufmann