

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

Annual Report 2022

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 2021 and 2022.

SIG Members

The SIG Pain Psychology consists of 18 active members and about 109 interested professionals at the moment (17th of October 2022).

One big Thank You to Sabina Fluri , MSc, Eidg. anerkannte Psychotherapeutin, SPS Schmerzspezialistin®: Sabina tackled the great work of updating the list of the SIG members.

Website and Linked-in

The Website and Linked-in-Profile of the SIG was updated continuously by Ben Brönnimann and Anne Aiyngol.

Meetings, Annual meeting and Retreat, Congress

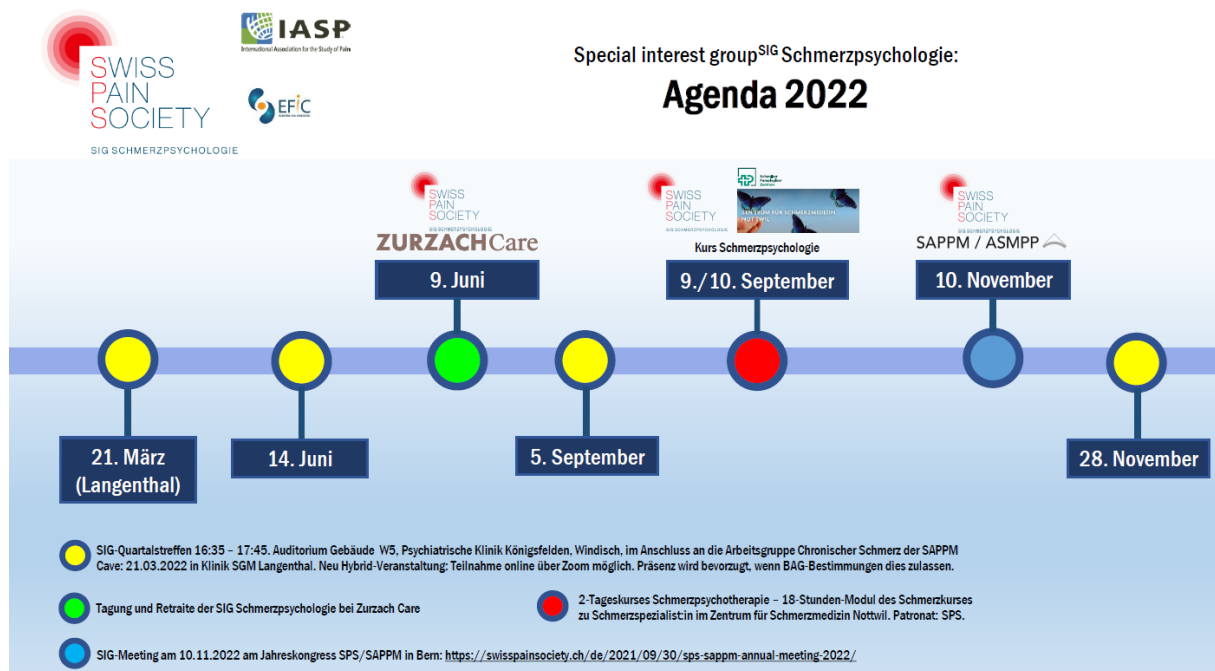
As usual, 6 Meetings took place in the last year, in hybrid format:

- Four meetings directly after the meetings of the "Arbeitsgruppe chronischer Schmerz" of the SAPP in Psychiatrische Klinik Königsfelden in Brugg. Thanks to the Clinic (Prof. Dr. med. Marc Walter and Dr. med. Katrin Hanno) for the opportunity to use the infrastructure.
- The SIG-meeting and presentation of the annual report at the annual Congress of the SPS/SAPP
- The annual meeting and retreat in Zurzach Care in June



From left: Céline Braunwalder, Chantal Martin Soelch, Michael L. Meier, Mei-Yin Hou, Beat Steiger, Ben Brönnimann (Foto: Anne Aiyngol)

Annual meeting and retreat of the SIG Pain Psychology



Agenda 2022 of the SIG

The annual meeting of the SIG pain psychology took place in ZurzachCare, organized by Rukiye Isik, Ben Brönnimann and Ursula Galli. Hands-on workshops and presentations gave us a lively impression of the many therapeutic possibilities of the clinic and the prolonged SIG-meeting was dedicated to the topic of chronic pain in the ICD-11, including a presentation of Dr. med. Jochen Übel who is an expert in that field.



Hands and foot on workshop: Bouldering for chronic pain patients.
(Foto: Ben Brönnimann)

First 2-day course Pain Psychotherapy in Nottwil

The 2-days course in Pain Psychotherapy (<https://swisspainsociety.ch/de/2022/01/25/2-tageskurses-schmerzpsychotherapie/>), which was developed and organized by the SIG, took place for the first time on September 9th and 10th in Nottwil. It contains 18 hours needed to receive the title «Pain Specialist SPS» in a modular way, by visiting 50 of the 80 hours of the original Pain Course in Nottwil/Lucerne and completing it with 30 hours in terms of our 2-days course as well as 12 additional units (for example via 3 meetings of the SAPPM «Arbeitsgruppe Chronischer Schmerz»).

The course was overbooked, the feedbacks very positive and a waitlist for the next course (planned for September 2023) exists.



Some impressions of the first 2-day course Pain Psychology
(Fotos: Ben Brönnimann and Julia Kaufmann)

Additional activities of SIG-members:

The SIG speakers Ben Brönnimann and Julia Kaufmann took part in an interview concerning pain psychotherapy with chronic back pain patients for the magazine "Beobachter".

The SIG-member Sabina Fluri had a presentation on pain psychotherapy for doctors of the Inselspital in Bern.

The SIG-member Céline Braunwalder presented a poster on her PhD about the role of psycho-social resources and chronic pain.



Céline Braunwalder at the SPS Congress 2021 in Lausanne (Foto: Ben Brönnimann)

The SIG-Members Rukiye Isik and Ben Brönnimann had a presentation on pain psychology for the Rheumaliga on March, 25th.



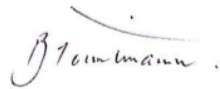
Rheumaliga- Talk Zurich
(Foto: Ben Brönnimann)

SIG-Members Beat Steiger and Beat Brönnimann presented the Spezialsprechstunde Chronischer Schmerz of the Psychiatric Services Aargau at the Arbeitsgruppe Chronischer Schmerz of the SAPPM including case study discussion.

Agenda and Projects 2022

The dates of the next SIG meetings that are planned will be published on www.swisspainsociety.ch. The regular 6 meetings, including an annual retreat are on schedule. Additionally the next 2-day course is expected to start in the beginning of September 2022.

We are heading to another exciting year.



Ben Brönnimann, Aarau



Julia Kaufmann, Luzern

Oktober 2022