

“ISOLATION IS A DREAM KILLER”

by Judy C. Colditz
President, IFSHT

Ever felt that your dreams never seem to come true; that you are always alone in trying to make it happen? Barbara Sher, a business owner, career counselor, author and workshop teacher has a unique solution. It is called an “Idea Party.”

During her workshop she asks a participant to relate their impossible dream and other participants recommend solutions on how to make the dream happen. For the workshop participants, this is a tangible demonstration of how the power of ideas from others can break you out of isolated thinking. As Barbara Sher says: “Isolation is a dream killer!”

As I travel to many of the IFSHT society member countries therapists tell me how they feel alone as they dream for greater

expertise in hand therapy. They are involved in their societies because of a deep yearning to validate their own thinking and treatment approaches with others. Not only can individual therapists break out of isolation



Discussing clinical concepts at the Venezuelan Hand Therapy Meeting

and stagnation by being involved in their societies, but it is just as possible that hand therapy societies themselves can create new dreams by interacting with other societies and cultures.

The next IFSHT Triennial Congress in June 2010 is a great opportunity for all society members to take part in an INTERNATIONAL “IDEA PARTY” where we can all share collective problem solving and revitalize our dreams of skilled patient care. Come and share your dreams!!!



Visiting a meeting of the Hand Therapy Section of the Polish Physical Therapy Society at the EFSSH Congress

SWEDISH ANNUAL MEETING by Ulrika Klingvall

More than 100 hand therapists gathered

in Malmö for the Swedish annual meeting at the end of March. Ton Schreuders from the Netherlands emphasized *The Intrinsic Muscles of the Hand* by asking participants to examine each other’s hands. Christina Jerosch-Herold from the UK, speaking on *Evidence-based Practice: Next Steps*, pointed out that reading articles and getting used to statistics makes us reflective practitioners who can offer “the right therapy at the right time to the right patient.” *Mirror Visual Feedback for the Relief of Pain?* was the subject of Candy McCabe’s lecture for the pre-course day. Ms. McCabe, a British nurse, treats patients with amputations and CRPS and has found that doing exercises at regular intervals has given great results for some.

UPDATE SEEKS CONTRIBUTIONS

Do you have news of your society? Please send contributions to the IFSHT historian, Ulrika Klingvall: historian@ifsht.org. Please include a photo in jpeg format for us to include with your news.

ABSTRACTS INVITED

Please remember to submit your abstract for the 2010 IFSHT Triennial Congress no later than October 1, 2009. IFSHT welcomes all participants in this congress and looks forward to a variety of papers on many subjects.

CALENDAR OF EVENTS

Note: Listing of upcoming courses sponsored by member countries does not indicate IFSHT endorsement.

DATE	EVENT	LOCATION	CONTACT
Sept 4, 2009	SASHT Annual Meeting	Drackensberg, South Africa	admin@sasht.org.za
Sept 27-28, 2009	BAHT Annual Meeting	Leicester, UK	www.hand-therapy.co.uk
Sept 30-Oct 2, 2009	Argentina Annual Meeting	Mar del Plata, Argentina	aacm@fibertel.com.ar
Oct 8-10, 2009	DAHTh Annual Meeting	Tübingen, Germany	antjegerber@gmx.de
Oct 10, 2009	AIRM Annual Meeting	Rome, Italy	roseluciano@hotmail.com
Oct 16-18, 2009	AHTA Annual Meeting	Brisbane, Australia	www.ahta2009.com
Nov 12-13, 2009	SGHR Annual Meeting	Biel, Switzerland	www.congress-info.ch/sghr2009
Nov 12-13, 2009	NFH Annual Meeting	Oslo, Norway	www.handterapi.no
Nov 13-15, 2009	APFSHT Meeting (Asia Pacific Federation of Societies for Hand Therapists)	Kaohsiung, Taiwan	www.2009apfsht.org.tw
Nov 21, 2009	NGHT Autumn Congress (with surgeons)	Amsterdam, Netherlands	www.handtherapie.com