

EPOSTER 09

## National Competency Profile for Clinical Specialization in Mental Health Physiotherapy

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**Background:** The clinical specialization within physiotherapy in Austria has been promoted by the national association in the last years. Following an international consensus, a competency profile was published to characterize the facets of a specialized physiotherapist in the field of mental health physiotherapy (PTMH).

**Purpose:** To define the competencies and learning outcomes of a specialized physiotherapist in the field of PTMH in Austria.

**Methods:** A focus group consisting of three members analysed existing competency profiles and discussed specificities from a national and international perspective. Additionally, experts from other fields of physiotherapy and international PTMH experts contributed to the discussion.

**Results:** Seven roles were specified, describing the competencies and learning outcomes for a specialized physiotherapist in the field of PTMH in Austria. The role of the expert emerged as central and was described by following subthemes: (1) the specific frame of PTMH, e.g., special clinical reasoning strategies; (2) relevant models from other fields of knowledge, e.g., psychology and psychotherapy; (3) the therapists themselves, e.g., specific own experience, embodiment and supervision. The other roles were described as the communicator, team worker, manager, health promoter, innovator, and professionalist.

**Conclusions:** The clinical specialization of PTMH in Austria builds on a wide spectrum of specific competencies and learning outcomes.

**Implications:** The implementation of the described competency profile may have wide implications on future advanced trainings and second cycle studies.

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