

Keynote lecture

I Took the Road Less Traveled by and That Has Made All the Difference

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Abstract

Mental health physiotherapists are detectives, teachers, coaches and counselors, all in one person. Although our field is nowadays in the center of the public health agenda, especially following the Covid-19 pandemic, our roles are insufficiently acknowledged by health-policy makers, planners and budget holders across the globe. Mental health care systems worldwide are not yet taking the road of physiotherapy when improving the quality of life of patients and their families. We, as mental health physiotherapists, should however put the signposts. In this keynote lecture, we will discuss how researchers and clinicians should translate the evidence into daily clinical practice and demonstrate that our different roles are of added value.

