

**8<sup>th</sup> European Meeting: European Spinal Psychologists Association**

## Psychological approaches to spinal cord injury: managing comorbidity, higher age and incomplete injury



**March 21<sup>st</sup> and 22<sup>nd</sup>, 2019**  
**Balgrist University Hospital Zurich**

## **Psychological approaches to managing co-morbidity, incomplete injury and higher age at injury**

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Patients with higher age and patients having an incomplete injury are the new challenges in our field. The average age at injury has increased from 29 years during the 1970s to 42 years currently. Incomplete tetraplegia is currently the most frequent neurological category followed by incomplete paraplegia. Therefore we would like to focus on these aspects.

Spinal cord injury rehabilitation is a very specialized field of work. Networking and collaborating is most important to us,

- to foster a better understand of our professional challenges
- to find best practices
- to facilitate the collaboration between scientists and practitioners

Therefore we wish as many psychologists working in this field to participate at this meeting as possible.

As we know, some colleagues have problems financing the participation at such a meeting and others might feel reluctant to hold a presentation in English. In consequence we try to broaden access using new technologies for those who have difficulties to travel and attend the meeting in person. To make presentations in English easier, we are evaluating options like video presentations.



European Spinal Psychologists Association

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