

Dear World Physiotherapy members.

I am writing to you with great enthusiasm to express my interest in joining your team as a board member from South American region. With a 36-year career in the field of physiotherapy, I have worked extensively with orthopaedic patients, those with rheumatic diseases and the elderly. Throughout my career, I have seen first-hand the emotional impact that these conditions can have on patients, which motivated me to go deeper into the study of psychotherapy and explore innovative physiotherapy techniques in mental health.

Along the way, I learned about the International Organization for Physiotherapy in Mental Health, which led me to specialize in Basic Body Awareness Therapy in Norway in 2015-2017. Later, I founded the Mexican Association of Physiotherapy in Mental Health in Mexico and organized the *"First American Congress of Physiotherapy in Mental Health"*, where the American Network of Physiotherapy in Mental Health was formed in 2018.

Since 2020, I have been part of the Executive Committee of the IOPTMH, chairing the Education Committee. Together with professionals from several countries, we have organized webinars and, last year, a summer school was promoted with a big success, to raise funds for the Association itself and make it sustainable with low fees and support low-income countries in training in this area (we offer some grants).

Parallel to my clinical practice, I have developed a career as a professor at different universities since 1994. Currently, I coordinate the International Diploma in Physiotherapy in Mental Health, with professors from different countries and students, mainly South American, who have been strengthening this specialty in their respective countries. And I teach in the physiotherapy degree at the National Autonomous University of Mexico (UNAM). My research lines are in Mental Health area.

A holistic approach to rehabilitation has allowed me to not only address the physical needs of my patients, but also offer them comprehensive support that contributes to their emotional well-being. I believe that the combination of physical therapy and mental health is a key to achieving a more effective recovery, improving the quality of life of those undergoing rehabilitation processes, and through patient education, achieving better therapeutic adherence.

I would love the opportunity to contribute my experience and knowledge to your team, as well as continue learning and growing professionally in a global environment that values the continued development of the profession, equity, inclusion, and strengthening and supporting countries with fewer resources.

I appreciate your time and consideration, and I look forward to the possibility of collaborating with you.

Sincerely,



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Norma Elisa Gálvez Olvera

