



- Welcome to -

The 2nd International Research Seminar on Salutogenesis:

The Connection between Salutogenesis and
Mental Health Promotion

and

The 2nd Meeting of the IUHPE Global Working Group on Salutogenesis

Folkhälsan
Helsinki Finland, May 14-16, 2009



Dear Colleagues and Friends!

Strengthened by the positive response to the first international seminar on salutogenesis 2008, it is a great pleasure and a privilege to invite you to the 2nd International Research Seminar on Salutogenesis and the 2nd Meeting of the IUHPE Global Working Group on Salutogenesis. The main focus of the seminar is on the promotion of mental health, wellbeing and quality of life.

What is mental health? The definitions and explanations are as many as there are scientists. Mental health is a major concern for health promotion. Traditionally we think on illnesses, complaints and different symptoms. A common understanding is that mental health is the absence of depression, worry and anxiety. This is just one explanation of mental health. Another is the salutogenic framework focusing on capacities, competences, abilities, i.e. resources of health. Mental health could be characterized as a cactus, something makes thousands of buds flourishing. What makes us flourish?

This seminar will take place at Folkhälsan, Topeliusg. 20, in Helsinki, Finland 14th–16th May, 2009. We are particularly pleased to include some internationally known experts on mental health, health promotion and salutogenesis: Professor Corey Keyes, Emory University, USA, Professor and Immediate Past President of the IUHPE Maurice Mittelmark, University of Bergen, Norway, Professor Shifra Sagy, Ben-Gurion University of the Negev, Israel, Assistant Professor Craig Becker, East Carolina University, USA and Assistant Professor Antti Uutela, The National Institute of Health and Welfare, Finland. Professor Vappu Taipale, recently retired as Director General of the National Research and Development Centre for Welfare and Health in Finland opens the seminar. Additional speakers are invited.

The conference wants to bring together scientists interested in mental health promotion and the salutogenic perspective on health, wellbeing and quality of life. We welcome people from across the world in order to exchange knowledge and further explore the understanding and relevance of Salutogenesis. The seminar includes lectures, workshops, poster sessions and space for good interaction.

Bengt Lindström

*Professor in Health Promotion, Research Director
Head of the IUHPE Global Working Group on Salutogenesis
Folkhälsan Research Centre
Health Promotion Research Programme*

Presentation of the speakers (order of appearance)



Bengt Lindström, Professor in Health Promotion, Research Director, Folkhälsan Research Centre, Health Promotion Research Programme and the Chair of the IUHPE Global Working Group on Salutogenesis. His research interest is the salutogenic framework for health and quality of life at an individual, group and society level. A special interest is on children and families. In addition, salutogenesis as a learning process is of recent interest.



Vappu Taipale, Professor of Child Psychiatry, University of Kuopio, Finland. She has recently retired as Director General of the National Research and Development Centre for Welfare and Health, Helsinki, Finland after twenty years of leadership. She has chaired several international and national boards on research and development.



Maurice Mittelmark, Professor, University of Bergen, Department of Education and Health Promotion, Norway. Immediate Past President of the IUHPE. Editor in Chief of the journal *Promotion & Education*, from 2009 Global Health Promotion. His research interest lies in the field of Healthy Public Policy processes, influence of the social environment on health and functioning, health promotion infrastructure development and monitoring.



Corey Keyes, Associate Professor in Sociology and Public Health, Adjunct Professor of Psychology, Emory University, Atlanta, USA. Keyes has a very serious vision for the future of public health. "I want to change the way we do health care and population health." The question is: Are we just living dependent and sick, or are we living healthy and able to contribute?" The public health focus needs to shift from illness and disease to health and well-being.



Mima Cattán, Associate Professor, Dr. in Health Promotion Research and Co-Director of the Centre for Health Promotion Research, Leeds Metropolitan University, UK and Senior Researcher at Folkhälsan Research Centre, Health



Promotion Research Programme, Helsinki, Finland. She is a health promotion specialist with a special zest for mental health promotion. Her main research interests relate to ageing and mental health promotion.

Shifra Sagy, Professor, Ben-Gurion University of the Negev, Department of Education, Israel and Chair of the Educational Psychology Program. Her major research interest is on stress, adjustment and coping, within the framework of salutogenesis and the sense of coherence. She has been involved in the development of the salutogenic theory and the sense of coherence questionnaire since the start and became a close colleague of Aaron and Helen Antonovsky.



Monica Eriksson, Dr. in Social Policy (health promotion), Folkhälsan Research Centre, Health Promotion Research Programme, Helsinki, Finland. She has recently defended her doctoral thesis, the most comprehensive research synthesis available so far, "Unravelling the Mystery of Salutogenesis", based on about 500 scientific papers. The work to analyse and summarize the salutogenic research continues now focusing on the time period 2004–2008. She is responsible for a new web database on Salutogenesis under construction.



Antti Uutela, Assistant Professor, Head of the Health Promotion Unit, The National Institute of Health and Welfare, Finland. His research focus is on monitoring population health behaviour and on health care in the social and cultural context. He has used the SOC questionnaire in several Finnish population based studies. Recently published findings on the relationship between the SOC and factors of mental health.



Craig Becker, Assistant Professor, East Carolina University, Department of Health Education and Promotion, USA. His research interest is on adults health and wellbeing. He has developed and empirically tested the validity of the Salutogenic Wellness Promotion Scale (SWPS) on adults.

Programme

Thursday, May 14th, 2009

08.00–09.00	Registration and Coffee
09.00–09.45	Opening ceremony <i>Prof. Bengt Lindström</i> <i>Prof. Vappu Taipale</i> <i>Prof. Maurice Mittelmark</i>
09.45–10.30	The heritage of the Ottawa Charter in the context of mental health promotion <i>Prof. Bengt Lindström</i>
10.30–11.00	Refreshments
11.00–12.00	Sick people or sick societies? Mental health promotion in societies <i>Prof. Maurice Mittelmark</i>
12.00–13.30	Lunch
13.30–14.30	Towards a mentally flourishing society: why we need mental health promotion <i>Prof. Corey Keyes</i>
14.30–15.15	Mental health promotion – a life span approach <i>Ass. Prof. Mima Cattan</i>
15.15–15.45	Coffee and refreshments
15.45–16.15	Introduction to workshops <i>Prof. Bengt Lindström</i>
19.00–21.00	Evening reception at Folkhälsan

Saturday, May 16th, 2009

09.00–10.45	Workshops continue
10.45–11.15	Coffee and refreshments
11.15–12.30	Poster sessions
12.30–13.45	Lunch
13.45–15.00	Evaluation of the workshops
15.00–16.00	Further research and development on mental health and salutogenesis The 3rd International Seminar on Salutogenesis and The 3rd Meeting of the IUHPE Global Working Group, July 2010, Geneva, Switzerland <i>Bengt Lindström and Maurice Mittelmark</i>

Friday, May 15th, 2009

09.00–09.45	On the origin of Salutogenesis <i>Prof. Shifra Sagy</i>
09.45–10.30	The evidence base of Salutogenesis: an update on the state of art PhD <i>Monica Eriksson</i>
10.30–11.00	Coffee and refreshments
11.00–11.45	How does health behaviour interlink with the salutogenesis? <i>Ass. Prof. Antti Uutela</i>
11.45–12.30	What makes people thrive? The Salutogenic Wellness Promotion Scale <i>Ass. Prof. Craig Becker</i>
12.30–13.45	Lunch
13.45–15.00	Workshops
15.00–15.30	Coffee and refreshments
15.30–17.00	Workshops continue
19.00	Cultural activity

Registration fees: Before 15 March 2009 300 Euros. After 15 March 2009 350 Euros. Student fee before 15 March 2009 200 Euros, after 15 March 2009 250 Euros. One day attendance fee is 200 Euros. Lunch, coffee and conference material are included in the conference fee.

Please register by mailing to monica.eriksson@folkhalsan.fi. After registration and in good time before the conference you will receive an invoice for the payment.

The parallel poster sessions will be run in a new way using memory sticks and projectors (5 minutes per/poster, presenting the poster on screen and a one page abstract. The poster sessions will be stationary and on screen). All the poster presentations will be included on CD in the conference material.

Please submit your poster on a one-page summary (max. 200 words) of your research. Abstracts should include the following sub-headings: statement of the problem, study design, sample size and composition, measures used, methods of the analysis, results and conclusions. In addition, include your name, education and information for further contacts. The deadline for submission of posters is March 31, 2009.

Accommodation is not reserved. Please visit the Helsinki City Tourist & Convention Bureau, www.hel2.fi/tourism/EN/matko.asp

Thank You and Bon Voyage!

 **folkhälsan**

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