



Volume 1, Issue 1 (November 2024)

PP: 7-9

ISSN: In process

EDITORIAL

Moisés Magos

1. General Director, Journal of Physiotherapy in Mental Health.
2. Coordinator, Professor, and Researcher, Physical Therapy and Rehabilitation, Faculty of Health Sciences, Universidad Anáhuac México.

✉ Corresponding Author:
Moisés Magos
moises.magos@anahuac.mx

The articles' content is the authors' sole responsibility and does not reflect the point of view of the "Journal of Physiotherapy in Mental Health"©. The total or partial reproduction of the texts published here is authorized as long as the complete source and the electronic address of the publication are cited. All intellectual content in this journal is licensed to the consumer public under the figure of Creative Commons© unless the author has agreed otherwise or limited said faculty to "Journal of Physiotherapy in Mental Health" in writing and expressly. The Journal of Physiotherapy in Mental Health is distributed under a Creative Commons license Attribution-Noncommercial-No Derivatives 4.0 International.



Editorial

Moisés Magos

1. General Director, Journal of Physiotherapy in Mental Health.
 2. Coordinator, Professor, and Researcher, Physical Therapy and Rehabilitation, Faculty of Health Sciences, Universidad Anáhuac México.
-

Many of us who have come to this area have done so through individual exploration, seeking to respond to what we see in consultation. Clinical practice undoubtedly places us face to face with the need to count on tools to treat the person as a whole and not just as a series of tissues.

In this search, it has been fascinating to corroborate how the body can be a central gateway for working with the contents we have classified as *mental*. I am convinced that the approach to mental health is seriously undermined when we marginalize corporality. Anyone who has worked with severe mental health problems will have been able to see how at the core of these problems there is an experience of *splitting*, in which connecting with one's body becomes a basic and necessary anchor on the path to integration as individuals. This applies to all of us as human beings.

Physiotherapy, by using the human body and movement as its core material, is in a privileged position to add many resources to the interdisciplinary approach to mental health. Offering concrete means responding to the needs of people who are looking for *hows*: How do I handle this moment when I feel upset, anxious, and have trouble breathing? What do I do when I start to feel absent and find it difficult to connect to the outside world?

Physiotherapy has many tools from movement, body awareness, physical activity, sensory stimulation, breathing, physical contact, relaxation exercises... that can provide *hows* to people who need it. This participation is all the more valuable because it mobilizes the person's internal resources, promoting self-management.

We are aware of the increase in mental health problems globally and the need to respond to them. Particularly in our contexts, this becomes challenging since the stigma, the lack of economic resources to cover treatments, and the lack of health personnel in the area, make this a complex public health problem that must be addressed from our areas of expertise.

The conviction that physiotherapy can contribute to the field of Mental Health and Psychiatry is the cornerstone of the creation of this journal. Through it, we seek to create a platform for the cultivation and exchange of knowledge, research, and good practices in the area. We hope that it will bring existing knowledge (and that which is in progress) closer to the rest of physiotherapists and health professionals.

The idea of maintaining a Spanish version is based on being able to give space to the valuable work that is being developed in Latin America, promoting that language is not a barrier that marginalizes a large part of the population from the possibility of generating knowledge or accessing it.

This same search also governs the fact that it is a free-access project for both authors and readers.

I am pleased to see the positive reception this project has had worldwide, with colleagues from 18 countries around the world willing to collaborate on it. The participation of prestigious universities and institutions around the world as part of this initiative encourages me about the growing recognition of this area and the need it addresses.

I hope that the Journal continues to build bridges so that we can strengthen our quests to promote well-being.

Prof. Moisés Magos

Founder and General Director

Journal of Physiotherapy in Mental Health