

Model over grundøvelsernes formål

In English

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The rhomb, a model that is introduced in this paper, shows the complexity of the psychomotor basic exercises. The psychomotor basic exercises can be suited and adapted to fit all target groups. When using the exercises, it is a prerequisite that the therapist is able to observe, listen to and engage with the client in a meeting of genuine human contact.

No matter the choice of therapeutical approach, research has shown that the effective factor in therapy is the fact that the client feels seen and acknowledged. However, when engaging with the client the professional core competencies, the understanding and knowledge of the method of the exercises¹, must always serve as a framework. The psychomotor basic exercises offer a concrete and structured approach for working with the body and this approach can be adapted to the many different wishes for outcomes.

The rhomb shows the different possibilities of choosing different aims using the same exercise. As an example we can look at *standing pendulum*, a simple psychomotor basic exercise, where the therapist can use different approaches. If for example the joints are strained, the therapist will focus on the sensations of strain and depending upon the distribution of weight, whether the weight is on the forefoot or the heel, the client will be encouraged to discover and find the least straining standing position.

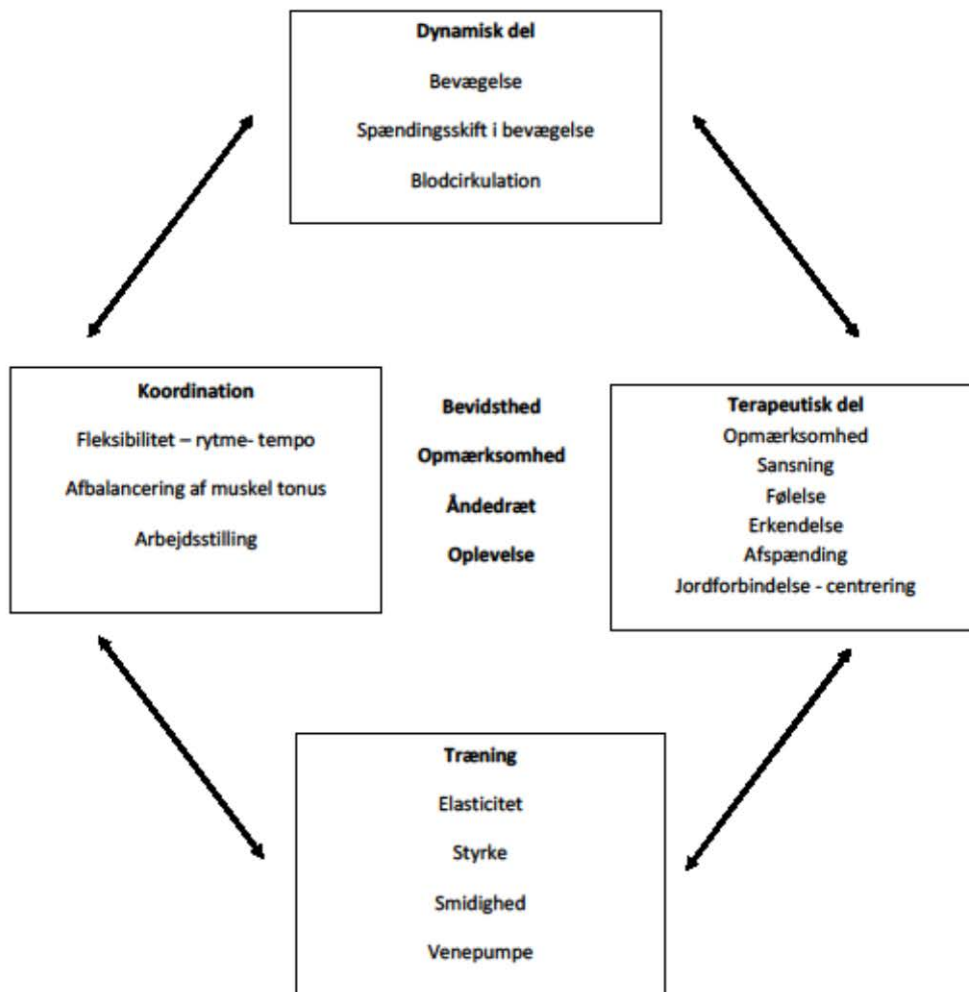
If the client experiences psychological stress there will be a focus on the sensation of pressure and support under the feet, the client will dwell on the experience of gravity and the contact with the soles of the feet and the sensations when the midline and balance improve. The therapist can ask the client to experience where the breath is felt when the weight is on the forefoot, on the heels and in a mid-position.

The focus on the exercises can be on strengthening the postural muscles and the prevention of strain by adapting a less straining and better balanced standing position. In *standing pendulum* the focus can be on the movement itself, on the venous flow and circulation.

¹ When using the method, the professional will observe and enter a dialogue concerning postural positions, balance, gravity, breath, coordination and soft sensitive stretches. The client's sensorial experiences and reflectitons of this is at the centre of the work.

Model over grundøvelser

Krop - psyke og ånd Kroppen og psyken i et udviklingsperspektiv



Illustrationen viser forskellige formål i arbejdet med grundøvelserne.

De enkelte elementer vægtes ud fra klientens ønsker i samklang med terapeutens iagttagelser.

Afspænding her forstået som et overvejende forebyggende, pædagogisk arbejde, som sigter mod at normalisere muskulære spændingstilstande, med vægt på den nære forbindelse mellem kroppens funktioner og personlighedens udvikling. (G. Jørgensen, 1984, s.9)

Body – psyche – spirit

Body and psyche in a developmental perspective

Dynamic part

Movement

Shift in tension during movement

Blood circulation

Coordination

Flexibility – rhythm- tempo

Balancing of muscular tonus

Posture

Therapeutical part

Awareness

Sensation

Emotions

Cognition

Relaxation

Grounding – centering

Training

Elasticity

Strength

Flexibility

Venous circulation

This model illustrates how the exercises can be used for many different purposes, taking into account that all facets will always come into play and will circularly influence one another.

Never losing sight of the entire being of the client, the therapist must at the same time be able to deal with the complaints of the client. For one group of clients the goal can be to alleviate back-shoulder-and neck problems, but this common goal will be achieved differently for each client. One client may need to focus on balance, strength and flexibility, while another may need to focus on inner peace and stress reduction in the exercise to reach the goals.

It is essential that the professional never loses sight of the integration of body and psyche. Breath, tempo and rhythm connect body and psyche. The breath forms the bridge between the

two and it may be the most essential for observation, with the observation the tonic balance to get a proper sense of the client.

Tempo, rhythm, breath and tonic balance are interconnected and are central for the outcome when discussing the different goals.

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Modellen er fra 2000 af Mai-Britt Schwab

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