

ERASMUS Intensive Program - Summer School
Paris - 23rd to 28th of August
Balancing body, mind and social interaction in Psychomotor Therapy

Alexandrine SAINT-CAST * & Rui MARTINS **

*Psychomotricienne, PhD, Institut Supérieur de Rééducation Psychomotrice

** Associate Professor, Faculty of Human Kinetics, University of Lisbon

Psychosomatic Relaxation: Balancing reception and expression processes to reach mentalization

Mentalization describes the ability of the psychic apparatus to regulate the excitation through the neural systems and networks, of associations of representations, ideas and thoughts related to affections. It involves psychological processes that link the somatic excitement with the production of thought and verbal expression.

Relaxation implicates the person in a process of representation by investing in neuromuscular differentiation of muscles states, connected with in body awareness and self-consciousness of the own organic states, relating them with their emotional value and enabling the transition to cognitive elaboration of this association and the implication in behaviour and life events.

Relaxation is focused on a conscious and self regulated process, promoting:

- Balance of tonic frame, stabilization of posture, improving quality of motor planning regulation and evaluation, releasing gestures and promoting praxic adjustment;
- Refinement of body topography, integrating body axis and promoting its psychological investment;
- Integration of spatiotemporal cues;
- Recognition and balance of emotional reactions;
- Associations between body sensations and perceptions, images, and conscious and unconscious emotions and feelings;
- Self-concentration and capacity to dissociate from external stimulus;
- Balance of cardio-respiratory physiological functions;
- Control of the large physiological rhythms (feeding, sleep,...);

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- Management of stress responses and psychosomatic diseases.
- The harmonious personality redevelopment process;

Relaxation connects internal states and expressive behaviour, as complementary processes, which have to be managed having in consideration the specific experiences of life and the individual profile of relation and communication with external objects.

Methodologically, we will present some theoretical issues about the theme which will be illustrated in the workshop practices, through the G. Soubiran Psychomotor Relaxation Method.

Soubiran's method joins psychomotricity, graphomotricity and psychosomatic relaxation for adult and psychomotor relaxation for teenager and child. Thus, active and expressive psychomotor situations are complemented by immobile deep relaxation experience.

Body relaxation is achieved by voluntary neuromuscular relaxation, which is therefore the path to mental relaxation. This therapy raises peripheral muscular changes, then central neurophysiological modifications, until deep psychic relaxation which works like a progressive natural tranquilizer. The approach is first global before being symptomatic.

Most often a session includes: A clinical interview, dynamic psychomotor exercises to prepare the installation by awakening bodily perceptions, relaxation deepening with using mainly passive mobilizations, recovery moment to return to vigilance and action and verbalization related with the experience meaning for the subject with transfer to common events of life.