

PMT

Summer School magazine 2016!

Program

Look inside for all the information about
our PMT Summer School 2016

PMT in Europe

Article page 7

PMT
Summer
Schools

Since
2010



Welcome to the PMT Summer School 2016



We are very pleased to welcome you to our PMT summer school 2016. The summer school initiative first started as an intensive two-week program in 2010. However, after three years it was no longer possible to obtain a grant. Therefore, we have had to change the program and started the first summer school in 2013. And we dare say it has been successful. Every year we have organized another Summer school with an average of 48 participating students, supported by six teachers and multiple coordinators, whom all have shown great involvement. We hope this will be another success, and are looking forward to it!

Katinka van Sprang
Nathalie Jans
Cor Niks

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PMT Summer school 2016

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HOSTEL

Pelikaan

Haersterveerweg 2

8034 PK Zwolle

ZWOLLE

Zwolle is a beautiful mercantile town with a Medieval centre. It is an excellent destination for a weekend of absorbing culture, shopping and good food. In the Dutch Golden Century, Zwolle rapidly developed into a powerful Hanseatic town, and the resultant wealth and liveliness can still be felt when visiting Zwolle.

Zwolle

What to do in Zwolle

Zwolle has a Medieval centre, gorgeous theatres, a broad range of shops, excellent hotels and restaurants and many splendid parks. In other words, Zwolle has everything one might expect a modern-day city to have, without compromising the intimacy of its history. The historic facades, city walls and towers, the 600-year-old Sassenpoort gate and star-shaped city moat, flanked by monumental merchant's homes and trees still characterise this city, and its beautiful alleys and impressive fortifications still beg to be explored.

The main characteristic landmark of Zwolle is the Peperbustoren, or Pepper Mill Tower, the 75-metre-high tower of the Basilica of Our Lady, which has been an eye-catcher since the fourteenth century. If you wish, you can climb the tower – it commands a breath-taking view of the city. If going on a city trip to Zwolle, there are a number of highlights you cannot afford to miss. The 15th-century Great or St Michael's Church, to begin with, has a rich cultural and historical past. It is famous for its Gothic architecture, its many monuments and the world-famous four-manual Schnitger organ (1721). Museum De Fundatie has interesting exhibitions to offer, with venues in both Heino and Zwolle. And be sure to drop in at one of the city's many culinary establishments to try regional produce, such as Zwolle mustard, peperbuskaas (spicy cheese named for the Pepper Mill Tower), balletjes and Blauwvingerkoekjes.



WINDESHEIM

Windesheim has roughly 20,300 students, thousands of trainees and more than 1800 employees. Because of this, Windesheim is one of the larger Universities of Applied Sciences in the Netherlands.

Our aims are education, research and venture ship. This is organized within four Divisions. The Divisions consist of related studies and Research Centres, in which research takes place. Apart from the campus in Zwolle, there is also a campus in Flevoland that offers education, research and venture ship.



Exchange and mainstream programmes

As an international student, you can come to Windesheim either on an exchange, or to take part in one of our mainstream programmes. An exchange involves coming here for a short period of study away from an institute that you attend back home. Following a mainstream programme means making Windesheim 'your' university. Windesheim also has an Honours College, which operates separately and has its own website .

HAN

HAN University of Applied Sciences is one of the 5 largest universities of applied sciences in the Netherlands.

HAN offers high-quality, practice-based education to more than 30,000 students. HAN's centres of expertise provide tailored research to companies and institutions.



Internationalization is an important tool to improve the quality of education and research at HAN. We work closely with partner institutions on exchange programmes, international projects and international applied research. We offer degree and non-degree courses in English and every course curriculum has an international component.

European Day of Psychomotricity

The first European Congress of Psychomotricity was organized from the 18th to 21st September 1996, in Marburg / Germany. The period of the Congress also included the official moment of creation of the European Forum of Psychomotricity (EFP).

In 2016, the EFP celebrates 20 years of existence and activity.

European Forum of Psychomotricity established the 19th September as the European Psychomotricity day.

This European Day is to promote visibility of Psychomotricity at an European level. This can be done by organizing all kinds of activities. Associations, institutions, schools or individual members can celebrate the day with their own ideas, for instance, open house events, workshops, publications, publicstreet initiatives, etcetera.

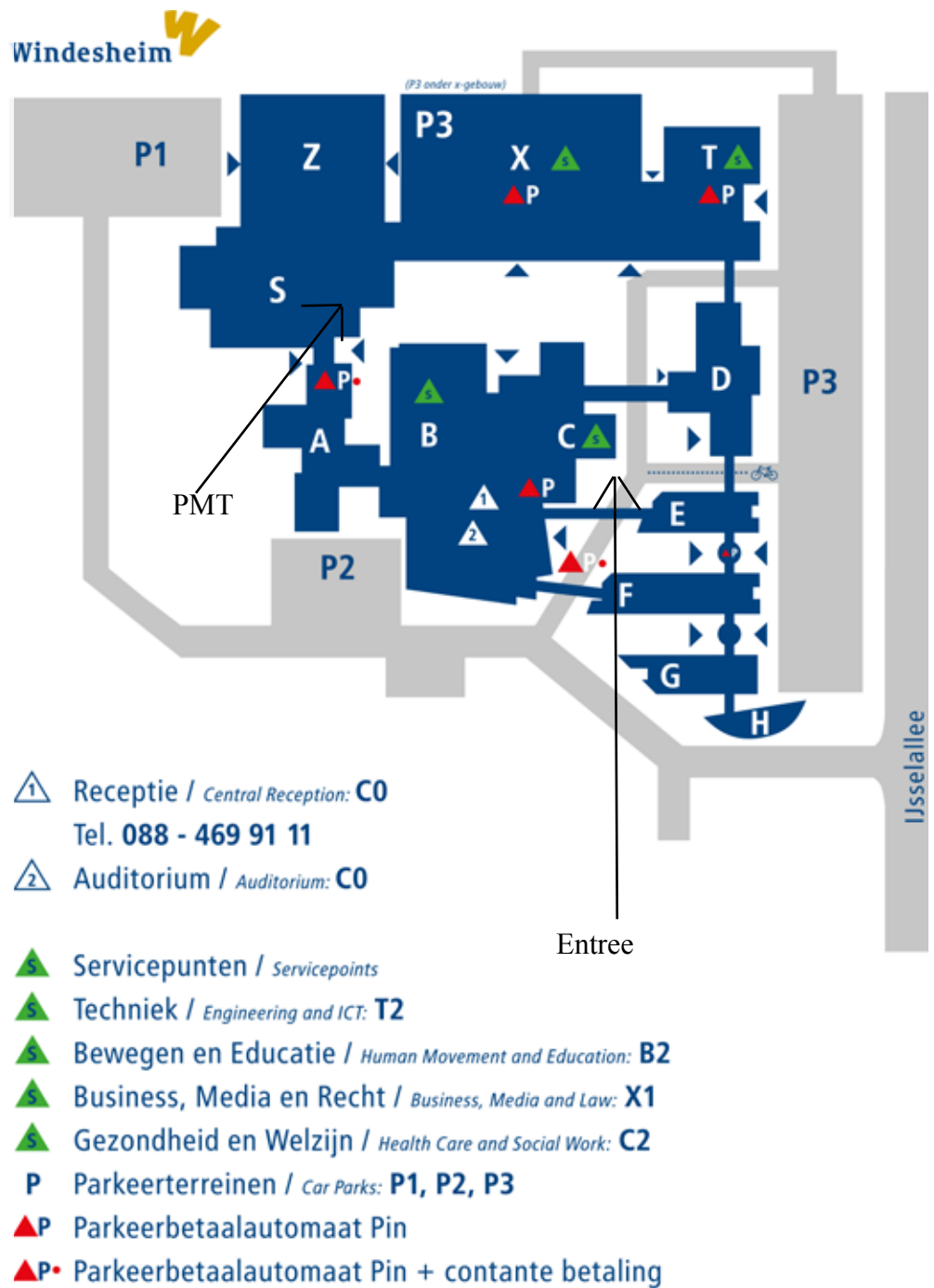
All these initiatives will be collected on the EFP-website and on the Facebook and LinkedIn-account.

If you are interested in everything about PMT in general, for Summer Schools or PMT in the European context, you have to look at:

www.psychomotortherapy.eu
www.psychomot.org

Floor ground University

1. Reception, they know all the places at our University.
2. S-Building, there are the most of our workshops.
3. Z-Building, there is our swimming pool and some classrooms.
4. X-Building, one of our new buildings.
5. Between the triangle S-Z-X there you can sit outside comfortable on the grass.



IMPORTANT TELEPHONE NUMBERS

Coordination:

Cor Niks +31 (0)6 28120542
Nathalie Jans +31 (0)6 46781000
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Hostel Pelikaan:

Thijs Jan van den Berg +31 (0)6 81088822

University:

Windesheim (reception) +31 (0)88 4699911

Addresses:

Pelikaan (sportcampus)
Haersterveerweg 2
8034 PK Zwolle

Hogeschool Windesheim
Campus 2-6
8017 CA Zwolle

Article PMT in Europe

Michel Probst, Jan Knapen,
Greet Poot and Davy Vancampfort

ABSTRACT

In Belgium and the Netherlands, psychomotor therapy as a kind of physical activity and body-oriented therapy has been well integrated into mental health care since 1965. In contrast to its acceptance in most European countries, the term “psychomotor therapy” has not found its way into the Anglo-Saxon literature. Psychomotor therapy is defined as a method of treatment that uses body awareness and physical activities as cornerstones of its approach. In Flemish psychiatric hospitals, psychomotor therapy is imbedded in different treatment programmes for different diagnosis related patient settings. The purpose of this article is to summarize the history, the practical implementations, and the research concerning psychomotor therapy. Its relationship to other similar approaches is described. With this article, we hope to cross borders and build bridges between different international interventions with the same background.

Link to the original article:

<http://iturl.nl/snvJIpX>

Tickets public transport

Traveling costs are for your own expense, we therefore do not provide you with a ticket. On Saturday, you will have to travel by bus. Please make sure you have enough cash money. The rest of the week you will travel by bike.

Presentation...

As stated in the program, the student groups will give a small and interactive presentation about their university. Be aware that there are only 10 minutes reserved for each presentation, which is very little time! Please make sure that every student is involved. We recommend you to make your preparations with the support of your coordinator. We ask you to be creative! Different media can be used, for instance powerpoint or a short film. In case you will make use of digital support, please bring your preparations on a USB driver.

Evaluation points:

- Interactive.
- Involvement of every student.
- Good representation of the university.
- Expectations of the Summer School 2016.

Presentation Friday

The presentations held on Friday will be judged by two teachers. Ten groups of students (to be made by the organization) will present their experiences and key learning outcomes of the Summer School programs. This needs to be done in combination with the explained theories in an interactive way with the rest of the group. Each presentation will last for 30 minutes, followed by ten minutes of evaluation.

Evaluation points:

- Interactive.
- Involvement of every student.
- Good representation of own opinion, experience and learning outcome.
- Contact with the audience.
- Supported by theory.
- A typical psychomotor action for your country.

Transport...

From Monday to Friday, you will travel to the university by bike. You have already paid for this. We will guide the way (which will take approximately 20 minutes) but please make sure you get familiar with the route yourself. It is possible to travel by bus, however these costs will be at your own expense.

Address hostel Sportcampus de Pelikaan: Haersterveerweg 2; 8034 PK Zwolle.
Address Windesheim University: Campus 2-6; 8017 CA Zwolle.

Facebook

A Facebook group for the Summer School 2016 has been created, however not all students are added to the group yet. If this is the case for you, please provide us with your Facebook name so we can enroll you. The page will be used to share pictures and stories or later on to answer your questions you still might have about psychomotor therapy. You are not obliged to be part of this page, it is just an extra tool for sharing and to have fun!

Friday afternoon

During the afternoon, you will have time to visit Zwolle (and/or surroundings). In the evening, we would like to have a little farewell-party at the Pelikaan. Although it is not mandatory, we very much like to invite you to be there!



General
Information

Arrival day

Start Summer school

Sunday 28th August

19.00 - 20.00 Welcome at Pelikaan Sport Campus in Zwolle and registration.

Pelikaan Sport Campus can be reached by bus (costs are for own expenses) or by foot. From 18.00 someone will be at the central station for luggage transportation to Pelikaan Sport Campus.

20.00 Start Summer School 2016 Welcoming by Cor, Presenting program and practical information.

20.30 Teachers meeting.



Workshops

Introduction & day 1

Monday 29th August

Pelikaan	07.30 – 08.30	Breakfast
S 9	09.15 – 10.30	Presentation of each university, done by students (10min/school)
	09.20 - 09.30	The Netherlands, Zwolle
	09.30 - 09.40	The Netherlands, Nijmegen
	09.40 - 09.50	Belgium
	09.50 - 10.00	France
	10.00 - 10.10	Switzerland
	10.10 - 10.20	Portugal
	10.20 - 10.30	Denmark
S 8-9	10.30 – 13.30	Teachers pair 2 (NED, Zwolle & FRA) + Students group A Teachers pair 1 (NED, Nijmegen & POR) + Students group B
	13.30 – 14.30	LUNCH
S 8-9	14.30 – 17.30	Teachers pair 2 + Students group A Teachers pair 1 + Students group B
Pelikaan	18.30 – 19.30	Diner
Pelikaan	20.00 – 21.30	Evening program, old Dutch games (not mandatory)



Workshops

Day 2

Tuesday 30th August

Pelikaan	07.30 - 08.30	Breakfast
Z002-Z003	09.30 – 12.30	Teachers pair 1 (NED, Nijmegen & POR) + Students group A Teachers pair 3 (DEN & CH) + Students group B
	12.30 – 13.30	LUNCH
Z002-Z003	14.00 – 17.00	Teachers pair 1 + Students group A Teachers pair 3 + Students group B
Pelikaan	18.00 – 19.00	Diner
	Evening	Free

Tuesday and Wednesday, the rooms can be changed because of "the Bruisweken". We will start our program at Z002-Z003. After the welcoming we will tell you where will take place the lessons.



Workshops

Day 3

Wednesday 31st August

Pelikaan	07.30 – 08.30	Breakfast
Room Z002-Z003	09.30 – 12.30	Teachers pair 3 (DEN & CH) + Students group A Teachers pair 2 (NED, Zwolle & FRA) + Students group B
	12.30 – 13.30	LUNCH
Room Z002-Z003	14.00 – 17.00	Teachers pair 3 + Students group A Teachers pair 2 + Students group B
Pelikaan	18.00 – 19.00	Diner
	Evening	Free



Preparing & Small workshops Day 4

Thursday 1st September

Pelikaan	07.30 – 08.30	Breakfast	
S 9	09.30 – 10.00	Information about students presentation by Cor	
	10.00 - 12.30	Time for students to prepare work	
	12.30 – 13.30	LUNCH	
	13.30 – 14.30	Time for students to prepare work	
S 8-9	14.30 – 15.30	Students Group A WORKSHOP 1 Students Group B WORKSHOP 2	Rohnrad Senso Relaxation
	15.30 - 16.00	Break	
S 8-9	16.00 – 17.00	Students Group A WORKSHOP 2 Students Group B WORKHOP 1	Senso Relaxation Rohnrad
	Evening	Free Evening (Recommendation: introduction party in Zwolle City)	



Presentation & Visit Zwolle Day 5

Friday 2nd September

P'kaan	07.30 – 08.30	Breakfast		
S9	09.25 – 09.30	Group picture	Group picture	Group picture
S9-8	09.30 – 13.00	Students presentation	(Teachers as facilitators)	
		Olivier Glas & Cristina Espadinha	Michèle Schumacher & Dorte Wahlberg Feil	Fred Dijk & Sylvie Belbin
	09.30-10.10	Group 1	Group 2	Group 3
	10.10-10.50	Group 5	Group 6	Group 7
	10.50-11.30	Break	Break	Break
	11.30-12.10	Group 8	Group 4	(students group 3 & 7 will join the other groups!)
	12.10-12.50	Group 9	Group 10	
	13.00 – 13.15	Fill in evaluation form		
	13.15 – 14.15	LUNCH		
	14.15	Free time to visit Zwolle and surrounding		
	20.00	FAREWELL PARTY (Pelikaan)		



Evaluation & Say goodbye Day 6

Saturday 3rd September

Pelikaan	07.30 – 08.30	Breakfast
Pelikaan	08.30 – 09.30	Packing luggage
Pelikaan	09.30 – 11.30	GRADUATION - Pelikaan Sharing experiences, evaluation & movie
END OF SS2016, SEE YOU SOON!		





Rohnrad workshop by Paul Verschuur.

In this workshop called 'Rohnrad', you all will get an introduction in Rohnrad and how to use it in the psychomotor therapy. Rohnrad is a part of gymnastics originated in Germany. A Rohnrad is a huge wheel which can be used for different tricks while rolling. In a secure environment you all may try to roll and perhaps you will do a turnover. Please make sure you all wear flexible clothes.



Workshop "Senso Relaxation" by Dienneke Jol.

In this workshop a method that is called "Senso Relaxation" will be demonstrated and practiced. It is about relaxation based on sensory stimulation. It will become clear that it is not primarily about relaxation, but about the ability to recognize and regulate tension and relaxation.

The method can be distinguished from most other relaxation techniques by its focus on direct physical contact, tactile and visual observation and because it checks the client's experiences against those of the therapist. The therapist registers the tension signals through tactile and kinesthetic information, obtained by touch, holding and/or passively moving one or more parts of the body. The actions of the therapist within this intervention lead to consultation between client and therapist, during which they exchange ideas, opinions and experiences concerning the observed tension signals.

Short Workshop

WS

Subjects & Teachers

Fred Dijk (NL) & Sylvie Belbin (FR) :

“Move to be connected.”

People have the ability to connect with 3 phenomena: material, self and other.

People connect at first through the senses, physically, by sight, hearing, smell, taste, touch, thermoception (heat, cold), nociception (extreme changes e.g. pain), balance and proprioception (position of joints, muscle tension).

So in this French-Dutch cooperation workshop you will experience and practice several methods such as mindfulness, physical percussion, sensory motricity and ACT with which you can help clients to (re)connect and interact.

Cristina Espadinha (PT) & Olivier Glas (NL)

“ Work Alliance”

A common subject in every kind of psychomotor therapy is work alliance. Work alliance can be divided in three elements: agreement about the goal, agreement about the approach (the way to achieve the goal) and a certain affection between therapist and client. Psychomotor therapists are supposed to have a special quality in establishing a good (may be excellent) work alliance by using movement and body experience.

In the lectures of Cristina and Olivier, the work alliance will be explained, experienced and trained in relation with two different contexts. Cristina will connect work alliance to the context of clients with visual disabilities. Olivier will connect work alliance to the context of clients with severe mental illness in combination with sedentary behavior.

Michèle Schumacher (CH) & Dorte Wahlberg Feil (DK)

”Move to be – from cradle to cradle”

How can we continue to move and have a harmonious body development in our life, as individuals, as pairs and as a larger group? How can we develop movement in a biological way embedded in a psycho-logical and social context? What is flow in movement and how can we work on that practically?

Our workshop focus is on the human body and the ability to move. The work will both be theoretical and practical. The main topics will be body, weight, space but also include theory about muscles, joints, axis and laterality. It is important for the psychomotrician working with body development, to know how to accompany their clients in their movement flow.

The students will be encouraged to experiment for themselves and with the group. The teaching will also include mindfulness exercises and energizers.

Participants & Wifi codes

First name	Last name	Country	Personal Wifi code
Alice	Namèche	Belgium	aefah7
Maja Søby	Frandsen	Denmark	ah3da
Ane	Frost Petersen	Denmark	aes7nu
Sysser Vinberg	Hansen	Denmark	aesh4b
Ann-Sofie Saugberg	Jensen	Denmark	aev4vo
Maja Gunhild	Joensen	Denmark	ahpie3
Linette	Linde	Denmark	ai9iem
Annika	Lysdal pedersen	Denmark	aife3i
Julia Fanth	Rugholt	Denmark	aing9u
Bravo	Alexandra	France	aiqu4n
Audrey	Athlan-Liénard	France	arahb3
Lou	Bessiere	France	ceer4e
Emma	Bouvier	France	doh7ai
Diane	Charpy	France	doo7xo
Dubach	Christel	France	doteo4
Johanna	Gatti	France	doyae7
Camille	Giroguy	France	dud9ci
Fanny	Hecht	France	eit4oy
Théo	Iacono	France	feru3m
Audrey	Lovera	France	fi9nai
Adeline	Rabarot	France	fioya7
Charlène	Thoinet	France	hei3ri
Gonçalo	Azevedo	Portugal	hoo7gi
Fábio	Fernandes	Portugal	ieh7ch
Alexandra	Ferreira	Portugal	iej9ci
Maria Margarida	Frade dos Santos	Portugal	ig3cee
Mariana	Martins	Portugal	ioxoo4
Maria Inês	Paes de Faria	Portugal	iufa3z
Joana	Pereira	Portugal	iy9tai
Ariana	Santos	Portugal	joo9oi
Daniela	Vieira	Portugal	kai3ka
Anna	Aellig	Switzerland	mo9xea
Marina	Caduff	Switzerland	mohy9a
Lena	Holzmann	Switzerland	oac3ji
Jana	Thürig	Switzerland	ohf3ab
Sanne	Brandsma	The Netherlands	ohng9a
Nora	Gerrisen	The Netherlands	oob4sh
Arianne	Huijgen	The Netherlands	oong9c
Sander	Poot	The Netherlands	oos4uj
Riemke	Ruitenbeek	The Netherlands	phad3n
Anke	van der Straten	The Netherlands	phop3o
Jessie	van Diessen	The Netherlands	pieb9o
Arjan	Joffer	The Netherlands	Eduram

Coordinators & Teachers



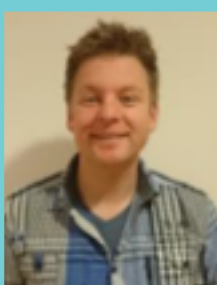
Cor Niks, I'm the coordinator of this summer school and responsible for all the international affairs PMT at Windesheim University. When we started in 2010 with the IP's, one of my goals were to make this cooperation together with the other coordinators a success! I'm a teacher PMT at the Windesheim University and was before psychomotor therapist at an institution for persons who are intellectual and physical disabled. I've worked also at a general hospital with people who are having problems like depressions, who are anxious or had other live problems.



Katinka van Sprang and I'm one of the Dutch students helping Cor organize this year Summer School. I'm 25 years old and will finished my study PMT. Next to my bachelor PMT, I finished the bachelor Health Sciences (specialization mental health) in Maastricht (the entire south of Holland and, for me, the most beautiful city of our country). In my spare time I try to go to the mountains (Switzerland, Austria, France, Italy) as often as possible to climb, hike, run, bike and ski. But since this isn't always possible I try to stay fit by running and visiting the indoor climbing gym a couple of times a week.



Nathalie Jans and together with Katinka and Cor, I'll organise the summer school in Zwolle. I am 23 years old and I'm a graduated psychomotor therapist since July 2016. Last IP in Zürich and last summer school in Paris, I was a participant myself and I stayed in Paris to do an Erasmus semester. Besides English, I speak barely fluently French. I love to do gymnastics, acrobatics and running. In my spare time I meet up with friends in lovely Nijmegen. I'm really looking forward meeting you all this summer & until then you will regularly receive emails from us!



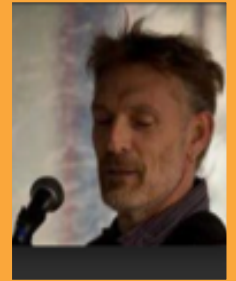
Olivier Glas, HAN University. I teach research, theory, methodic skills and therapeutic skills. Besides my teaching, I am doing a research on expanding the sustainability of preventive movement-interventions for people with severe mental illness. In a former part of my career I did psychomotor therapy with people with addiction, anxiety disorders and forensic psychiatric issues. My personal fascination with psychomotor therapy is integrating a certain method or type of movement with theory (pathology and treatment) and therapeutic skills. I'm looking forward to cooperate this summer in Zwolle, with students, Cristina and other teachers!



Michèle Schumacher, Zurich, Switzerland. Trained as an organizational psychologist and work experience in the learning development field. Further education as a psychomotrician and 6 years of work experience with children aged 6-11 years. Therapeutical work, prevention in schools and coaching of parents and teachers. Focus is on body development, self-concept and graphomotoric skills in a movement inducing setting. Active in the Swiss Psychomotrician Association and the European Forum of Psychomotricity. Personal hobbies: Contact improvisation and couple dance

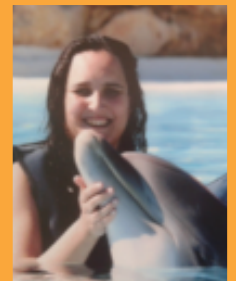
Teachers

Fred Dijk, Windesheim University, I'm a teacher psychomotor therapy for 10 years now. I worked as a therapist for about 12 years with clients with eating disorders and violent offenders. Since 5 years I am trainer Mindfulness. I'm very grateful to work with young professionals as you are. I like to play guitar & sing songs of Tom Waits and grow my own vegetables (well nature does, I just water them in time). Looking forward meeting you all in Zwolle!



Cristina Espadinha, teacher from Portugal - FMH. I'm a very lazy person, so I'm always searching for easier and better ways to do things, thus I always searching for gadgets and technologies to do the work for me. I'm an optimist and always try to see the bright side of everything. These two characteristics make me a professional that joins psychomotor therapy with technologies and always searching for new methodologies to explore. So I'm going to Zwolle with two goals:

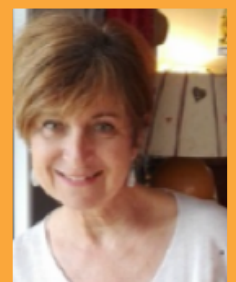
- to appreciate every minute and
- to learn from all of you, students, teachers and organization.



Dorte Wahlberg Feil, VIA Denmark. I am 47 years old. I was educated as an Psychomotor Therapist 17 years ago. I have been working with all kinds of groups since, especially mothers during pregnancy, afterbirth but also children and grownups. Now I am a teacher at one of the two Danish Psychomotricity schools in Denmark, VIA in Randers. I like to do meditation but also to be on the run. so I feel lucky to give lessons in movement and training. I look forward seeing everyone I September.



Sylvie Bébin, ISRP France, psychomotor therapist since 1985! Yes it's possible and I get such energy yet that I surprise myself sometimes!! I began working in daycare nurseries then in different institutes for children with behaviour disorders, learning disorders. For 7 years, I have worked in a liberal cabinet and since 2009 with autistic children. Furthermore, I teach sensory motricity, teaching skills and psychomotricity for autistics to students and childcare professionals. For the early beginning of my career, I have been found a great interest to sensory integration and almost to SPD (sensory processing disorder); I turned my research toward this topic. And I've found a lot of answers on the children's development. I practice theatre, body percussions that I use in my work.





2 weeks Exchange program Psychomotor therapy students



What is 'PMT2go.EU'

The 'PMT2go.EU' is a two weeks exchange program for Psychomotor Therapy students.

It is a combination of theoretical and practical content at one of the partners Universities of applied sciences:

- VIA UC (Randers, Denmark),
- FMH (Lisbon, Portugal),
- HfH (Zurich, Zwitterland),
- ISRP (Paris, France),
- Windesheim (Zwolle, Netherlands),
- HAN (Nijmegen, Netherlands).

Chance of going abroad!

It gives you the chance of going abroad to one of the six Universities for a short term. The costs of travelling and staying are for you to pay by yourself. The Universities of applied sciences will try to help you with finding an affordable accomodation.

For the study program there is no extra fee.

Before the two weeks exchange the study program will be planned between the two Universities of applied sciences. During these two weeks you will be supported by buddies from the receiving Universities of applied sciences.

Program

Minimum program for 2 weeks will be included the following elements:

- 20 hours teaching.
- Internship/visit.
- Contact with students (both professional and social).
- Tour of university (inroduction).
- Interview with a teacher (15 min)
- Student buddies.
- Reflective report to be made latest 1 week after program.

Learning outcome of the module

You increase your awareness, understanding and professional reflection about Psychomotor Therapy within an intercultural setting. The focus is on differences and similarities in Psychomotor therapy methods and interventions and culture.

Aim of the module

The 'PMT2go.EU' offers you an organized framework for international student exchange in Psychomotor Therapy education.

Exchanges take place between students from VIA UC, FMH, HfH, ISRP, Windesheim and HAN. We expect to include more university colleges in the future.





Reflective Report

For the report you can choose between writing or oral presenting. If you are writing it, you will send it to the coordinators of both colleges. The paper has to be at least 2 and maximum 5 pages.

If you choose to do a presentation, it has to be for at least 15 and maximum 30 minutes. You need to invite at least 10 students and 1 teacher for your presentation.

Reflection has to be about the following elements:
The progress of your awareness about differences and similarities in PMT methods and interventions and culture. The progress of your understanding about differences and similarities in PMT methods and interventions and culture. Your personal and professional gain from experiencing PMT2go.EU.

Criteria

- You can apply after 2 semesters of study.
- Your coordinator decides who gets access to the programm.
- Correctly filled application form.
- First time on this module.
- You speak and understand English (or the language of the country you are visiting).

For more information and to apply please contact your international office/international coordinator.

Coordinators

Leena Suokas	leena.suokas@hfh.ch www.hfh.ch
Sofia Santos	sofiasantos@fmh.ulisboa.pt www.fmh.ulisboa.pt
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Cor Niks	c.niks@windesheim.nl www.windesheim.nl
Helle Brok	hebr@via.dk www.via.dk



International virtual classroom PMT subjects



What is 'PMT2go.EU'

Besides the two weeks exchange program for Psychomotor Therapy students we organize at least 6 times a year a virtual classroom.

It is a theoretical (virtual) lectures from one of the partners Universities of applied sciences:

- VIA UC (Randers, Denmark).
- FMH (Lisbon, Portugal).
- HfH (Zurich, Zwitterland).
- ISRP (Paris, France).
- Windesheim (Zwolle, Netherlands).
- HAN (Nijmegen, Netherlands).

Chance to learn more about European PMT programs.

It gives you the chance to learn new pmt programs who are taught by teachers from one of the six Universities.

You can do it at your own University! That means no travelcosts and problems wiht housing.

There are NO COSTS for the students for this virulal classroom.

Your coordinator will be informed about the subjects and schedule of this lessons.

Program

The lessons will be around 45 minutes each. And it's about one subject, somtetimes with one teachers but it is also posible there will be more teachers or experts who will be involved in the virtual classroom.

Learning outcome of the module

You increase your awareness, understanding and professional reflection about Psychomotor Therapy within an intercultural setting. The focus is on differences and similarities in Psychomotor therapy methods and interventions and culture.

Aim of the module

The 'PMT2go.EU' offers you an organized framework for international knowledge exchange in Psychomotor Therapy education.

This knowledge exchanges take place between students and teachers from VIA UC, FMH, HfH, ISRP, Windesheim and HAN.

We expect to include more university colleges in the future.

PMT2go.EU *the* cooperation between:

Windesheim



Move forward
VIA University
College



FMH

FACULTE DE MOTRICITE HUMAINE

HfH

Interkantonale Hochschule
für Heilpädagogik





Article

Exercise therapy improves mental and physical health in schizophrenia: A randomised controlled trial.

Scheewe TW, Backx FJG, Takken T, Jorg F, van Strater ACP, KroesAG, Kahn RS, Cahn W.

Abstract

Objective: The objective of this multi-center randomised clinical trial was to examine the effect of exercise versus occupational therapy on mental and physical health in schizophrenia patients. **Method:** Sixty-three patients with schizophrenia were randomly assigned to 2 h of structured exercise ($n = 31$) or occupational therapy ($n = 32$) weekly for 6 months. Symptoms (Positive and Negative Syndrome Scale) and cardiovascular fitness levels (W_{peak} and VO_{2peak}), as assessed with a cardiopulmonary exercise test, were the primary outcome measures. Secondary outcome measures were the Montgomery and Åsberg Depression Rating Scale, Camberwell Assessment of Needs, body mass index, body fat percentage, and metabolic syndrome (MetS). **Results:** Intention-to-treat analyses showed exercise therapy had a trend-level effect on depressive symptoms ($P = 0.07$) and a significant effect on cardiovascular fitness, measured by W_{peak} ($P < 0.01$), compared with occupational therapy. Per protocol analyses showed that exercise therapy reduced symptoms of schizophrenia ($P = 0.001$), depression ($P = 0.012$), need of care ($P = 0.050$), and increased cardiovascular fitness ($P < 0.001$) compared with occupational therapy. No effect for MetS (factors) was found except a trend reduction in triglycerides ($P = 0.08$). **Conclusion:** Exercise therapy, when performed once to twice a week, improved mental health and cardiovascular fitness and reduced need of care in patients with schizophrenia.

Link to the full-text article:
<http://iturl.nl/snxvuEI>



Erasmus+ Program!



Overview Erasmus+

- For nearly 30 years, the EU has funded the Erasmus programme, which has enabled over three million European students to spend part of their studies at another higher education institution or with an organisation in Europe.
- Erasmus+ brings such opportunities to all - students, staff, trainees, teachers, volunteers and more. It's not just about Europe or Europeans either - with Erasmus+, people from all over the world can access opportunities.

Opportunities for students

Studying abroad is a central part of Erasmus+ and has been shown to have a positive effect on later job prospects. It is also an opportunity to improve language skills, gain self-confidence and independence and immerse yourself in a new culture.

Erasmus+ also offers the chance to combine studying abroad with a traineeship.

Opportunities are available for students at Bachelor, Master or Doctoral levels.

Information or apply

If you want to apply for an Erasmus+ scholarship, you have to discuss it with our international office of your international coordinator PMT.

Criteria

- You can apply after 2 semesters of study.
- Your coordinator decides who gets access to the programm.
- Correctly filled application form.
- You speak and understand English (or the language of the country you are visiting).

More possibilities

This knowledge exchanges take place between students and teachers from VIA UC, FMH, HfH, ISRP, Windesheim and HAN. But if you want to go for an other University there are also a lot of possibilities.

You can also do an internship, for the criteria look at: www.ec.europa.eu/

PMT2go.EU *the* cooperation between:

Windesheim 



Move forward
VIA University
College



HfH Interkantonale Hochschule
für Heilpädagogik



Experience

Written by Karlien Sleper



Erasmus Exchange Switzerland.

Last February started in Zürich with an exchange study PMT. I have learned a lot of German in Holland, and through Austrian friends. Because of this I could understand the courses given in German* and made very quick contact with the other students

Switzerland has created a new view on PMT for me. To learn this view I had courses every day at school and I did an internship every Tuesday afternoon. It was really great to have this opportunity to study and do internship to create the best view on PMT abroad.

I'm a 'special' student because it takes me longer than 4 years to complete this study in Holland due to sports. In my 6th year I did this exchange to Zürich because I really wanted to go abroad. I came here in the 1st year of the study in Zürich. For me it was a lot of repetition, but there were a few new things that I learned about PMT. Due to the Swiss teaching method of working mostly with children who have a developmental delay in fine motor skills or gross motor skills (and not like in Holland where we work with behavior treatment) these were new, eye-opening moments in PMT. I would really recommend you to go here when you like to work with children later.

The curriculum is taught at quite a low tempo. For me (as an abroad student) it was sometimes nice, so I could translate back to Dutch. But most of the time it was for me a long and slow learning day. Maybe it has to do with it that I had most of the theoretical parts in Holland. I don't know really. I think the best time to go there is when you're in the 2nd year of PMT.

I had a great time here with my classmates, I have still contact with a few and will definitely go back later this year!

*Teachers asking at the beginning if they have to speak English for you.

Experience

Written by Anke van der Straten



This is a picture of one of the final days in Denmark with my Portuguese friend

My experience in Denmark

Last August I went to Denmark for my Erasmus. I stayed in Randers for four months, living in a dorm. I followed Danish practical classes, with two different groups and had language school twice a week in the evening.

I enjoyed a lot of my stay in Denmark. Even though the city was calm and there wasn't much to do, I would do it all over again. I learned a lot from the classes, a whole new view of psycho motoric therapy. I learned to put myself in the first place, make myself comfortable, so I could help clients better and be a better therapist. But the main thing that I have learned during my stay in Denmark is that I learned who I am, what is important for me and where my personal space and boundaries are.

Even though I learned a lot about myself and my study, the people around me made my stay in Denmark unforgettable. I met these amazing Erasmus students from Portugal who also stayed at the dorm and we spent a lot of time together at the dorm, but also with trips to see a bit of Denmark. I also had wonderful classmates who were willing to translate a lot during classes, were very sweet, kind and I became friends with some of them.

Of course my stay wasn't perfect. I missed my friends and family at home, and being in a quiet town like Randers can be lonely sometimes, but I would do it all over again. It was an amazing, unforgettable time and I am very grateful that I had the chance to do this.



European Forum of Psychomotricity

The main goal of the “European Forum of Psychomotricity” is the support of psychomotricity in Europe, in the educational, preventive and therapeutic practice, in the initial formation or continuing education, in the professionalization and the scientific research.

The “European Forum of Psychomotricity” defines the main goals:

- Promotion of the cooperation between psychomotricians coming from different countries and regions of Europe, (mutual exchanges, congresses, development of projects, formations, research).
 - Support of countries or regions where psychomotricity is not yet well developed by: logistical or financial help, support of the initial formation and the continuing education.
 - Coordination of the initial formation and the continuing education by: harmonization of the contents, the general guidelines, the exams, promotion of the harmonization of the professional education concerning the recognition by government.
- Mutual acceptance



- Representation of the common interests concerning the professional politics, acceptance by social insurance, level of income, protection of the initial formation.

Organized student's academy by EFP:

2017	Darmstadt	GER
2016	Hillerød	DNK
2015	Brussels	BEL
2014	Verona	ITA
2013	Zwolle	NED
2012	Paris	FRA
2011	Lisboa	POR
2010	Geneva	SUI
2009	Brussels	BEL
2007	Darmstadt	GER
2006	Copenhagen	DNK
2005	Zwolle	NED
2004	Verona	ITA
2003	Lisboa	POR
2002	Paris	FRA
2000	Strasbourg	FRA
1999	Copenhagen/ Randers	DNK

Summer School
Connected. Involved. Relaxed. Mindful. Exploring

Psychomotor therapy
28th august to 3th of september 2016
Zwolle – The Netherlands

iMove to be!

The aim of this Summer School is to present theory and methods of psychomotor therapy to expand your understanding and knowledge of moving in different ways. In the profession as a psychomotor therapist movement is essential. You and your clients can move in many ways. The body can move from one place to another, the dynamics of a group or person can change and you can change because you are going through a personal process.

Also you can move (with) your client, for example: in stillness, in awareness, and in activity of psychomotor exercises.

A model that we use is the biopsychosocial model (abbreviated "BPS"). BPS is a general model or approach stating that biological, psychological (which entails thoughts, emotions, and behaviors), and social (socio-economical, socio-environmental, and cultural) factors play a significant role in human functioning in the context of disease or illness. It posits that health is best understood in terms of a combination of biological, psychological, and social factors rather than purely in biological terms.

This Summer School will offer you the opportunity to explore how to use psychomotor methods within this BPS-model, and beyond.

Summer Schools an Intensive Programs have been a strong tradition since 2010 between 6 universities. They have taken place in Denmark, The Netherlands, Portugal, Switzerland and France.

Students said:

- A remarkable experience for the rest of our lives!
- The interaction with the participants from other countries has been beneficial to our personal and professional training.
- We got a bigger awareness of our own national identity and values as psychomotor therapists.

More info:
www.psychomotortherapy.eu

For registration ask your international coordinator PMT

Facts about the Summer School 2016

Up to 40 students and 6 teachers and 1 coordinator from 5 countries and 6 universities.
The student will get 3 ECTS credit points.

The teaching themes of the program are different areas of moving.

There will also be a social program during the Summer School.

The cost for students, 275 euro including:

- bed and breakfast
- 3x dinner and 5x lunch
- 3 days bike
- social program

The students have to pay the transport to/from Zwolle.
The travel arrangements from home countries can be supported by the coordinator of your home university.

Logos: Copenhagen University, Maastricht University, HfH, ISRP, HAN, Windesheim, SINCE 2010

Intensive Program and Summer schools.

The successful cooperation between our 6 Universities makes it possible to have each year an attractive Intensive Program or Summer school. Since 2010 we had Summer schools in:

2017	Randers	DNK
2016	Zwolle/Nijmegen	NED
2015	Paris	FRA
2014	Zurich	SUI
2013	Lisboa	POR
2012	Zurich	SUI
2011	Zwolle/Nijmegen	NED
2010	Randers	DNK

Next Summerschool will be in Randers (DNK)
20/21st august to 26th of august 2017



Windesheim SAMEN MAKEN WE DE TOEKOMST!
MINOR SPORT, THERAPY FOR EMPOWERMENT

BEELDEN ZEGGEN MEER DAN WOORDEN!

FILM Festival

MINOR SPORT THERAPY FOR EMPOWERMENT
PRESENTS A STUDENT PRODUCTION
"IMPACT in ETHIOPIA, BALI, CURAÇAO, SRI LANKA, SOUTH AFRICA, CHILI AND BRAZIL"

Chuchles PRODUCTIONS WWW.MINORCROSSINGBORDERS.NL PANGORNE

17 JUNI 2016 12.30 UUR LOKAAL X177

Minor Sport, Therapy for Empowerment.

As a PMT-student it is possible to do a minor (30 ECT's) in a foreign country. This could be for example in Bali, Sri Lanka, Curacao, South-Africa, Chili, Brazil etc.

We can offer you an internship for 16 weeks in foreign countries and you have to follow also two weeks of lessons at Windesheim in Zwolle.

This is the structure:

- 4 times by Skype or Adobe Connect a meeting (that means you can stay at your one place). You have to do several assignments at home and make a portfolio.
- 1 week of lessons before you will leave to your internship (these lessons are in Zwolle).
- 16 weeks internship in a foreign country. And you have to make some reports, do some assignments and you will have Skype meetings.
- 1 week of lessons to finish this minor. And this week will end with a big film festival.

More information, please contact Cor Niks, coordinator international affairs PMT and Minor STE.

www.minorcrossingborders.nl

(Soon also in the English language!)

Windesheim



This Summer School is made possible by sponsoring.

Main sponsor :	Windesheim University (CALO)
Sub-sponsor:	HAN University
Participating sponsor:	Eurest catering
Participating sponsor:	Sportcampus de Pelikaan



Minor Sport, Therapy for Empowerment
If you want to make the difference!

Information

E-mail:	c.niks@windesheim.nl
Twitter:	@cor_niks
You Tube channel:	http://iturl.nl/sn2dKHB
Website:	www.minorcrossingborders.nl

