

Proxemic in psychomotricity

Abstract :

The proxemic is the study of the distance between the individuals and their personal space. In psychomotricity, it's about control and regulation of the distance in the relation with other people. Proxemic behavior also includes postures and movements which everybody adapt according to the people around. Proxemic play a role in the relation to the others by the body, but also by the look and the voice. There is a fertile relation between psychomotricity and proxemic : it's the symbolic understanding of spaces in relations with the others.

Concretely, the way you interact with the non verbal communication reveal a lot of informations about your personal space and how you can find the "good distance" to have in the relation with the others, especially with the patients.

Contents :

Theoretical course about proxemic and its applications in the psychomotor care.

Practical course on the notion approached in the theory

Short Bibliography :

Hall, Edward T. (1963). "A System for the Notation of Proxemic Behaviour". *American Anthropologist* 65 (5): 1003–1026.

Hall, Edward T. (1966). *The Hidden Dimension*. Anchor Books