

Summerschool SS19.

Piece of introduction for workshop; teacher pair Netherlands & Danmark

Psychomotricity focuses on the relation between body and mind. The integration of both is well described in literature and develops from the early start of life. Our body learns our whole life. Learning is “any process in living organisms that leads to a lasting change in capacity, that is not due to forgetting, biological maturing or age (Knud Illeris, 2014).

There are many examples to give that can subscribe the theory. At Summerschool first, we want to experience it ourselves!! We start the workshops with exercises, so we can experience how our body and mind communicate and react.

In some cases there is a disconnection between body and mind. It can be seen as a result of dysfunctional coping styles or due to dysregulation of anxiety and stress symptoms. It occurs in patients with various kinds of stress related disorders and somatic symptom disorder. In some cases the body learns something that makes sense at the moment, but not in the long run, with a result in cause and effect. It is possible to relearn, or learn something new that makes the old experiences lose their impact.

With the help of psychomotor therapy there are options to give “the learning body” the right boost. The workshops focus on body-awareness, a theory of cause and effect, training motor skills and various psychomotor interventions on behavior.

The subject of embodied learning will also be discussed. Embodied learning can be traced in the muscles and in the fascia by differences in size, softness, elasticity, tension. Through movement structures can develop, change and rearrange. In the Danish manual treatment technique, these structures can be rearranged through touch and manual impulses. Through verbalization of the experiences hereby a new learning can emerge.