



# WHAT WE HAVE LEARNED AT THE PMT SUMMERSCHOOL 2019

The Netherlands, Nijmegen

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**“Our own learning body”**



# CONTENT

The learning body of...

Thea

Paula

Isabelle

Chiara

Movement

# THE LEARNING BODY OF THEA

- New form of therapy treatments
- A safe place
- Disabilities/difficulties

# THE LEARNING BODY OF PAULA

- Expectations SS were very different
- Differences in the way of treating and what is treated.
- Holding back vs. Letting go (personally)
- Being myself from the beginning
- Manual therapy & touching (Workshop)

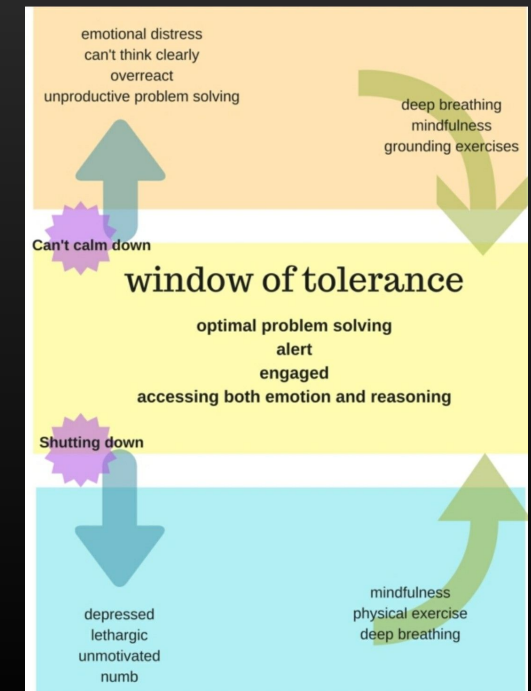
# THE LEARNING BODY OF ISABELLE

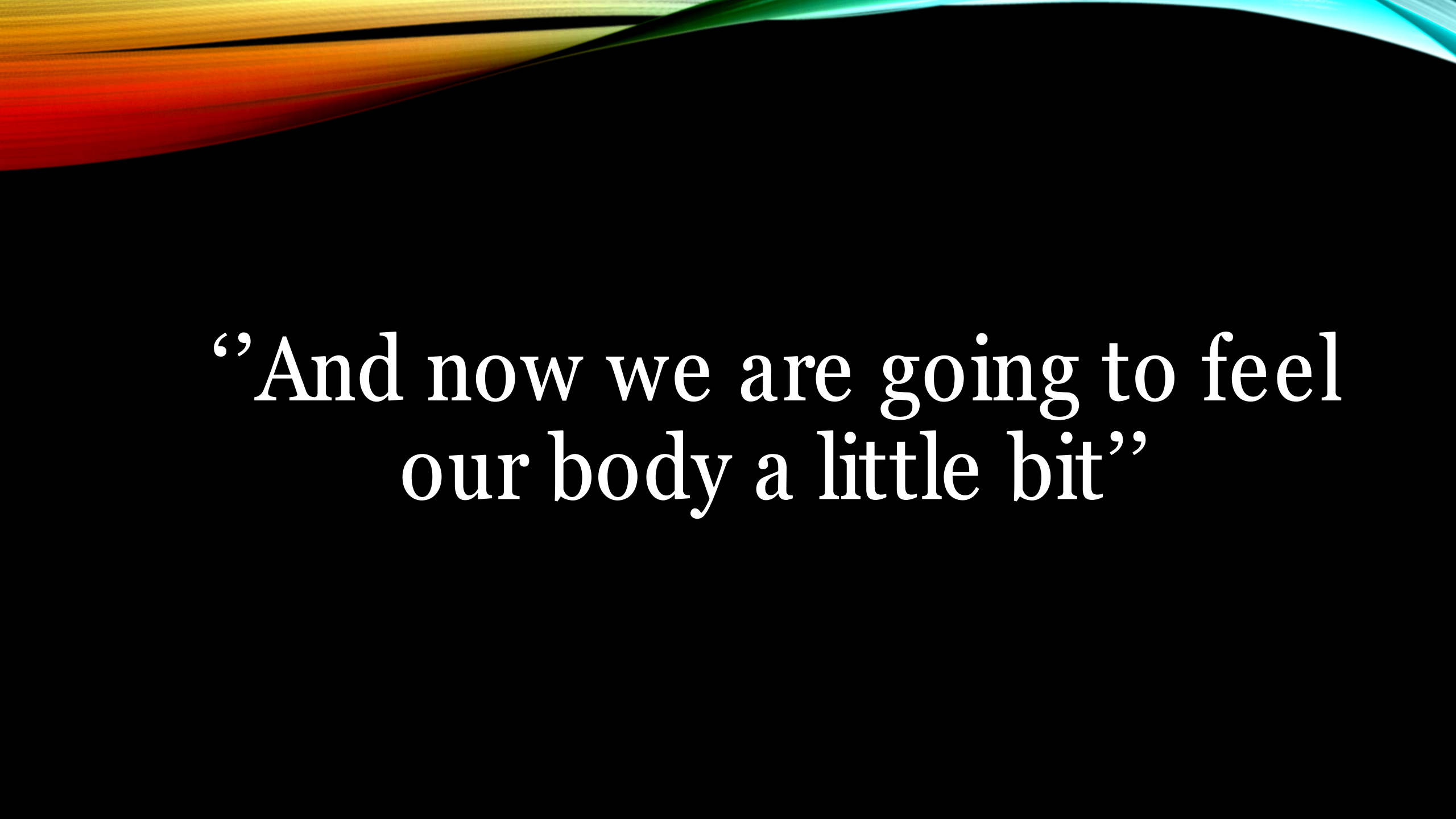
- Cycling
- Energy
- EMDR (article)



# THE LEARNING BODY OF CHIARA

- Dutch method: cognitive therapy
- Learning disabilities
- Window of tolerance





“And now we are going to feel  
our body a little bit”

# ARTICLES

- “Neurobiological correlates of EMDR therapy effect in PTSD”
- “Movement speaks of culture: A study focusing on women with depression in Taiwan”
  - Laban
  - Using Laban helps to get the depression down
- “Therapeutic alliance is a factor of change in arts therapies and psychomotor therapy with adults who have mental health problems”
  - Mixing therapists is a good thing
  - It's a little bit like summer school where we mix teachers





Thank you all for listening and for this  
amazing week <3



(you can now start the applause..)

