

# OUR JOUREY ON THE SUMMER SCHOOL





## Point of view



- Body awareness
- Space + time
- Sound communication
- Dance
- PTSD- window of tolerance

# Point of view



- Nobody can learn from you, you learn for yourself
- We can work things with the body that we can't work with words
- Focus – Movement/body & Body/Mind
- Effective/Changes
  - Think, act, feel, sensitive
  - Emotional, cognitive, motor and sensorial development research

## Point of view



- You only learn when you are aware of yourself
- Again: don't forget to breathe
- Always find back in your body
- Learning disability is not an IQ Problem
- Integrate me, me and space and me and others
- Use your body to learn!

## Point of view



- **Connect** with the client and
- **Guide** them in their learning process
- With a variety of **approaches**

# PMT ASPECT OF OUR COUNTRY





## **Improving the Multidisciplinary Treatment of Chronic Pain by Stimulating Body Awareness: A Cluster-randomized Trial.**

Randomized controlled trial

Van der Maas LC, et al. Clin J Pain. 2015.

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## **Moving and being moved: differences in cerebral activation during recollection of whole-body motion.**

Wutte MG, et al. Behav Brain Res. 2012.

[Show full citation](#)

## **Use of movement therapies and relaxation techniques and management of health conditions among children.**

Review article

Ndetan H, et al. Altern Ther Health Med. 2014 Jul-Aug.

[Show full citation](#)

## **Having a body versus moving your body: neural signatures of agency and body-ownership.**

Tsakiris M, et al. Neuropsychologia. 2010.

[Show full citation](#)

## **Use of movement therapies and relaxation techniques and management of health conditions among children.**

Review article

Ndetan H, et al. Altern Ther Health Med. 2014 Jul-Aug.

[Show full citation](#)

## **My body in the brain: a neurocognitive model of body-ownership.**

Review article

Tsakiris M. Neuropsychologia. 2010.

[Show full citation](#)

EXERCISE



# WHAT WE TAKE



New Knowledge  
Friends  
Inspiration



Motivation  
Inspiration  
Knowledge  
Connections /Networking



Playfull like children  
Variety of movement  
Life with you all



So many different aspects  
Lots of nice people and friends  
Use your body to learn  
That opens new horizons



The end

