

**10th International Conference of
Psychomotricity
2019**

SPEAKERS

13. 3. 2019 – 14. 3. 2019 v Ústí nad Labem



Mgr. Tereza Louková, Ph.D.

PF UJEP Ústí nad Labem

Graduated from Charles University: Secondary school teacher education – Physical education and Psychology, Since September 2008 Assistant professor at the Department of Psychology, University J.E. Purkyně, Ústí nad Labem.

In 2013 postgraduate degree – Social psychology at Faculty of social sciences MU Brno, Supervisor doc. Blahutková.

One of the main organizer of the International Conference of Psychomotricity. Focus on Health Psychology, Mental hygiene, Sport Psychology and Psychomotricity.

Contact: Tereza.Loukova@ujep.cz

Presentation: Motivational Physical Activity Intervention for Psychiatric Patients during the Hospitalization: Effect on Motivation for Physical Activity.



Toril Moe

Cand. Scient. – Oslo University Hospital

Moe is currently working at Oslo University Hospital as a special advisor in physical activity within mental health work. For the last 40 years, she has worked towards implementing physical activity as a treatment option for people with mental health issues. She views the use of physical activity as efficient in treating mental health disorders as other commonly used treatments. Moe has since the year 2000 been responsible for a course in physical activity in mental health work, adapted towards both health personnel and patients, at the Inland Norway University of Applied Sciences. For 30 years, she led the sports event Gaustadløpene (The Gaustad Runs) adapted for people suffering from mental health issues. Moe has edited several books and written articles and tips on how to get started and maintain regular physical activity. In recent years, she has participated in the design of the “package course” under the auspices of the Norwegian Directorate of Health - a treatment strategy that is intended to provide patients and relatives with a holistic and predictable course of treatment, without unnecessary waiting time. In addition, she has led several conferences and seminars focusing on physical activity and mental health.

Presentation: Physical activity as a treatment option for patients struggling with mental health.



Sigrid Strøm Olsen

Sigrid (29) finished her thesis in at NSSS in 2017 at the faculty sport medicine, building on her bachelor's degree in physical activity and health. She has five years of experience from an acute psychiatric ward as a milieu therapist, working hands-on with inpatients. For her thesis, she explored experiences with physical activity in people with psychosis at this respective ward. She is part of a Norwegian interest group for physical activity and mental health. Having a one-year unit in education, she now works as an inspector at a high school in Oslo.

Presentation: "A qualitative research project with a practical physical activity intervention In an acute psychiatric ward".



Nina Helen Mjøsund, PhD

MNSC, mental health nurse

Mjøsund is a researcher at the Department of Mental Health Research and Development, Division of Mental Health and Addiction at one of Norway's largest Hospital Trust, the Vestre Viken. Throughout her entire professional working life Mjøsund has been working at hospitals. She has the last 25 years worked with people living with severe mental disorders. She has worked as a manager and has been a specialist nurse in mental health since 1996 and holds a master in nursing science from 2003. The last fifteen years, she has worked mainly with management, and research and development in mental healthcare. Her PhD degree from 2017 in health science is called; Positive mental health from what to how.

Presentation: Service user involvement – experiences from doing research together.



doc. PaedDr. Marie Blahutková, Ph.D.

Vice dean for science and research at FSPS Masaryk University Brno (2006-2009).

Assistant professor, psychologist and sport psychologist.
Focus on: Sport psychology, Theory and didactics of sport gymnastics and rural dances, psycho-hygiene, coach psychology, health psychology,
social psychology in sport, leadership psychology for managers, Teambuilding seminars.

Contact: blahutkova@fsps.muni.cz

Workshop: Use of psychomotor for group collaboration.



Ing. Bc. Lenka Semerádová

UJEP Ústí nad Labem

Involved in various kinds of movement activities, specifically dancing, since childhood.

Tai Chi practitioner for more than 10 years, thereby developed her interest in personal development and movement as such.

The member of the Czech Association of Taijiquan, achieved 4th dan. From 2015, a lecturer in the Chinese Health Exercises (Tai Chi Fundamentals), held at the University of the Third Age, UJEP,

Ústí nad Labem. In 2017, she completed her Bachelor's degree in Social Pedagogical Assistance at the Faculty of Pedagogy, UJEP. Bachelor's thesis: Motivation of Seniors to Practice Traditional Chinese Health Exercises. She focuses on movement therapies for seniors and disadvantaged adults.

Presentation: Qui kung and Tai chi as a way to themselves and to others.



Michel Probst, PhD, PT

Since 1998 is part-time full-professor at the KU Leuven, Department of Rehabilitation Sciences. He is head of the research unit Adapted Physical Activity & Psychomotor Rehabilitation and coordinator of the studies "Rehabilitation Sciences in Mental Health Care and psychomotor rehabilitation, Belgium. He is founder and elected president of the "International Organization of Physical Therapy in Mental Health (WCPT-subgroup). In 1979, he started his career as psychomotor therapist at the University Center in Kortenberg. He has published more than 225 articles in 10 different languages [see

www.kuleuven.be/wieiswie/en/person/00003430] and gave more than 250 lectures and workshops abroad as guest lecture, key-note speaker at conferences, universities, ... His main research interests are physical therapy in mental health; psychomotor therapy; physical activity in mental health; treatment of body image of persons with weight and eating related disorders.

Contact: Michel.probst@kuleuven.be

Workshop: "Body image and physical activity to cornerstones of psychomotor therapy for patients with eating disorders"

Presentation: Psychomotor therapy in 2019: the strengths and the weakness.

Presentation 2: Psychomotor therapy in the historical perspective.



Dr. Caterina Schäfer & Matthias Schäfer

Ruhrbewegung, non-profit organisation in Essen, Germany

Dr. Caterina Schäfer studied and obtained her doctoral degree in rehabilitation science. In addition to her work at Ruhrbewegung, she is a lecturer and researcher at TU Dortmund University. Matthias Schäfer is a communication designer and social worker. With their company Ruhrbewegung, founded in 2012, they intend to spread the concept of psychomotricity in pedagogical practice. They both offer practice projects with families and advanced training for professionals.

Presentation and workshop: Family time in motion: movement-oriented concept for promoting interaction within families.



doc. PhDr. Běla Hátlová, PhD.

PF UJEP Ústí nad Labem

Study of Faculty of Physical Education – sport and psychology at Philosophical Faculty, Charles University in Prague.
Postgradual study of Kinanthropology, Sport psychology.
Docent at the department of psychology at UJEP in Ústí nad Labem.
Research focus on Sport Psychology and Health psychology.
She founded and with her students is developing use of Psychomotor therapy for psychiatric treatment in Czech Republic.

Presentation: Physical activity as a part of psychiatric patients treatment – longitudinal studies.



Mary – Anne Paterson

Arts Therapist N. H. S. Rehab Hospital and Cancerkin Unit the Royal Free Hospital London. Working with clients in long term mental health care and the serious injury physiotherapy clinic.
Therapeutic and Social Arts Practitioner, Lecturer, Workshop leader in U.K. Europe, Czech Republic, Israel and Russia.
Social Arts initiatives and Art Therapy with children, young adults and the elderly from residential care institutions, hospitals and centres for the disabled in UK and Russia.

Respite weekends with refugees and exiles living in London and UK.

Workshop 1: ‘Working with refugees and exiled victims of Genocide .‘

Workshop 2: Working with The Four Elements as Metaphoric Tool through arts therapy.



Marit Sørensen, PhD,

professor in Sport and Exercise Psychology at The Norwegian School of Sport Sciences.

Sørensen is a professor at the Department of Coaching and Psychology. She started working with physical activity and mental health in 1974, being the first physical education teacher in the first secondary school established for the patients in a major psychiatric hospital in Scandinavia. At the Norwegian School of Sport Sciences she has taught and taken part in the development of the fields of Adapted Physical Activity and Sport and Exercise Psychology. She also worked for a period in the Norwegian Institute of Public Health. Her research interests are sport and physical activity and mental health, motivation for physical activity, and empowering physical activity and inclusive physical education. She has published internationally in all her fields of interest, and has been active in International organizations both in Adapted Physical Activity and Sport and Exercise Psychology for many years.

Presentation: An overview of the Psych Pat Project and lessons learned from a Norwegian perspective.



PhDr. Renata Hajná, PhD.

PF UJEP Ústí nad Labem

Assistant professor on the department of psychology PF UJEP Ústí nad Labem, school psychologist.

Counselling psychologists.

Main study focus: developmental psychology, pedagogical psychology, counselling psychology.
psychology.

Presentation: MOVEMENT - PSYCHOSOCIAL DEVELOPMENT – CLASS, CLASS - MOVEMENT - PSYCHOSOCIAL DEVELOPMENT, PSYCHOSOCIAL DEVELOPMENT - CLASS - MOVEMENT or variation



Mgr. Petra Šrámková, PhD.

Studies:

2001 – 2006 Mgr. TV – BI for secondary schools FPE ZČU in Pilsen

2006 – 2011 Ph.D. kinantropology FSPS MU in Brno

Professional practice:

2006 – till now: Academic staff of KTV FPE ZČU in Pilsen (teaching subjects such as gymnastics - basic, sports, applied, health physical education, anatomy, physiology, didactics of physical education)

2006 – 2011: teacher of PE and HPE at the František Křížík Grammar school in Pilsen

2012 – till now: cooperation with the Sporting Youth Foundation in Pilsen on various projects of testing pre-school children in the kindergartens in the Pilsen region

2014 – till now: chairwoman of the Regional Sporting Gymnastics Competition Committee of the Pilsen Region Next: female gymnastics coach and referee, physical fitness trainer, school ski instructor, sports and reconditioning massage course, gymnastic - fitness coach of the younger junior categories of FC Viktoria Pilsen

**Workshop: Using gymballs as part of not only psychomotor activities ...
or gymbally playful and varied.**



Mgr. Gabriela Kavalířová, PhD.

Studies:

1993 – 1998 Mgr. TV – AJ for secondary schools FPE ZČU in Pilsen

1999 – 2004 Ph.D. kinantropology UK FTVS in Pilsen

Professional practice:

2002 – till now: Academic staff of KTV FPE ZČU in Pilsen (teaching subjects such as basic gymnastics, rhythmic gymnastics, musical composition, dance, psychomotoric, physical education for pre-school children)

1994 – till now: coach and referee of modern gymnastics (currently 2 nd class coach and 1 st class judge in MG TJ Slavoj Pilsen) 1995 – till now: instructor of modern movement forms (body forming etc.) October 1998 - April 1999: Coach at Sporting Gymnastics Club in Aiken (USA) 1999 – 2001: Teaching Physical Education at the Sports Secondary School in Pilsen

2012 – till now: cooperation with the Sporting Youth Foundation in Pilsen on various projects of testing pre-school children in the kindergartens in the Pilsen region.

**Workshop: Using gymballs as part of not only psychomotor activities ...
or gymbally playful and varied.**



Jana Lakomá

Park Lane International School, Prague

Employment history:

Specialist Primary PE and Czech Teacher for Foundation Stage and KS1,KS2 Responsibilities: to deliver PE and Czech lessons to the whole school, to provide planning and assessment, to run extracurricular activities and organise residential trips

Prague Sharks International Swimming Club (Swimming Teacher, part-time)

Kings Langley School, London (Supply Teacher - Responsibilities: to deliver Psychology and PE lessons plus general cover (secondary school up to A-level)

The Little Gym, London

Education:

Charles University, Prague – Masters Degree in teaching Psychology and Physical Education

QTS British Teaching Qualification

CAE Certificate in Advanced English – University of Cambridge

Hedmark University College, Norway – Erasmus programme

Work experience:

Faculty of PE at Charles University in Prague– Teacher of Psychology

Secondary School Kladno – PE teacher, practice included teaching Athletics, Gymnastics, Swimming, Ball games (Football, Volleyball, Softball, Dodgeball, Floorball, Basketball, etc.)

Pre-school nursery for children with special needs Kladno- Assistant, motor skills and mental skills development centre

Beitostølen Health Sport Centre, Norway- Assistant for children and adults with special needs

Ajer Secondary School, Hamar, Norway- PE teacher

Port Aventura Park, Spain – Lifeguard , Knebworth, UK – Au-pair

Presentation: Use of Makko's energy exercises to increase the concentration of children in the physical education of children.



Mgr. Martin Dlabal, PhD.

PF UJEP Ústí nad Labem

Psychology studies at the Philosophical Faculty, Palackého University in Olomouc.

Postgradual study of social psychology at the Philosophical faculty, Charles University in Prague. Clinical psychologist at the Faculty Hospital na Bulovce, Prague. Assistant Professor at the department of psychology,

UJEP in Ústí nad Labem. Focus on the hypnotic and non-hypnotic communicative strategic psychotherapy.

Contact: dlabal.martin@seznam.cz

Presentation: Interview and its influence on the experience of physical activity.



Renée Lavecká, B.A.

She graduated from Anglo-American College in Prague, coaching training in the Neuroleadership s.r.o. company, intensive Core Touch training at EASE, European Academy of Somatic Education and others.

She is now working as lecturer of conscious touch and intimacy in Prague.

She focuses on teaching in the field of partnerships, intimacy, working with women on their personal development, regularly conducting women's circles and a series of evening workshops Touch in the Presence.

Workshop: The importance of touch for relaxation and psychosocial development.



Hana Nosková, Fundová

Completed education in the field of yoga

First degree Yoga at the FTVS of Charles University Year course at the Faculty of Arts Yoga philosophy and ethics. Spiraldynamik® Basic, Intermediate I and Intermediate II - Akademie AG, Zürich (School for Physiotherapists and Trainer) and other specialized courses (S. Oetterli, E. Hager) Adjustment Clinic Ashtanga Vinyasa Yoga (with Nancy Gilgoff) Stay in India in the Sri Raman Maharish ashram in Tirruvanamalai Several workshops with domestic and foreign lecturers on various directions of yoga (eg Iyengar Yoga - M.Mikešová, K. Durkin)

Workshop: Physical experience and psyche.



Ing. Michaela Ehrenbergerová

Founder and director of Montessori Kindergarten Jonas in Prague, author of the concept MY English (Montessori & Yoga) – utilization and interconnection of Montessori pedagogy and elements of Yoga while teaching English for children and workshops lecturer about Emotional Intelligence, Stress Management, and Burnout Syndrome. Lifelong focuses on the possibilities of the use of movement in personality development, stress reduction and children's and adults' learning, has gone through several seminars and workshops on emotional intelligence, increasing psychological resilience, discovering hidden abilities, and working at the Alpha level. In her seminars on the elimination of stress and work at the Alpha level, she also inspires herself by the Mindfulness method. In 2017 she attended the accredited Mentoring Training and Coaching for Teachers of the Kindergarten and subsequently one-year study at the Faculty of Psychology, Faculty of Physical Education and Sport, Charles University – Stress and the possibilities of its management. She is currently expanding her expert knowledge while studying the Expressive therapy focused on the art therapy at the Department of Art at the Faculty of Education, Masaryk University in Brno.

Workshop and interactive presentation: Possibilities of coping with stress and aggression.

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