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Presentation 1: Psychomotor therapy in 2019: the strengths and the weaknesses.

Psychomotor therapy is defined as a method of treatment based on a holistic view of the human being that is derived from the unity of body and mind. The core of psychomotor therapy today is to optimize wellbeing and empowering the individual by promoting functional movement, movement awareness and physical activity, exercise, bringing together physical and mental aspects. It is person-centered and aimed at children, adolescents, adults and elderly with mild, moderate and severe, acute and chronic mental health problems, in primary and community care, inpatients and outpatients. They create a therapeutic relationship to provide assessment and services for individuals and groups specifically related to the complexity of mental health within a supportive environment applying a bio-psycho social model in different health and mental health settings and psychiatry. Psychomotor therapy uses movement, body awareness and a wide range of movement activities to optimize movement behavior as well as the cognitive, affective and relational aspects of psychomotor functioning (i.e., the relationships between physical movements and cognitive and social affective aspects). Consequently, the approach to this type of therapy integrates the physical, cognitive and emotional aspects of functioning in relation to the capacity of being and acting in a psychosocial context in order to achieve clearly defined goals in consultation with the patients. Psychomotor therapy framework consists of three different approaches a health related approach, a psychosocial approach and a psychotherapeutic approach, which can be embedded in several psychotherapeutic approaches. Through the implementation of both systematically planned evaluations and individually targeted interventions, the psychomotor therapist strives to broaden the general action competences and specific skills, and to stimulate a positive self-image and personal well-being in balanced social relationships. Based on international development and the different approaches within the world of psychomotor therapy the strengths and the weakness are inventoried and discussed. The benefits of psychomotor therapy are (1) that persons with mental health problems experienced and developed new feelings, thoughts and behaviour by using a wide range of movement activities and (2) that psychomotor therapy has a major contribution to both wellbeing and mental health of patients with severe psychiatric problems. The weakness is that an international comparison is difficult because this domain of physical activity is claimed by several health care providers with different terms and educational background.

Prentation 2: Psychomotor therapy in an international historical perspective.

Psychomotor therapy is a field focused on working with persons who have mental health problems or mental health disorders and bridges the physical and mental health needs of humans. It covers a wide area of interventions (exercise therapy, body awareness methodology, relaxation, problem solving and movement activities...). The development of psychomotor therapy in mental health started in the sixties. In some countries, the implementation of psychomotor therapy in mental health care and psychiatry has a long and strong tradition but unfortunately, this is not the case in all countries. Why is this not the case in other countries and how could the different approaches in psychomotor therapy in mental health between countries be explained? The purpose of this paper is to give a concise overview of (a) the evolution of mental health care and (b) the different waves that have influenced psychomotor therapy. On one hand, an historical overview often seems synonymous with old fashioned, but on the other hand, it gives psychomotor therapists something to hold on. With respect to our predecessors, an overview gives us more insights into the evolution and the context of our specialty and partly explains who we are today. This presentation explores and presents different historical facts that have contributed to the development of psychomotor therapy in psychiatry. The overview of the evolution starts from Descartes, followed by external influences and important landmarks such as, the French revolution, Per Henrik Ling, the First World War, the golden century, the Second World War, the influence of psychiatrists (Reich, Simon, Meyer,...), philosophers and phenomenologists, the development of psychotropic medication, the integration of psychotherapy and exercise in psychiatry. In the last 60 years, and under the influence of the European idea, a huge evolution of psychomotor therapy in mental health took place.

Workshop: Psychomotor therapy for patients with weight and eating related disorders.

Psychomotor therapy is often overlooked as an adjunctive treatment for patients with weight and eating related disorders. However, the integration is based on the psychomotor therapists' experience in both the body and the body in movement, two important issues integral to eating disorder pathology. Patients with weight and eating related disorders have an intense fear of gaining weight and present a negative body experience and a disturbed body perception (weight, circumference and form). Excessive exercise, drive for activity or hyperactivity are considered to be a secondary symptom in the diagnostic of patients with eating disorders and are characterised by a voluntary increase of physical activity, a compulsive urge to move and by the dissociation of fatigue. These characteristics are the two cornerstones for psychomotor therapy in children, adolescents and adults with weight and eating related problems in an in- or

outpatient treatment. The objectives for psychomotor therapy are (1) rebuilding of a realistic self-concept, (2) curbing hyperactivity and (3) developing social skills. Psychomotor therapists have a wide array of skills, which can be applied successfully. Different therapeutic interventions aimed at improving the body experience can be used: postural training, relaxation training, mindfulness, tai chi and yoga, breathing exercises, physical activities, sensory awareness and self-perception (mirror exercises and body awareness). The goal of this workshop is to present practical guidelines for psychomotor therapy in weight and eating related disorders, recommendations based upon more than 35 years of clinical experience and evidence based research.

Běla Hátlová, Chytrý Vlastimil, Tereza Louková, Martin Dlabal

Faculty of Education UJEP, Ústí nad Labem, Czech Republic

Problematics

The research studies how the motivational factors in individual and social context influence experience and self-esteem. It functions through exercise programme, supported by motivational dialogue. The sample examined included psychiatric patients from ZB Sanima s.r.o. (psychiatric ambulance); BONA foundation (protected housing), FOKUS s.r.o. (protected workshops). In total, questionnaires from 21 patients with schizophrenic diagnosis and 9 patients with depression diagnosis were processed. Only 12 men and 5 women finished the three-year research.

Methods:

Motivational dialogue (Miller, Rollnick, 2002).

Exercise programme

- a) 6-day programme with different physical activities in range of 6 hours a day. Motivational dialogues were conducted as a part of 6-day exercise programme.
- b) Possibility of individual active physical activity according to their own choice, in institutions for common population (sport or wellness, twice a week for 6 months time).

Measuring tools:

- short questionnaire, which identifies the frequency and amount of time of physical activity involved (Graff-Iversenet al., 2008).

- Physical activity was evaluated by:
 - a) length of exercise time during the day, recorded for individual days in the week
 - b) exercise intensity between light and hard, evaluated on the nine points scale
- ten-digit scales, which find out the level of expressed physical ability (Endurance, Flexibility, Strength)
- HADS questionnaire to measure anxiety and depression
- GAF (Global Assessment of Functioning), scale to measure functional performance of psychiatric patients

Discussion:

Data confirmed significant motivational influence on perceived physical fitness, namely physical endurance, strength, and movement dexterity.

- in the case of second measurement, there was a significant improvement in all the components
- in the case of third measurement – after 6 months, an improvement was observed in all components compared to pre-intervention
- in the case of fourth measurement – after 18 months, a comparable status was found in all components as in the third measurement
- in the case of fifth measurement – after 30 months, there was an individually different decrease in physical activity

Summary:

Participating in Exercise programmes significantly influences perceived physical fitness and psychomotor pace for one year after participation in the programme. The next course of interest is dependent on the patient's internal motivation. Data did not confirm significant long-time influence of Exercise programmes on the level of anxiety and depression.

Conclusion:

The project found a common theme in the possibility of strengthening non-pharmacological outpatient treatment in the complex care system.

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Tereza Louková, Martin Dlabal, Běla Hátlová

Faculty of Education UJEP, Ústí nad Labem, Czech Republic

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

Our study presents the international collaborative research project “Physical Activity as a Part in Treatment of Psychiatric Patients” (PsychPAT) between The University J E Purkyne at Usti nad Labem in the Czech Republic and The Norwegian School of Sport Sciences in Oslo, Norway. The purpose of the research was to develop physical activity intervention programs that are based on current motivational theories and verify their effect on quality of motivation and physical activity of the patients. Study is based on the theoretical framework: Self – determination theory and Motivational Interviewing. In this paper we present the Czech arm of the project, where we dealt with influence of a motivational physical activity program on the quality of motivation expressed by psychiatric patients. The study population included patients with diagnosed mental and behavioural disorders due to psychoactive substance use, schizophrenia, mood disorders and anxiety disorders. The research used Behaviour Regulation in Exercise-2 and short questionnaire with questions about frequency of physical activity. The obtained data confirmed significant influence of motivational physical activity intervention (MPAI) on shift of the quality of motivation on the “self-determination continuum”, (especially in component “amotivation” and “external regulation”. Then it was verified increasing frequency of physical activity expressed by patients ($p < .024$), especially the hard physical activity ($p < .01$).

Martin Dlabal

Faculty of Education UJEP, Ústí nad Labem, Czech Republic

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

Through interview, we can make the other person more comfortable or uncomfortable about any subject matter. This lecture discusses how to offer a conversation about physical activity so that it is pleasant for the other participant.

Marit Sørensen

Norwegian School of Sports Studies, Oslo, Norway

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

In her presentation, Sørensen will share her experiences from being the Norwegian primary investigator partner in the Psych Pat project, initiated by Bela Hatlova, Iva Wedlichova and Tereza Loukova at the University J.E.Purkyně in Usti nad Labem, Czech Republic. After a short introduction to how the project started and was planned, some initial challenges and how they were solved will be presented. A description of the projects carried out in Norway during the project period with a short description of the types of results obtained, as well as an overview over publications submitted or under development will be given. The last part of the presentation will be reflections on experiences from this cross-cultural research collaboration, trying to sum up lessons learned.

Nina Helen Mjøsund

Division for Mental Health and Addiction, Vestre Viken Hospital Trust, Oslo, Norway

Presentation: "Involving seriously ill psychiatric patients in the research process".

In this presentation, Mjøsund share her experiences from conducting service user involvement throughout the entire PhD project. The thesis focused on how mental health and health promotion is experienced by people with severe mental illness (two articles). Mjøsund collaborated through all phases of the research process with an advisory team of five research advisors, three with severe mental illness and two persons with close family members with severe mental illness. The experience with this service user involvement was also explored (two articles) and will be the main focus in this lecture. The collaborative process was investigated and factors that promoted participation were identified, as well as how user participation increased research quality. Mjøsund are going to describe why and how the advisory team members were recruited, how they practically worked together, how they analyzed transcript from qualitative interviews, as well as reported on the findings. The advisory team contributed with multiple perspectives which enhanced the research quality in the study. The advisory team became the researcher's helping hand. Mjøsund will tell you how.

Toril Moe

Oslo University Hospital, Norway

Workshop: A practical work shop demonstrating good and effective "Starting up/get to know each other ? activities" used with psychiatric patients.

In her work shop Moe will demonstrate various activities that I use especially in correlation with the start-up of new groups. Her experience is that patients who do not know each other need challenges that can reduce the feeling of isolation, withdrawal and lack of action. In addition, the motivation for physical activity can be absent or deficient in many people. It is important that the exercises especially in the beginning are simple and kept at a low threshold. The goal is to create good coping experiences that stimulate collaboration and promote cognitive functions. Studies have shown that group activities can reduce loneliness and create a lasting lifestyle change with a focus on physical activity as an important tool. In the practical part of this program, balls and small tools are used both as a motivational factor and to stimulate and train cognitive functions such as reaction, concentration and coordination ability. In the work shop, I will address the importance of having permanent offers, facilitated by qualified staff, planned in collaboration with patients / users. The staff must have a clear role related to the physical activity that must be rooted in the management team and be included in the organization's action plan / business plan.

Hana Nosková, Fundová

Prague, Czech Republic

Workshop: Yoga - Physical experience and psyche.

Yoga is sophisticated practical guide to improving physical and mental fitness, but above all a way to learn about yourself. Part of the exercise is synchronized combination of movement with breath, deepening breath with breathing techniques and deeper understanding of your inner environment. It returns us back to our natural state – happiness, peace, and control of mind. I apply the Spiraldynamik concept to yoga exercises from Ashtanga Vinyasa Yoga, which deals with proper poise and coordination of motion apparatus with focus on awareness of 3D momentum and removal of bad body stereotypes by replacing with new correct positions. The above-mentioned bad stereotypes often lead to repeated aches for example back pain and in long-term incorrect and asymmetric loading of the body apparatus, as far as arthrosis of the

joints. Yoga positions together with proper physiological settings and regular performance are an excellent aid to improve the flexibility and persistence of the body apparatus and to enhance psychical balance.

Marie Blahutková

Centre of Sports Activities University of Technology, Brno

Workshop: Use of psychomotor activities in group cooperation.

Blahutková Marie 1 , Górný Miroslaw 1 , Sližik Miroslav 2 , Küchelová Zuzana 3 , Lepková Hana 1

1 Centrum sportovních aktivit VUT v Brně, Česká republika

2 Katedra telesnej výchovy a športu, FiF UMB Banská Bystrica, Slovensko

3 Ústav telesnej výchovy a športu UPJŠ Košice, Slovensko

Movement activities using non-traditional material affect very intensively the social interaction within a group activity. There occurs an active interaction between the individuals and the group through the activities based on experiencing. We work with an attributive tendency that represents a certain distortion as related to expectations and prospects of participants in psychomotor activities, which subsequently affects the interpretation of their behaviour. Based on observed and processed errors, observations and egocentric tendencies, we are building a model of cooperation, communication and sharing. Simple psychomotor aids, musical accompaniment and interpersonal perception (social perception) can be used to help create an image in recognizing the individuality of personality. A part of the psychomotor lesson is to create positive attitudes and enjoyment of movement.

Lenka Semerádová

UJEP, Ústí nad Labem, Czech Republic

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

Together, we will try an exercise based on the ancient Eastern art of working with the body and inner energy. Gradually, we will pass the usual lesson from warm up, inner concentration and standing relaxation to teaching a short set. We will focus on benefits of this type of movement during regular practice and exercising in group. The exercises are very easy and have great impacts. It is possible that you will find an exercise, which you will put to your own physical activity or to your work with clients. During the workshop, you will learn about Tai Chi lecturer's experience at UJEP's Third Age University. You will also see a demonstration of this course.

Mgr. Jana Lakomá

Park Lane International School, Prague, Czech Republic

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

Makko-Ho is used as a self healing technique. It is a set of 12 stretches that harmonises the flow of the energy in meridians and reveal the state of balance in body. The energy in your organs needs to be balance for good health. The order follows the Traditional Chinese Medicine organ clock with five elements. Depending on the degree of ease and flexibility you experience with each stretch, you can learn a lot about your body both structurally and psychologically.

Sigrid Strøm Olsen

The Norwegian School of Sport Sciences and Vestre Viken Hospital Trust, Oslo, Norway

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

When facilitating physical activity for people with psychosis, you may be well served with taking some considerations before and during the activity. People in a state of psychosis may behave in unpredictable ways, and the characteristics of symptoms vary from one individual to another. In this presentation, I will share considerations I have found to be useful in my work with facilitating physical activity for people with psychosis. Knowing the persons

medical use, symptoms of psychosis and motivation for physical activity are essential when finding a suitable activity. Building a good relation to him or her is important for feeling safe in your presence and have a good experience. General safety considerations should be made, taking both the patient and the facilitator into account.

Dr. Caterina Schäfer & Matthias Schäfer

Ruhrbewegung, non-profit organisation, Essen, Germany

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

“Family time in motion” is a preventative concept that promotes the psychosocial development of children, parents, and other family members. Being together, actively sharing experiences and experiencing that the family members are there for each other. The goal is to sustainably strengthen the ability to interact and the families quality of life. The concept can be implemented in institutions of social work, kindergartens and schools to create low-threshold forms of networking and relational work for families. Using the psychomotricity approach of movement, it is possible to overcome language barriers and inhibitions, which can be present in rather static conference and counseling settings. The Keynote and the workshop are summarizing the main-results of the empirical study, present practical interventions and aim to raise awareness for the family perspective in psychomotricity.

Ing. Michaela Ehrenbergerová

Montessori kindergarten Jonáš, Prague, Czech Republic

Workshop: Possibilities of coping with stress and aggression

Nowadays, stress has become an integral part of everyday life of almost every one of us. Only a few people have the possibility to live life completely in harmony with themselves, in own chosen pace, without any signs of pressure from any external circumstances. And because of that, more than ever, is there the need to learn how to work with stress properly, to correct it, and not to wait for it to accumulate and create an uncontrollable cocktail of emotions, non-emotions, psychosomatic states, and aggressions. Because just like stress, aggression is also a good servant, but a bad lord. And it is no secret that the movement has its irreplaceable place throughout this "healing process". In my workshop you will have the opportunity to

understand the stress and aggression mechanisms, you will learn how to work with them and maybe also find out what can be helpful just for you.

Mary – Anne Paterson

Cancerkin Unit the Royal Free Hospital London, UK

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

Introducing an allegorical journey of the elements into 2 phases, first to Physical Awareness of the Body and second by way of Imaging in Symbols and Archetypes. Each person can experience individually through gesture and art with drawing and words, these metaphors as personal creative images. Touching any one of the elements calls fourth the mind and body's sensor faculties enabling participants to relate to themselves physically emotionally intuitively and creatively Metaphors speak of different images and act as a strong stimulation for the imagination enabling participants to work on their own development. In this arts therapy workshop we will work with movement and gesture some imaginative storytelling and drawing. We will also spend a few moments studying, as yet, an undeciphered facsimile clay tablet from Ancient Knossos and one of the earliest cuneiform tablets from Mesopotamia BC 700.

Renata Hajná

Faculty of Education UJEP, Ústí nad Labem, Czech Republic

Presentation: Movement for psychosocial development of pupils with special educational needs.

In my paper, I will focus on the use of physical activities that promote pupils psychosocial development while working with class teams. The focus of my interest is a subgroup of these teams, especially pupils with special educational needs. My aim is to focus teachers' attention on the positives, but also possible risks, while putting them to their educational process.

Renée Lavecká

Instructor of conscious touch and intimacy, Prague, Czech Republic

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

World Health Organization (WHO) defined health as physical, psychical and social well-being of an individual. All the three aspects of our personality are closely interconnected. Once one of them suffers, it has impact on the other two. Physical part of our personality is characterized by physique, movement stereotypes, certain tension level, the ability to relax, etc. At this workshop we will focus on the specific aspect of our physical self - and that is touch. This is a fundamental need, like the need of quality food or sleep. The touch of a person releases, nourishes, delivers the necessary amount of energy. At the same time, it represents one of the essential informational channels of human communication. In earlier times, there was not too much attention paid to touch. It used to be even believed that too much touching and cuddling could make the baby so-called "spoiled." Conscious touch is one of the most effective relaxation techniques for an individual's biopsychosocial well-being. Come to relax, recharge new energy. The workshop will also include topics such as trust, conscious attention, respect of personal boundaries and a round of consent.

Petra Šrámková, Gabriela Kavalířová

Faculty of Education ZČU, Pilsen, Czech Republic

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

Our workshop will be focused on various use of gym balls (a large gymnastic ball / fit ball) in the context of physical activities across age groups. The first part of the workshop will be focused on „drumming“ (drumming with drum sticks to stably positioned gymnastic balls). Exercise is based on Carrie Ekins' musical- movement program Drums Alive®, who designed it in 2001 based on combination of drumming and simple dynamic and dance moves. Drums Alive® is not only entertaining exercise, but also it is targeted stimulation of the whole organism in physical, psychical and social areas. Movement based on perception and making rhythm increase emotional and physical processes, communication and creative components of motor learning. Under our demonstration, we will learn selected basic positions and punches used in drumming, with the addition of locomotive movements. Drumming is an activity suitable for individuals with specific needs (e.g. with mental disabilities or wheelchair

users). In the second part of the workshop we want to focus especially on prevention eventually correction of faulty posture, muscle imbalance and non-physiological motor stereotypes in playful form using gym balls with special motivation for children and using psychomotor elements. Our department shares psychomotor activities currently as part of the project "Kliko - Community Practice for the Development of Social and Civic Competencies: experience learning using motion games, psychomotor, nature education and drama education" in cooperation with UJEP and UPOL. We take part in the transfer of practical experience at primary and secondary schools in the Pilsen region.

