



## EFP-Database of experts in the field of Psychomotricity

<b>Topic</b> Special fields	<ul style="list-style-type: none"> <li>• Psychiatry and people with mental illness and problems</li> <li>• Movement activities</li> <li>• relaxation, dialogue</li> <li>• psychomotor manual therapy, treatment and rehabilitation</li> </ul>		
First Name	Helle		
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Educational background	<p>Bachelor In Psychomotor And Relaxation Therapy (1991-1994)          Studying psychological therapy, part time (2004-2007)</p>		
Professional background	<p>Head of Department of Relaxation and Psychomotor Therapy, University College Jutland, Denmark (2005-)</p> <p>Training and educating psychomotor therapist about psychiatry (1999-)</p> <p>10 years in the psychiatry field as psychomotor therapist, in hospital and socialpsychiatry (1995-2005)</p> <p>Workshops and courses (personal development/psychomotoricity) for different groups (1-2 weeks). (1988-)</p>		
Publication/s	Article in Danish around Psychomotor Leadership, published in Danske Afspændingspædagoger 2001		
Teaching language/s	Danish, English		