

Program

08h55: Railway station Leuven; in the front of the building at the monument
Students will be divided in 5 groups and guided by a Flemish student.

Touristic walk to the Faculty of Kinesiology and Rehabilitation Sciences. The students will guide you through the city of Leuven.

09u45: Aula of the Faculty of Kinesiology and Rehabilitation Sciences
Welcome by Prof. Dr. Michel Probst, coordinator of the specialisation rehabilitation sciences in mental health and chair of the Flemish Association of Psychomotor Therapists)

The students follow the five workshops with their group

09u50 – 10u50 Workshop 1

11u00 – 12u00 Workshop 2

Lunch: Lunch with one drink in Alma III

13u00 – 14u00 Workshop 3:

14u15 – 15u15 Workshop 4:

15u30 – 16u30 Workshop 5:

16u30: Conclusion and evaluation of the day by Prof. Dr. Michel Probst

All students will receive a snack in the Faculty

17u00: Visit of the Beguinage, Leuven with the Flemish students

17u.45: We invite all the students together with the leaders of the workshop for a free drink at bar 'Villa Ernesto' at the Vismarkt, Leuven offered by 'Vlaamse Vereniging voor Psychomotorische Therapeuten'.

After this activity all students are free to fill in their evening

Interesting websites

Katholieke Universiteit Leuven: <http://www.kuleuven.be/>

Faculty of Kinesiology and Rehabilitation Sciences: <http://faber.kuleuven.be/>

Vlaamse Vereniging voor Psychomotorisch Therapeuten (Flemish Association of Psychomotor therapists): <http://www.vvpmt.be/>

University Psychiatric Center, Kortenberg: <http://www.uc-kortenberg.be/>

University Hospital Gasthuisberg: <http://www.uzleuven.be/>

City of Leuven: <http://www.leuven.be/>

Group-dynamics in psychomotor therapy towards inner change in persons with personality disorders

→ Greet Poot (greet.poot@uc-kortenberg.be)

Psychomotor group-therapy focuses on the interaction with others. The process of personal development, both conscious and unconscious, is stimulated through the non-verbal dialogue between group members during the psychomotor activities.

This workshop offers a learning experience in a dynamic-activity.

Body image exercises for adolescents with mental health problems

→ Prof. Johan Simons (johan.simons@faber.kuleuven.be)

Most important goals for adolescents with mental health problems are the building up of their own identity and the wish to be accepted by their peers. In psychomotor therapy at the university hospital we use too influence those goals in psychomotor therapy: sport and play situations, movement situations and body image exercises. Most of the times those exercises are done without the use of any material except than our own body and the body of the others. In this way we try to get closer to their feelings, to give them insight in their own wishes and the impact of their behaviour on the others. In this workshop we will let you experience some of those exercises, knowing that nobody is here for therapy.

List of workshops

Psychomotor therapy and patients diagnosed with eating disorders

→ Prof. Michel Probst (michel.probst@faber.kuleuven.be)

Body image refers to a multi-dimensional concept, which involves neurophysiologic as well as psychological components. The neurophysiologic aspect refers to perceptual experiences such as visual, spatial and sensory judgements, physical sensations, body awareness, body recognition, physical appearance, body size and shape. The psychological aspect refers to both cognitive (thought process and thinking style) and subjective (feelings, emotions and mood) experiences. A third, behavioural component of body image (e.g. body checking, or avoidance), might actually be the result of neurophysiologic and psychological components.

Psychomotor therapy in eating disorders developed from three starting points (i.e., the distorted body experience, the observed hyperactivity, and the fear to lose self-control) deduced from the specific conduct pattern of eating disorders. The distorted self-image or the weak and negative self-concept is frequently described as an aspect of the eating disorders syndromes. At the same time, there is a frequent denial, repression or avoidance of feelings. Another striking and frequently observed feature is the paradoxical constant restlessness or urge to move.

The psychomotor therapy focuses on the multidimensional aspect of the body experience (perception, cognition, attitude, behaviour) with **three specific objectives**: (1) rebuilding a realistic self-image, (2) curbing hyperactivity, impulses, and tensions and (3) developing social skills.

Workshop: Two exercises (one concerning body perception; one concerning to see & to be seen) will be explore and discuss

Main References:

Probst, M. (2006). Body experience in eating disorders: research and therapy. *European Bulletin of Adapted Physical Activity* [on-line], 5, 1. Available: <http://www.eufapa.upol.cz>

Different articles in 9 different languages (Dutch, French, German, English, Czech, Hungarian, Italian, Spanish and Portuguese) concerning this topic were published. For the whole list mail to: Michel.probst@faber.kuleuven.be

Dance in psychomotor therapy for latency-aged children with mental health problems

→ Barbara Verscheure (Barbara.Verscheure@uz.kuleuven.ac.be)

For children with mental health problems, dance is one form of movement which can be used as a medium for observation and therapy. The aim of dance in the treatment of psychiatric patients is not to create any kind of dance, it is the 'process' which is important, not the 'product'.

The psychological learning develops through the process of movement on music and through the interpretation within the therapeutic relationship. In this context, the therapist provides a group structure in which improvisation can take place.

In this workshop, we will practice different forms and exercises of dance, which can be used in therapy (free improvisation, mirroring, externalization of feelings,...). These can be performed individually and/or in group.

Yoga therapeutic techniques in psychomotor therapy for patients diagnosed with schizophrenia

→ Davy Vancampfort (davy.vancampfort@uc-kortenbege.be)

The practice of yoga includes postures and breathing exercises. The method has shown promise in improving symptoms associated with schizophrenia. People with schizophrenia following yoga show significant less psychopathology, greater social and occupational functioning, reduced state anxiety and psychological distress and an increased quality of life. Several other features of yoga make it an interesting add-on treatment. It has been demonstrated that yoga has positive effects on the metabolic syndrome, hypertension, diabetes mellitus type 2 and cardiovascular diseases. With the common use of atypical antipsychotic medication and an unhealthy lifestyle, weight gain and its related co-morbidity is an area of special interest in the multidisciplinary treatment of people with schizophrenia. Within this workshop the state of the art for yoga in patients with schizophrenia will be discussed and examples of practical techniques will be explored to illustrate the therapeutic effectiveness

Main references:

Duraiswamy G, Thirthalli J, Nagendra HR, Gangadhar BN. Yoga therapy as an add on treatment in the management of patients with schizophrenia, a randomized controlled trial. *Acta Psychiatrica Scandinavica* 2007;116: 226-232.

Vancampfort D, De Hert M, Knapen J, Demunter H, Deckx S, Peuskens J, Probst M. State anxiety, psychological distress and positive well-being responses to yoga versus aerobic exercise in people with schizophrenia. Submitted for publication 2009.