

# Psychomotor Therapy and Psychiatry: What's in a Name?

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**Abstract:** In Belgium and the Netherlands, psychomotor therapy as a kind of physical activity and body-oriented therapy has been well integrated into mental health care since 1965. In contrast to its acceptance in most European countries, the term "psychomotor therapy" has not found its way into the Anglo-Saxon literature. Psychomotor therapy is defined as a method of treatment that uses body awareness and physical activities as cornerstones of its approach. In Flemish psychiatric hospitals, psychomotor therapy is embedded in different treatment programmes for different diagnosis related patient settings. The purpose of this article is to summarize the history, the practical implementations, and the research concerning psychomotor therapy. Its relationship to other similar approaches is described. With this article, we hope to cross borders and build bridges between different international interventions with the same background.

**Keywords:** Psychomotor therapy, complementary therapy, physical activity, body awareness.

## INTRODUCTION

Today, scientific and non-scientific literature is paying a lot of attention to the importance of movement and physical activities for people with mental illness. The relation between mental health and physical activity is underpinned by a growing number of articles concerning the obviousness of physical activity in regard to mental health and psychiatric rehabilitation. These efforts are, however, becoming very slowly integrated into clinical practice. Many mental health professionals do not appear to view physical activity as a worthwhile strategy. The discrepancy between theory and practice is an intriguing observation given that (a) approximately one-fourth of the world population is faced with a mental dysfunction and (b) physical activities and body health are "hot topics" in the western society.

Physical activity has also been shown to enhance the effectiveness of psychological therapies. It has a role in improving quality of life and symptom management for people with a wide range of mental health problems. Physical activity has a two-fold benefit, since people with mental health problems are also at increased risk of a range of physical health problems, including cardiovascular diseases, endocrine disorders, and obesity [1-10]. Today, little by little more psychiatrists become convinced that medication, counselling and physical activities are the basic standards for therapy in mental illness.

The purpose of this article is to describe psychomotor therapy (PMT) and the use of physical activities and body awareness exercises in people with mental illness in Belgium (Flanders), the Netherlands, and other European countries. Its history, relationship to other similar approaches, practical

implementations, and research will be elaborated. The term "psychomotor therapy" has not found its way to the Anglo-Saxon literature, although it is common in most European countries. An international comparison is difficult because in European countries, the domain of physical activity in mental health is claimed by several health care providers with different names and educational backgrounds. With this article, we hope to cross borders and build bridges between different interventions with the same goal.

## DEFINITION

Psychomotor therapy is based on a holistic view of the human being. This view is drawn from the unity of body and mind. The notion integrates the cognitive, emotional, and physical aspects and the capacity of being and acting in a psychosocial context [11].

Physical activity in all its forms and corporeality are the central themes. Although physical activities have somatic effects (on morphological, muscular, cardiorespiratory, metabolic, and motor levels), psychomotor therapy is still mainly considered to be a psychological treatment. The relation between patient and psychomotor therapist is a central aspect. The experiences during PMT and the responses that arise through these experiences function as a dynamic power of change [12].

Psychomotor therapy is considered as a complementary therapy and can be embedded in several psychotherapeutic approaches (behaviour, cognitive, or psychodynamic therapy). It incorporates medical, psychological, agogic, kinesiological, and rehabilitative components.

## HISTORY

The term "psychomotor" has its origin in Germany. Wilhelm Oriesinger, one of the founders of neuropsychiatry, used the term for the first time in 1844 [13].

\*Address correspondence to this author at the University Psychiatric Centre K. U. Leuven, Campus Kortenberg, Leuvensesteenweg 117, B-3070 Kortenberg, Belgium; Tel: 0032 2 75 80 578; Fax: 0032 2 75 89 878; E-mail: michel.probst@kbor.kuleuven.be

# Psychiatry Whats It All About

**Jacob A. v. van Belzen**



## **Psychiatry Whats It All About:**

**Psychiatry, What It's All About** Jesse Button M.D.,2022-10-17 What is your background Why did you choose psychiatry for a specialty Was your father a doctor What prepared you to be a psychiatrist Who goes to see a psychiatrist What kind of problems do they have Do they really get any better Does medication really help What can one expect Are patients in the armed services different from those in private practice These questions have been asked of the author many times in the past fifty years so are now addressed in this book He retired twice over twenty years ago but occasionally still gets a request for care One of his greatest feelings of accomplishment is having never lost a suicidal patient while under his care He emphasizes the need for a good portion of common sense and the help to put it into practice Specific examples of real complaints and treatment approaches are documented What is Psychology About? The Philosophical Foundations of its Subject-Matter

Alexander Nicolai Wendt,2025-03-25 This book examines the subject matter of psychology against the background of the philosophical problem of reality It locates the core of the issue in the dualistic conception of reality which it argues has left psychologists with a conceptually constrained choice of subject matter for instance between experience and behavior not to mention philosophically incomplete ways of discussing its possible subject matters By drawing on the work of philosophers and philosophically informed psychologists the book seeks to explain and advance the long standing debate by introducing the under utilized perspective of ideal realism The historical origins and trajectory of ideal realism are recovered from the late 18th century through the early 20th century The exposition of this tradition especially in the little known German Realpsychologie provides theoretical psychology with a philosophically founded understanding of its subject matter

**Journal of the American Medical Association** American Medical Association,1918 **Towards Cultural**

**Psychology of Religion** Jacob A. v. van Belzen,2010-08-03 The aims pursued in this book are quite modest The text is not an introduction in the traditional sense to any psychological subdiscipline or field of application nor does it present anything essentially new Rather it shows work in progress as it attempts to contribute to an integration of two differently structured but already existing fields within psychology In order to explain this it is probably best to say a few words about how the book came into being and about what it hopes to achieve As a project the volume owes very much to others While lecturing in places ranging from South Africa to Canada and from California through European countries to Korea colleagues have often urged me to come up with a volume on cultural psychology of religion For reasons that should become clear in the text I feel uncomfortable with such a demand To my understanding there exists no single cultural psychology of religion Rather there are ever expanding numbers of divergent types of psychologies some of which are applied to understanding religious aspects of human lives or to researching specific religious phenomena while others are not Within this heterogeneous field that is correctly or not still designated as psychology there are also many approaches that are sometimes referred to as cultural psychology or as culturally sensitive psychologies It would be worthwhile applying many of these to research on religious

phenomena but at present not too many are in fact so applied

**Kierkegaard and the Rise of Modern Psychology** Sven Hroar Klempe, 2017-07-05 This book investigates the Danish philosopher Søren Kierkegaard's 1813-1855 contributions to our understanding of psychology. In Kierkegaard's historical context, psychology was challenged from both scientific and philosophical perspectives. Kierkegaard considered psychology a core discipline central to his understanding of metaphysics as well as theology. The first part examines Kierkegaard and experimental psychology, focusing on Kierkegaard's work explicitly referring to psychology. The second part considers psychology in terms of the German Enlightenment, including Kant's rejection of psychology as a science. The third part discusses how to understand Kierkegaard's psychology today, calling attention to his continuing impact on modern psychology and modern science. Kierkegaard's conception of psychology remains relevant for any discussion of the role of today's psychology. In tracing psychology's evolution after Kant and Kierkegaard, the author finds the discipline has followed two main paths. The dominant path follows Kant's ideals about science, while the other, much narrower trail, has its origin in Kierkegaard.

**Putting Psychology in its Place** Graham Richards, Paul Stenner, 2022-07-19 This fourth edition of *Putting Psychology in Its Place* builds on the previous three in introducing the history of Psychology and placing the discipline within its historical and social contexts. Written by esteemed Psychologists Graham Richards and Paul Stenner, this crucial text aims both to answer and raise questions about the role of Psychology in modern society by critically examining issues such as how Psychology developed and why psychoanalysis had such an impact. It discusses enduring underlying conceptual problems and examines how the discipline has changed to deal with contemporary social issues such as religion, race, and gender. The fourth edition features revised and updated chapters, though the core structure remains unchanged. The final chapter has been restructured and jointly re-written. This text was written to remain compatible with the British Psychological Society requirements for undergraduate courses and is imaginatively written and accessible to all. *Putting Psychology in Its Place* is an invaluable introductory text for undergraduate students of the history of Psychology and will also appeal to postgraduates, academics, and anyone interested in Psychology or the history of science.

**Social Psychology: Australian & New Zealand Edition** Saul Kassin, Steven Fein, Hazel Rose Markus, Kerry Anne McBain, Lisa Williams, 2019-08-01 Using a balanced approach, *Social Psychology 2e* connects social psychology theories, research methods, and basic findings to real-world applications with a current events emphasis. Coverage of culture and diversity is integrated into every chapter, in addition to strong representation throughout of regionally relevant topics such as Indigenous perspectives, environmental psychology, and conservation community psychology, gender identity, and attraction, and close relationships, including same-sex marriage in different cultures, gendered behaviours when dating, and updated data on online dating, making this visually engaging textbook useful for all social psychology students.

[Archives of Neurology and Psychiatry](#), 1926      **Psychology**, 1929      **EBOOK: Psychology: The Science of Mind and Behaviour** Nigel Holt, Andy Bremner, Ed Sutherland, Michael Vlieg, Michael Passer, Ronald

Smith, 2015-02-16 Psychology The Science of Mind and Behaviour is here with a new fully updated and revised third edition Bringing new developments in the field and its renowned pedagogical design the third edition offers an exciting and engaging introduction to the study of psychology This book's scientific approach which brings together international research practical application and the levels of analysis framework encourages critical thinking about psychology and its impact on our daily lives Key features Fully updated research and data throughout the book as well as increased cross cultural references Restructured Chapter 3 on Genes Environment and Behaviour which now starts with a discussion of Darwinian theory before moving on to Mendelian genetics Core subject updates such as DSM 5 for psychological disorders and imaging techniques on the brain are fully integrated Revised and updated Research Close Up boxes Current Issues and hot topics such as the study of happiness and schizophrenia intelligence testing the influence of the media and conflict and terrorism are discussed to prompt debates and questions facing psychologists today New to this edition is Recommended Reading of both classic and contemporary studies at the end of chapters Connect Psychology a digital teaching and learning environment that improves performance over a variety of critical outcomes easy to use and proven effective LearnSmart the most widely used and intelligent adaptive learning resource that is proven to strengthen memory recall improve course retention and boost grades SmartBook Fuelled by LearnSmart SmartBook is the first and only adaptive reading experience available today

21st Century Psychology: A Reference Handbook Stephen F. Davis, William Buskist, 2008 Highlights the most important topics issues questions and debates in the field of psychology Provides material of interest for students from all corners of psychological studies whether their interests be in the biological cognitive developmental social or clinical arenas

**Shaping Psychology** Tomasz Witkowski, 2020-11-03 Shaping Psychology is a unique collection of in depth conversations with a selection of the most influential psychologists working today conducted at the end of a decade that shook psychological science They provide insights into the controversies at the heart of contemporary psychology revealing a clash of visions of what psychological science is all about and what its future holds They are candid on the crisis in psychology and explore its causes consequences and how to overcome it They also discuss challenges in the field their careers and the experiences that shaped their worldview Those interviewed include pioneers who have shaped psychology as we know it today and who represent a wide range of specializations from research to mental health practice mainstream psychology to critical psychology and neuroscience to the Open Science movement Elizabeth F Loftus Stanford University USA Jerome Kagan Harvard University USA Michael I Posner University of Oregon USA Scott O Lilienfeld Emory University USA Robert J Sternberg Cornell University USA Robert Plomin King's College London UK Susan J Blackmore University of Plymouth UK Joseph E LeDoux New York University USA Noam Chomsky Massachusetts Institute of Technology USA Roy F Baumeister University of Queensland Australia Erica Burman University of Manchester UK Brian A Nosek University of Virginia USA Vikram H Patel Harvard Medical School USA Daniel Kahneman Princeton University USA Carol A Tavis

independent academic USA      **Study and Communication Skills for Psychology** Vanessa Parson, 2018 Study and Communication Skills for Psychology reviews the essential skills a psychology student needs to develop over the course of their undergraduate studies Written particularly with first year students in mind its practical motivational approach features plenty of examples and advice to help students master the skills being explored      **Psychology A2** Mike Cardwell, Cara Flanagan, 2003-09 The unique approach of this book is that it provides comprehensive coverage of only the most popular areas of the AQA A A2 specification relationships pro and anti social behaviour biological rhythms cognitive development social and personality development evolutionary explanations of human behaviour psychopathology treating mental disorders plus issues debates and approaches This core textbook offers students the opportunity to improve their grades and have their very own expert to take home the friendly examiner The Complete Companion      **Towards a Radical Redefinition of Psychology** Miller Mair, 2014-10-10 The World Library of Mental Health celebrates the important contributions to mental health made by leading experts in their individual fields Each author has compiled a career long collection of what they consider to be their finest pieces extracts from books journals articles major theoretical and practical contributions and salient research findings Miller Mair clinical psychologist and psychotherapist devoted his life to developing a psychology that provided a radical alternative to the behavioural and latterly cognitive behavioural approaches that have dominated the field He presented this work in a wide range of publications and conference papers and prior to his untimely death in 2011 he had selected a number of these for a volume of his collected works This book is based upon Miller s selection and includes several previously unpublished papers as well as others that are now out of print Miller was considerably influenced by George Kelly s personal construct psychology as is apparent in most of his writings However his papers on psychology and psychotherapy also draw upon an extraordinarily wide range of other fields of knowledge including imagery metaphor storytelling and narrative rhetoric discourse and conversation poetry and spirituality These concerns are reflected in the contributions selected for this volume which also demonstrate the variation in his style of writing from the more conventionally academic to the personal and poetic as he developed a poetics of experience and a stance of conversational inquiry Miller s final publication was entitled Enchanting psychology and it is hoped that this volume will provide an antidote to the disenchantment that many readers may feel with mechanistic and reductionist approaches in psychology and its clinical applications and more generally in health service rhetoric and policies As these writings vividly demonstrate a clinical psychologist and psychotherapist can and should also be a poet artist and storyteller The volume will be of value to readers previously unfamiliar with Miller s ideas but also to those who know his work who will find here the first published selection of his papers      *Humanistic Psychology* Joseph Royce, 2012-12-06 THE FORMATIVE TENDENCY I have often pointed out that in my work with individuals in therapy and in my experience in encounter groups I have been led to the conviction that human nature is essentially constructive When in a therapeutic climate which can be objectively defined a person becomes

sharply aware of more of his or her internal experiencing and of the stimuli and demands from the external world thus acquiring a full range of options the person tends to move in the direction of becoming a socially constructive organism But many are critical of this point of view Why should such a positive direction be observed only in humans Isn't this just pure optimism So quite hesitantly because I have to draw on the work and thinking of others rather than on my own experience I should like to try to set this directional tendency in a much broader context I shall draw on my general reading in the field of science but I should like to mention a special indebtedness to the work of Lancelot Whyte in *The Universe of Experience* Harper and Row 1974 the last book he wrote before his death Though the book has flaws in my judgment this historian has some thought provoking themes to advance I have learned from many others as well

**A Handbook for the Study of Mental Health** Teresa L. Scheid, Tony N. Brown, 2010 The second edition of *A Handbook for the Study of Mental Health* provides a comprehensive review of the sociology of mental health Chapters by leading scholars and researchers present an overview of historical social and institutional frameworks Part I examines social factors that shape psychiatric diagnosis and the measurement of mental health and illness theories that explain the definition and treatment of mental disorders and cultural variability Part II investigates effects of social context considering class gender race and age and the critical role played by stress marriage work and social support Part III focuses on the organization delivery and evaluation of mental health services including the criminalization of mental illness the challenges posed by HIV and the importance of stigma This is a key research reference source that will be useful to both undergraduates and graduate students studying mental health and illness from any number of disciplines

Fresh Perspectives: Introduction to Psychology Belinda Train, 2007

**Political Psychology** Christopher J. Hewer, Evanthis Lyons, 2018-08-17 A research based guide to political psychology that is filled with critical arguments from noted experts Political Psychology is solidly grounded in empirical research and critical arguments The text puts the emphasis on alternative approaches to psychological enquiry that challenge our traditional assumptions about the world With contributions from an international panel of experts the text contains a meaningful exchange of ideas that draw on the disciplines of social psychology sociology history media studies and philosophy This important text offers a broader understanding of the different intellectual positions that academics may take towards political psychology Comprehensive in scope Political Psychology provides a historical context to the subject and offers a critical history of common research methods The contributors offer insight on political thought in psychology the politics of psychological language narrating as political action political decision making and much more This important text Offers contributions from a panel of international experts on the topic Includes a review of some political ideas associated with the work of Karl Marx Erich Fromm R D Laing Michel Foucault and others Presents information on prejudice stereotypes and discrimination in the context of mass migration Reviews a wide range of relevant topics such as identity social exclusion and foreign policy and more Contains questions for group debate and discussion at the end of each chapter

Written for academics and students of political psychology Political Psychology is a comprehensive resource that includes contributions from experts in a variety of fields and disciplines

**Qualitative Interpretation And Analysis In Psychology** Willig, Carla, 2012-05-01 This new book by Carla Willig closes a gap in qualitative research in psychology and beyond It focuses on the process of understanding in qualitative data analysis by taking the perspective of interpretation What links our understanding with social and psychological phenomena in qualitative research With its broad coverage of the literature and its clear style of writing it will be most helpful for anyone applying qualitative research to psychological phenomena Uwe Flick Alice Salomon University Berlin and Vienna Universities In this work Carla Willig takes on one of the most pressing challenges in qualitative inquiry how are we to confront multiplicity in interpretation I began reading with great curiosity I came away feeling that this is the best treatment of this complex subject I have yet encountered Combining conceptual sophistication the skill of clarity and a welcome sense of balance Willig illuminates and enriches Her discussion on the ethics of interpretation sets the book apart Now I clamor to join the discussions demanded by this fascinating work Kenneth Gergen Senior Research Professor Swarthmore College USA Carla Willig s balanced and insightful text goes to the heart of what is stake in debates over qualitative analysis the act of interpretation itself Beginning with the idea that the researcher must recognise both the responsibility and privilege of research Willig clearly demonstrates how interpretation is actually performed and how to negotiate the epistemological and practical issues that are involved Opposing the tendency for the researcher to disappear in the act of doing analysis this book offers a distinctively human and affective vision of interpretative work There is much here for both dedicated qualitative researchers and curious empiricists of every stripe Students of psychology read on you have nothing to lose but your prejudices Steven Brown Professor of Social and Organisational Psychology University of Leicester UK At last This is the book that qualitative researchers in psychology have required for some time and it fills a significant gap for the field Willig provides a brilliantly written comprehensive account of the importance and value of interpretation in qualitative research covering theory ethics and debate around interpretation and including detailed practical applications that reveal the complexities and complications involved in interpretative analytic work This text exposes the necessity of reaching for interpretation in qualitative data analysis and is essential reading for qualitative researchers whatever their level of expertise both within and beyond psychology Kerry Chamberlain Professor of Social and Health Psychology Massey University New Zealand Interpretation is an integral part of all qualitative research yet relatively little has been written about its process In her new book Carla Willig author of international bestseller *Introducing Qualitative Research Methods in Psychology* sheds light on the role of interpretation in qualitative research in psychology and describes the different approaches for practice Packed with case studies two full interview transcripts and worked examples from psychology health sciences and the arts Willig skilfully guides you to conduct qualitative research which is interpretative and based upon a clear rationale and interpretative position You will also learn how to evaluate interpretative



research and to acquire an understanding of what constitutes best ethical practice Carla's transcribed conversations with Stephen Frosh Christine Griffin and Jonathan Smith about the meaning and practice of interpretation provide a fascinating insight into the ways in which highly experienced researchers engage with the challenge of interpreting qualitative data This book will be valuable reading for all psychology students researchers and practitioners and a useful reference for students across the social sciences and related health disciplines

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