Course syllabus for

**Psychomotor physiotherapy - a body therapy approach in physiotherapy, 30 credits**
Psykomotorisk fysioterapi - en kroppsterapeutisk metod inom sjukgymnastiken, 30 hp

This course has been cancelled, for further information see Transitional provisions in the last version of the syllabus.

Please note that the course syllabus is available in the following versions:
Autumn2011, Autumn2012, Spring2013

<table>
<thead>
<tr>
<th>Course code</th>
<th>2QA176</th>
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<tr>
<td>Course name</td>
<td>Psychomotor physiotherapy - a body therapy approach in physiotherapy</td>
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<tr>
<td>Credits</td>
<td>30 credits</td>
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<td>Form of Education</td>
<td>Higher Education, study regulation 2007</td>
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<tr>
<td>Main field of study</td>
<td>Physiotherapy</td>
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<tr>
<td>Level</td>
<td>Second cycle, has second-cycle course/s as entry requirements</td>
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<tr>
<td>Grading scale</td>
<td>Fail (U) or pass (G)</td>
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<tr>
<td>Department</td>
<td>Department of Neurobiology, Care Sciences and Society</td>
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<tr>
<td>Decided by</td>
<td>Styrelsen för utbildning</td>
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<td>Decision date</td>
<td>2011-04-05</td>
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<td>Revised by</td>
<td>Styrelsen för utbildning</td>
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<tr>
<td>Last revision</td>
<td>2012-03-14</td>
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<tr>
<td>Course syllabus valid from</td>
<td>Autumn 2012</td>
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**Specific entry requirements**

A minimum of 120 credits including a degree in physiotherapy, and 15 credits in psychosomatic physiotherapy or the equivalent. English and Swedish language skills equivalent to English A and Swedish B at Swedish upper secondary school are also required.

**Objectives**

The aim of the course is to give in-depth knowledge and skills in the field of psychosomatic physiotherapy with a special focus on psychomotor physical therapy (PMP). After completed education, within the frame of physiotherapeutic rehabilitation work, the student should be able to carry out treatment based on psychomotor principles integrated with focus on affect- and self psychology.
On completion of the course, the student should:
- be able to account for and apply adequate models to understand mental/psychosomatic disease and account for how body therapy interventions, within physiotherapy, can be based on the understanding of the psychosomatic disorder.
- be able to apply different examination instruments and to choose adequate body therapy treatment interventions and to evaluate and document treatment results.
- be able to account for and apply body therapy methods such as PMP and integrate these with an affect-focused and self psychological approach.
- have obtained an understanding of the therapist's part in the therapeutic process and developed his ability to reflect on his/her own possibilities and limitations in the treatment situation.
- be able to work in multi-disciplinary teams and argue for the physiotherapist's specific knowledge and role treating patients with mental/psychosomatic disorder
- have acquired a scientific and critical attitude in order to be able to participate in quality assurance work.

Content

The course is divided into four parts.

**Body therapy and a professional approach part 1, 7.5 hp**
Part 1 treats: - Resource-oriented physical examination - Psychomotor examination - Psychomotor treatment - Communication technique - Affect interview - Clinical patient work with supervision

**Basic course in psychological and psychosomatic theories, 7.5 hp**
Part 2 treats: - Developmental psychology - Self psychology - Affect theory - Psychopathology - Psychosomatic theory

**Body therapy and professional approach part 2, 7.5 hp**
Part 3 treats: - Body therapy methodology with specific focus on psychomotor physical therapy - Clinical patient work with supervision - Psychomotor treatment - Affect-focused communication skills

**Evidence-based knowledge in body therapy, 7.5 hp**
Part 4 treats: - Orientation in psychotherapeutic techniques that are related to physiotherapeutic interventions - Critical review of scientific articles - Theoretical studies

Teaching methods

The course contains lectures, demonstrations, practical training, seminars and literature studies. In addition, experience of body treatment and group supervision concerning patient treatment including video-recorded treatments. Group supervision is a continuous process throughout the education period. The supervisor is a physiotherapist with further education in Psychodynamic body therapy (PDK). Strong emphasis is put on experience-based learning and a reflective and critical view concerning the treatment process. Therefore, the student keep notes in a reflection diary during the course.

Supervision and attendance at demonstrations are compulsory parts in the course. Attendance at practical training and other elements in the course are not compulsory, but are strongly recommended. Certain absence from compulsory parts can be compensated at later seminars or the equivalent. Large absence renders failure on the part to which the compulsory element is linked (see timetable). Possibility to supplement compulsory parts may be given at coming course date, provided that there is a determined course date however it cannot be guaranteed.

Examination
Part 1 is examined through:
- Knowledge, skills and attitudes are assessed continuous in supervision concerning patient treatment.
- Written patient case report containing a description of the patient with an emphasis on examination and assessment.
- Examination of practical skill.

Part 2 is examined through:
- Group assignment: Written account for a mental disturbance/diagnosis and oral presentation.
- Written patient case report containing a description of the patient and the treatment process based on an affect theoretical perspective.

Part 3 is examined through:
- Clinical knowledge, skills and attitudes are assessed continuous in connection under supervision on the patient care.
- Written patient case report containing a description of the patient and the treatment with an emphasis on understanding of the treatment process based on basic psychological and psychosomatic theories.
- Examination of clinical treatment techniques.

Part 4 is examined through:
- Summary of reflection diary that be sent to the supervisor and be discussed with a fellow student.
- Oral literature seminar on current research in the area.
- Written report of an affect-interview.
- Written final report containing a description of the patient, the treatment process and a theoretical part based on the course literature. The report is also presented orally on a compulsory seminar.

The examiner may with immediate effect interrupt a student's clinical rotation (VFU), or the equivalent, if the student demonstrates such serious deficiencies in knowledge, skills or attitudes that patient safety or patient confidence in healthcare is at risk. When clinical rotation is interrupted according to this, it implies that the student fails in the current part, and that one clinical rotation opportunity is used up.

In such cases, an individual action plan should be set up for required activities and examinations, before the student is given a possibility for a new clinical rotation in the course.

Course participant that do not pass after regular examination is entitled to go through renewed examination no more than five times. Course participants who fail on part 1 and 3 above can be examined on these parts no more than one additional time.

**Transitional provisions**

Examination will be possible during one year after a possible close-down of the course. Examination may take place under a previous reading list during a period of one year after the date of the renewal of the reading list.

**Other directives**

Language of instruction: Swedish

Course evaluation is carried out in accordance with the guidelines established by the Board of Education. During the course, views on the course contents etc are encouraged. Moreover, a possibility to express oral criticism to the respective supervisor and teacher is given.
This course replaces earlier course syllabus: Psychosomatic physiotherapy with a specialisation in PMP, QSOD07.

**Literature and other teaching aids**

*Bunkan, Berit Heir*

*Kropp, respirasjon og kroppsbilde : ressursorientert kroppsundersøkelse og behandling*

4 ed. : Oslo : Universitetsforlaget, 2008 - 452 s.
ISBN:82-00-41577-5  LIBRIS-ID:8346202
[Library search](#)

*Bunkan, Berit Heir; Schultz, Cathrine Mellbye*

*Medisinsk massasje*

ISBN:82-00-42554-1  LIBRIS-ID:8346205
[Library search](#)

*Cullberg, Johan*

*Dynamisk psykiatri i teori och praktik*

*Bonnevie, Andreas*

[Library search](#)

*Fadnes, Britt; Leira, Kirsti*

*Balansekoden : om samspillet mellom kroppslig og mental balanse*

[Library search](#)

*Gretland, Anne.; Gretland, Anne.*

*Den relasjonelle kroppen : fysioterapi i psykisk helsearbeid*

[Library search](#)

*Havnesköld, Leif; Risholm Mothander, Pia*

*Utvecklingspsykologi*

ISBN:978-91-47-09338-0 (inb.)  LIBRIS-ID:11317631
[URL: Omslagsbild](#)
[Library search](#)

*Sonnby-Borgström, Marianne*

*Affekter, affektiv kommunikation och anknynningsmönster : ett bio-psyko-socialt perspektiv*

[Library search](#)

*Währborg, Peter; Iliste, Airi*
Stress och den nya ohälsan
Library search

Bragée, Britt W.
Kroppen har sin mening : psykosomatik i ny belysning
Library search

Bullingon, Jennifer
Psykosomatik [Elektronisk resurs] : om kropp, själ och meningsskapande
URL: Omslag och förlagets beskrivning
Library search

Ekerholt, Kirsten
Aspects of psychiatric and psychosomatic physiotherapy
Oslo : Oslo University College, Faculty of Health Sciences, 2010 - 229 s. ISBN:978-82-579-4721-7 LIBRIS-ID:12138241
Library search

Ekerholt, Kirsten; Falck, Mia
Fotfäste : en kroppsbaserad behandlingsprocess
Ruthman Edström, Mia
Library search

Ekerholt, Kirsten
Festskrift til Berit Heir Bunkan
Library search

Ekerholt, Kirsten
Psykomotorisk fysioterapi - behandling og samhandling : psykomotoriske behandlingsprosesser belyst med pasienterfaringer
Bergen : [K. Ekerholt], 2002. - 128s. LIBRIS-ID:9263530

Krueger, David W.
Integrating body self and psychological self : creating a new story in psychoanalysis and psychotherapy
Library search

Kåver, Anna
Himmel, helvete och allt däremellan : om känslor
Landerholm, Lotta

Hjälp mig den som kan

Natur & Kultur, 2010

Levy Berg, Adrienne

Affect-focused body psychotherapy for patients with generalised anxiety disorder

Stockholm : Karolinska institutet, 2009 - 66 s.

Monsen, Jon

Klinisk psykologi

1:1 : Uddevalla : Runa Förlag AB, 1991 - 303 s
ISBN:91-88298-07-8

Monsen, Kirsti

A study of patients with pain disorder : psychological and bodily characteristics, psychotherapy outcome and patterns of change

Oslo : University of Oslo, 2002 - 44 s.
ISBN:82-569-1904-3  LIBRIS-ID:8534023

Monsen, Kirsti

Psykodynamisk kroppsterapi

Ryberg, Birgitta

1. uppl. : Stockholm : Almqvist & Wiksell, 1991 - [6], 113 s.

Neve, Ing-Marie

Läkekonstens arbetsredskap

1 : Studentlitteratur, 2003 - 166 s

Rydén, Göran; Wallroth, Per

Mentalisering : att leka med verkligheten


Skapande och kroppsbaserade komplementära terapier

Englund, Birgitta

**Sonnby-Borgström, Marianne**

*Affekter, affektiv kommunikation och anknytningsmönster : ett bio-psyko-socialt perspektiv*


**Steen, Eldri; Haugli, Liv**

*Når livet setter seg i kroppen. : Bevisstgoering, muligheter, valg*

Oslo : Noras Ark, 2002

ISBN:82-7979-018-7

**Wennerberg, Tor**

*Vi är våra relationer : om anknytning, trauma och dissociation*
