



**Karolinska
Institutet**

Course syllabus for

Psychosomatic physiotherapy. Body and Mind - a Holistic Perspective, 15 credits

Psykosomatisk sjukgymnastik - kropp och själ i samspel, 15 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:

Autumn2010 , Spring2013

Course code	2QA095
Course name	Psychosomatic physiotherapy. Body and Mind - a Holistic Perspective
Credits	15 credits
Form of Education	Higher Education, study regulation 2007
Main field of study	Physiotherapy
Level	Second cycle, has only first-cycle course/s as entry requirements
Grading scale	Pass, Fail
Department	Department of Neurobiology, Care Sciences and Society
Decided by	Styrelsen för utbildning
Decision date	2010-04-14
Course syllabus valid from	Autumn 2010

Specific entry requirements

A physiotherapy degree of at least 120 credits is required. Swedish and English language skills equivalent to Swedish B and English A at Swedish upper secondary school are also required.

Objectives

The aim of the course is to give advanced knowledge and skills in the area of psychosomatic physiotherapy; such as body/movement therapy, and to teach a therapeutic approach. After completed education, the student should be able to carry out treatment based on holistic principles and to be prepared to engage in quality assurance within the area. On completion of the course, the student should : - be able to account for and apply a biopsychosocial perspective on different health problems - be able to apply knowledge in communication and interview technique - be able to account for and reflect on their therapeutic approach, i.e. the significance of the interaction in the physiotherapeutic treatment and be able to apply their knowledge in the therapeutic encounter. - be able to apply a holistic perspective in the assessment process - be able to independently plan and carry out adequate treatment for patients with psychosomatic- and mental problems - be able to promote behavioural change - have an understanding

of the physiotherapist's part in the treatment process, and ability to reflect on his/her own potentials and limitations in the treatment situation - have acquired a scientific and critical attitude as well as an ability to reflect on him/herself and be aware of the need of a lifelong learning

Content

The course comprises - psychological and behavioural medicine models on health and illness including psychosomatic theory - stress theory, neurophysiology and the importance of autonomic regulation - affect theory, attachment theory and mentalization - Central concepts, such as body, being, meaning and reflection, to facilitate the understanding of body-mind unity - therapeutic attitude and approach - examination methods with an emphasis on the Resource-Oriented Body Examination (ROBE), body history, body image and affect interview - treatment methods with an emphasis on body awareness exercises based on Basic body awareness therapy (BAT), psychomotor physical therapy (PMF), mindfulness, physical activity and therapeutic touch, relaxation methods and the therapeutic dialogue - introduction to Cognitive-behavioural Therapy methods - case discussions

Teaching methods

- Theoretical and practical teaching The teaching includes lectures, seminars, practical exercises and literature studies. - Patient case discussions in seminars - Own work

Examination

Assessment of knowledge, skills, attitudes and reflection ability take place continuously through follow up of study assignments, seminar discussions and at the final examination. The examination consists of a group task concerning a theoretical report and an individual case report with a theoretical part presented orally as well as in writing. Peer-review is applied. For a Pass grade in the course, fulfilment of study assignments, approved examination, attendance and active participation in seminar discussions are required.

Transitional provisions

Examination will be provided during a period of one year after a 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, the participants are encouraged to give their views on the course content and arrangements. .

Literature and other teaching aids

Almén, Niclas

Stress- och utmattningsproblem : kognitiva och beteendeterapeutiska metoder

Lund : Studentlitteratur, 2007 - 408 s.

ISBN:978-91-44-02795-1 LIBRIS-ID:10245082

URL: <http://www.studentlitteratur.se/omslagsbild/artnr/31252-01/height/320/width/320/bild.jpg>

[Library search](#)

Bullington, Jennifer

Psykosomatik : om kropp, själ och meningsskapande

1. uppl. : Lund : Studentlitteratur, 2007 - 207, [1] s.

ISBN:9789144026459 LIBRIS-ID:10462754

[Library search](#)

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](#)

Roxendal, Gertrud; Winberg, Agneta

Levande människa : basal kroppskännedom för rörelse och vila

Dahlström, Annette

Stockholm : Natur och kultur, 2002 - 250, [1] s.

ISBN:91-27-09023-X (inb.) LIBRIS-ID:8455489

[Library search](#)

Rudberg, Birgitta

Aktiv avspänning

2. utg. : Stockholm : Natur och kultur, 2001 - 300, [1] s.

ISBN:91-27-08534-1 LIBRIS-ID:8348523

[Library search](#)

Neve, Ing-Marie

Läkekonstens arbetsredskap

1 : Studentlitteratur, 2003 - 166 s

ISBN:91-44-02780-X

[Library search](#)

Sonnby-Borgström, Marianne

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

1. uppl. : Lund : Studentlitteratur, 2005 - 255 s.

ISBN:91-44-03099-1 LIBRIS-ID:9712834

[Library search](#)

Steen, Eldri; Haugli, Liv

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

Oslo : Noras Ark, 2002

ISBN:82-7979-018-7

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