



**Karolinska
Institutet**

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](#)

Course code	2QA176
Course name	Psychomotor physiotherapy - a body therapy approach in physiotherapy
Credits	30 credits
Form of Education	Higher Education, study regulation 2007
Main field of study	Physiotherapy
Level	Second cycle, has second-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	2011-04-05
Revised by	Board of Higher Education
Last revision	2016-06-30
Course syllabus valid from	Spring 2013

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 can not 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

The course has been cancelled and was offered for the last time in the fall semester of 2011. Examination will be provided until the spring of 2017 for students who have not completed the course.

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

Att förstå kroppens budskap : sjukgymnastiska perspektiv

Biguet, Gabriele; Keskinen-Rosenqvist, Riitta; Levy Berg, Adrienne

1. uppl. : Lund : Studentlitteratur, 2012 - 406 s.

ISBN:978-91-44-07321-7 LIBRIS-ID:13512943

[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](#)

Bunkan, Berit Heir; Schultz, Cathrine Mellbye

Medisinsk massasje

2. utg. : Oslo : Universitetsforl., 1998 - 226 s.

ISBN:82-00-42554-1 LIBRIS-ID:8346205

[Library search](#)

Bragée, Britt

Kroppen først : En behandlingsmodell vid psykosomatik

Studentlitteratur AB, 2013

ISBN:978-91-44-08460-2 LIBRIS-ID:13743343

[Library search](#)

Cullberg, Johan

Dynamisk psykiatri i teori och praktik

Bonnevie, Andreas

7., utg. : Stockholm : Natur och kultur, cop. 2003 - 512 s.

ISBN:91-27-09336-0 LIBRIS-ID:10326083

[Library search](#)

Fadnes, Britt; Leira, Kirsti

Balansekoden : om samspillet mellom kroppslig og mental balanse

1. uppl. : Oslo : Universitetsforlaget, 2006 - 195 s.

ISBN:82-15-00877-1 LIBRIS-ID:10531366

[Library search](#)

Gretland, Anne.; Gretland, Anne.

Den relasjonelle kroppen : fysioterapi i psykisk helsearbeid

Norge : Fakkbokforlaget, 2007.

ISBN:978-82-7674-620-4 LIBRIS-ID:10650662

[Library search](#)

Havnesköld, Leif; Risholm Mothander, Pia

Utvecklingspsykologi

3., [helt omarb., och uppdaterade] uppl. : Stockholm : Liber, 2009 - 384 s.

ISBN:978-91-47-09338-0 (inb.) LIBRIS-ID:11317631

URL: [Omslagsbild](#)

[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](#)

Währborg, Peter; Ilste, Airi

Stress och den nya ohälsan

2., [rev. och utök.] utg. : Stockholm : Natur och kultur, 2009 - 449 s. : ill.

ISBN:978-91-27-11656-6 (inb.) LIBRIS-ID:10654081

[Library search](#)*Bragée, Britt W.***Kroppen har sin mening : psykosomatik i ny belysning**

1. uppl. : Lund : Studentlitteratur, 2010 - 199 s.
 ISBN:978-91-44-06798-8 LIBRIS-ID:11886167

[Library search](#)*Bullington, Jennifer***Psykosomatik : om kropp, själ och meningsskapande**

1. uppl. : Lund : Studentlitteratur, 2010 - 207 s.
 ISBN:978-91-44-06669-1 LIBRIS-ID:11909426

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*

Lund : Studentlitteratur, 2000 - 168 s.
 ISBN:91-44-01205-5 LIBRIS-ID:8352848

[Library search](#)*Ekerholt, Kirsten***Festskrift til Berit Heir Bunkan**

Oslo : Høgskolen i Oslo, avd. for helsefag, 2009 - 295 s.
 ISBN:978-82-579-4674-6 LIBRIS-ID:12138239

[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**

New York : Brunner-Routledge, 2002 - 268 s.
 ISBN:1-58391-054-9 (hft.) LIBRIS-ID:8600105

[Library search](#)*Kåver, Anna***Himmel, helvete och allt däremellan : om känslor**

1. utg. : Stockholm : Natur & kultur, 2009 - 215 s.
 ISBN:978-91-27-11897-3 (inb.) LIBRIS-ID:11269069

[Library search](#)

Landerholm, Lotta

Hjälp mig den som kan

Natur & Kultur, 2010

ISBN:978-91-27-12348-9 LIBRIS-ID:11884350

[Library search](#)

Levy Berg, Adrienne

Affect-focused body psychotherapy for patients with generalised anxiety disorder

Stockholm : Karolinska institutet, 2009 - 66 s.

ISBN:978-91-7409-375-9 LIBRIS-ID:11380447

[Library search](#)

Monsen, Jon

Klinisk psykologi

1:1 : Uddevalla : Runa Förlag AB, 1991 - 303 s

ISBN:91-88298-07-8

[Library search](#)

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

[Library search](#)

Monsen, Kirsti

Psykodynamisk kroppsterapi

Ryberg, Birgitta

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

ISBN:91-21-59343-4 LIBRIS-ID:7222286

[Library search](#)

Neve, Ing-Marie

Läkekonsstens arbetsredskap

1 : Studentlitteratur, 2003 - 166 s

ISBN:91-44-02780-X

[Library search](#)

Rydén, Göran; Wallroth, Per

Mentalisering : att leka med verkligheten

Stockholm : Natur & kultur, 2008 - 335 s.

ISBN:978-91-27-02651-3 (inb.) LIBRIS-ID:10654054

[Library search](#)

Skapande och kroppsbaserade komplementära terapier

Englund, Birgitta

Lund : Studentlitteratur, 2004 - 225 s.

ISBN:91-44-03443-1 LIBRIS-ID:9682648

[Library search](#)

Steen, Eldri; Haugli, Liv

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

Oslo : Noras Ark, 2002

ISBN:82-7979-018-7

[Library search](#)

Wennerberg, Tor

Vi är våra relationer : om anknytning, trauma och dissociation

1. uppl. : Stockholm : Natur & Kultur, 2010 - 298 s.

ISBN:978-91-27-11817-1 LIBRIS-ID:11269050

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