



PMT

**Psychomotor
Therapy**

■ Psychomotor Therapy

Sometimes, children show impairment in motor skills. They have limited movement behavior as well as limited means of expression and learning possibilities. They are often low in self-confidence. Some of them have difficulties in planning and executing courses of action. Moreover, it is often hard for them to make friends with someone or to make a compromise.

Psychomotor therapy is an educational therapeutic offer for children who show abnormal development.

For psychomotor therapy, referral by a doctor is required.

■ Assessment

Psychomotor assessment can shed light on your child's problems

- problems with balance and coordination
- difficulties with drawing, writing, handicrafts
- low level of self-confidence, anxious, inhibited, or infantile behavior
- difficulties with interacting with other children
- restless and disruptive behavior, struggling to observe rules

Psychomotor assessment includes

- standardized test of motor activity
- observation of motor skills during structured tasks
- situation of free playing
- interview about current situation and background

Based on this assessment, it is decided, together with the parents, if therapeutic support is necessary.

■ Psychomotor Therapy: Playing, Expressing, Digesting

Treatment in psychomotor therapy is orientated towards the child's personal development issues, his/her individual playing and movement behavior, his/her strengths, and his/her world of experience.

In psychomotor therapy, we work with stimulating movement exercises, with games, music, specific material, and creative means of expression. Being performed in a safe setting, this allows the child to get to know his/her capabilities and limitations. He/She broadens his/her skills and learns to cope with his/her difficulties.

By means of movement and symbol games, he/she learns to express and digest his/her experiences, emotions, and conflicts.

The children attend psychomotor therapy sessions individually or in small groups.

■ The Child Receives Support

- in the enhancement of fine and gross motor skills and graphomotor skills
- in the differentiation of sensory perception and physical sensation
- in the development of new strategies and solutions to deal with problems, actions, and material
- in autonomy and initiative
- in the enhancement of social and communication skills
- in increasing the level of self-confidence
- in the discovery and further development of individual skills and strengths

■ Objective: Enhancing Movement and Social Behavior

Psychomotor therapy promotes the child's motor skills and perception. At the same time, it supports the child's social and emotional development, enabling him/her to better cope with everyday life.

Reference persons will be involved; in counseling sessions, they learn how to deal with the child's particularities in an appropriate and conducive way.



Stiftung ptz

Benzburweg 22

4410 Liestal

Tel. 061 926 63 00

sekretariat@ptz-bl.ch

ptz-bl.ch