



Psychomotor Therapy (PMT)

Sometimes, children display unusual motor mannerisms. This will restrict their movement and their powers of expression and learning. Some children find it difficult to plan and execute sequences of action. For some children it is also harder to form adequate day-to-day relationships.

Psychomotor Therapy is a pedagogical-therapeutic service for children who are unusual in their development.

A careful psychomotor assessment can provide clarity when your child displays unusual behavior:

- balance abnormalities and unusual movement coordination
- difficulties when it comes to making or building things, drawing, writing
- short attention and concentration span
- low self-esteem, anxious, self-conscious or infantile behavior
- difficulties in their dealings with other children
- agitation, disruptive behavior, difficulties with sticking to rules

Psychomotor assessment: observation and discussions

The psychomotor assessment includes observing the child in free and structured play and movement, but also talking to the child, parents and other attachment figures. In the case of writing problems or if the child is unsure whether it is right or left-handed, a special assessment will be carried out.

Based on the results of the assessment, we will decide, together with the parents, whether therapeutic support is advisable.

The child will be supported in the following areas:

- independence and self-determined activity
- increasing self-confidence
- discovering and developing personal skills and strengths
- developing competence in the area of gross, fine and graphomotor skills
- developing sensory perception and body consciousness
- developing new strategies and possible solutions for dealing with problems, activities and material
- improving social competence and communication skills

Psychomotor Therapy: playing, expressing, processing

Psychomotor therapy is based on the child's personal developmental issues, its individual play and movement behavior, its strengths and its set of experiences.

In psychomotor therapy, we work with stimulating movements: in play, with music, specific materials and artistic means of expression. The child is thus able to get to know its abilities and limits in a protected environment. It develops its skills and learns to deal with its difficulties.

Through movement and symbolic play, the child learns to express and process its experiences, emotions and conflicts.

Children attend our psychomotor therapy sessions either individually or in small groups.

The goal: controlled movement, social development

Psychomotor therapy supports the child in its movements and perception. It also promotes the child's social and emotional development so that it is better able to deal with everyday life.

Attachment figures will also get involved: during counseling sessions, we advise them how to deal with the child's specific characteristics in an appropriate manner that is fruitful to both sides.