



THE NETHERLANDS

I. Situation of the Profession

History and Development

In the Netherlands Psychomotor therapy is the focus of psychomotricity. Its roots go back as far as the 20th Century when movement and gymnastics were encouraged for psychiatric patients.

After World War II many psychiatric hospitals introduced movement therapy and in 1960 the Nederlandse Vereniging voor Bewegingstherapie (Dutch Association for Movement Therapy) was founded. The name changed in 1967 to Nederlandse Vereniging voor Psychomotorische Therapie (NVPMT; Dutch Association for Psychomotor Therapy). Historically, the development of the body in (psycho)therapy became an important factor along with influences from other countries - USA (Pesso), Scandinavia (relaxation) and Germany (Petzold).

Psychomotor therapy is based on a holistic biopsychosocial perspective. Different theoretical psychotherapeutic backgrounds integrated into psychomotor therapy include psychodynamics, humanistic views and cognitive behaviour therapy as well as system-theory and family therapy.

In the Netherlands, movement and body-experience are two key players used in Psychomotor therapy to influence psychosocial aspects of behaviour. Integration of cognitions, feelings and behaviour takes place through the experience of movement, experimenting with new behaviours in movement situations and body-awareness.

Most psychomotor therapists are members of multidisciplinary treatment teams working in psychiatric settings, institutes for people with mental handicaps and institutes for people with physical handicaps.

Psychomotor therapy training started in 1960 for physical education teachers in the form of a 3 year (1 day a week) private education course. In later years this evolved into a training program supervised by the NVPMT. Starting in 1992, the University of Applied Sciences Windesheim in Zwolle offers a four-year bachelor and a two-year official master programme.

Psychomotor/Professional Organisations

The Dutch Association for Psychomotor Therapy (NVPMT) now has some 640 members. Since 2005 it is, together with creative therapists, part of the Federatie voor Vaktherapeutische Beroepen (FVB; Federation of Experiential and Nonverbal Therapeutical Professions).

To register, a Psychomotor therapist must have 5 years of experience, supervision, intervention and further education (40 Hours)

www.NVPMT.nl

II. Education

The 4-year bachelor programme (240 ECs) is officially recognised by the Ministry of Education, Culture and Science. The curriculum includes theory, methodology and practical experience. During these 4 years, students work increasingly in the field – in institutes for mentally and physically handicapped.



European Forum of Psychomotricity

Each year 100 students begin the psychomotor therapy course at:
Hogeschool (University of Applied Sciences) Windesheim, Calo, PMT-BA.
www.windesheim.nl

In 2006 a new bachelor programme for psychomotor therapy (240 ECs) started at:
Hogeschool (University of Applied Sciences) Arnhem Nijmegen. Each year 48 students start
their education in Nijmegen www.han-cto.nl In 2012 the dutch association NVPMT
recognised 'Nijmegen' also as an official program for educating psychomotroicians.

After the bachelor programme plus 2 years' experience, students can undertake the master
programme (2 years, 1 day a week) of 60 ECs.
The students have to work 16 hours as a psychomotor therapist.
Accreditation is completed in 2011. Every year a new course starts with an intake of about 20
students.

Hogeschool (University of Applied Sciences) Windesheim, Calo, www.windesheim.nl

The VU University in Amsterdam offers a master of science programme at the faculty of
Human Movement sciences, in which Psychomotor Therapy is offered in a minor (30 EC)
and in which Psychomotor Therapy can be a main stream in the master part.

With this Masterdegree, students are able to join the Windesheim professional master
programme.

Vrije Universiteit (VU), Faculty of Human Movement Sciences, www.fbw.vu.nl

III. Practice

Psychomotor therapists work with clients of all ages and in a great variety of institutes,
historical mainly in institutes for psychiatric health-care but for at least a decade increasingly
in other health care institutes such as hospital and rehabilitation centres. These may be long-
stay, short-stay or day-care centers. As well as their work in psychiatric health-care,
therapists work with the mentally and physically handicapped, in addiction clinics, forensic
institutes, rehabilitation clinics, special schools and some private practices.

Most psychomotor therapists work with clients who have psychosocial and psychiatric
problems. Psychomotor therapy is also developing in the area of prevention, work-related
problems and elderly people.

Psychomotor therapists are part of multidisciplinary teams and have their own professional
status. Treatment is reimbursed by the social security system.

Psychomotor therapists treat their own patients in private practices but this treatment is not
automatically paid for by healthcare insurance companies. A medical prescription is required
for payment.

IV. Legislation

On the website www.pmtinfosite.nl you'll find more information about Psychomotor Therapy
in the Netherlands. There is a newsletter, articles and other information.

On the website www.conoggz.nl you'll find Dutch information about of the 'Coördinerend
Orgaan Nascholing en Opleiding in de GGZ' (coordination institute about (re) Education in
the Mental Health Care.