



## PORTUGAL

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### I. Situation of the Profession

#### History and Development

Psychomotricity proceeded from a degree in physical education at the Superior Faculty of Human Kinetics, in the 80's. First, there was a specialization in Special Education and Rehabilitation (EER) that contemplated some basic notions of psychomotricity. Then, in early 1990's, this specialization was separated from the physical education degree and became an independent degree of bachelor with 3 main specialisations, and one of them was named Psychomotor Re-education and Therapy. In 2002, this course has evolved to a specific bachelor degree in Psychomotor Rehabilitation. In 2006, a new bachelor course was created at Fernando Pessoa University and in 2007 three more universities have also created a bachelor in Psychomotor Rehabilitation.

In 1989, Portugal became member of OIPR and in 1996 was also a founding member of the European Forum of Psychomotricity.

#### Psychomotor/Professional Organisations

There is only one national association - The Portuguese Association of Psychomotricity (APP) that exists since 2000. It has scientific and professional goals and is responsible for the professional representation of Psychomotricians at the national and international level.

At the present time, APP is working to regulate the profession in health, education and social security system, so that psychomotor therapists can have their own specificity and identity compared with other professionals (Web Site: [www.appsicomotricidade.pt](http://www.appsicomotricidade.pt))

APP publishes an annual Review with scientific and professional subjects, named "A Psicomotricidade".

### II. Education

- A psychomotrician with a bachelor degree can develop the following professional functions:
  - Evaluation of psychomotor development and diagnosis of specific psychomotor problems.
- Design, prescription, implementation and review of psychomotor programs;
- Identification and evaluation of contextual and personal factors that can affect the performance of activities and social participation of the individual and consequently, the drawing up of guidelines and measures for psychomotor intervention;
- Evaluation and proposition of the necessary resources for the delivery of psychomotor services.

There are five Universities, which have a bachelor level of education in Psychomotor Rehabilitation. We present you the web addresses of the Faculties and their specific course informations:

Public sector:

- Faculty of Human Kinetics (FMH) / Technical University of Lisbon - [www.fmh.utl.pt/](http://www.fmh.utl.pt/)  
[http://www.fmh.utl.pt/index.php?option=com\\_content&view=article&id=65&Itemid=184](http://www.fmh.utl.pt/index.php?option=com_content&view=article&id=65&Itemid=184)
- Trás-os-Montes e Alto Douro University (UTAD) - [www.utad.pt/](http://www.utad.pt/)



# European Forum of Psychomotricity

[http://www.utad.pt/vPT/Area2/Escolas/ECVA/oferta\\_educativa/1ciclo/Paginas/reabilitacao\\_psicomotora\\_1ciclo.aspx?lst=1](http://www.utad.pt/vPT/Area2/Escolas/ECVA/oferta_educativa/1ciclo/Paginas/reabilitacao_psicomotora_1ciclo.aspx?lst=1)

- Évora University (UE) - [www.uevora.pt/](http://www.uevora.pt/)  
<http://www.estudar.uevora.pt/Oferta/licenciaturas/curso/%28codigo%29/171>

Private sector:

- Fernando Pessoa University (UFP) - [www.ufp.pt/](http://www.ufp.pt/)  
[http://www.ufp.pt/index.php?option=com\\_content&view=article&id=152%3Areabilitacao-psicomotora-unidade-ponte-de-lima&catid=37%3Alicenciaturas&Itemid=69](http://www.ufp.pt/index.php?option=com_content&view=article&id=152%3Areabilitacao-psicomotora-unidade-ponte-de-lima&catid=37%3Alicenciaturas&Itemid=69)
- Piaget Institute (IP) - [www.ipiaget.org/](http://www.ipiaget.org/)  
<http://www.ipiaget.org/licenciaturas/instituto-universitario/motricidade-humana.htm>

At FMH, UTAD, UE and UFP the bachelor degree in Rehabilitation and Psychomotricity has 6 semesters of studies and 180 ECTS. IP has a bachelor degree in Human Motricity with 3 years of studies (180 ECTS), and an optional semester of psychomotricity with 30 ECTS.

The number of graduated students is about 50 each year, from FMH, about 30 from UTAD and UE and about 20 from UFP and IP. Every year, this means an approximate number of 120 graduated students.

Faculty of Human Kinetics (FMH) and Évora University (UE) they have also a Master Degree.

At FMH the course is called “Master in Psychomotor Rehabilitation” and at UE it is called “Master in Relational Psychomotricity”, both with 120 ECTS.

### III. Practice

The main intervention methodologies are: relaxation techniques, body awareness, expressive therapies, playful activities, therapeutic recreation, adapted motor activities and conscientious motor activities always related with representative and symbolic activity.

Most professionals work in therapy, rehabilitation, re-education and prevention sectors. Psychomotor therapists develop their work in public and private sectors including: kindergarten, schools, special schools, day-care centres, institutions for people with handicap, residential home for children and young persons, general and psychiatric hospitals, social reinsertion institutions, athletic associations, municipal projects, activity centres, elderly people institutions and private clinics. All age groups are over seen.

Psychomotor therapists profession is not yet recognized and regulated by ministering offices, so the professional association continues developing activities to ensure professional regulation at the different official state systems.

Psychomotor therapists work in public or private services and also as freelancers.

There is some private health assistance that reimburses psychomotor therapy (e.g. post services, banks, etc.). Social security system may pay the treatment in specific situations. It is not obligatory a medical prescription, but in some cases a multidisciplinary team assessment or a medical diagnosis may be required.



### IV. Legislation

Government laws related with the creation of the Psychomotor Rehabilitation bachelor and master degrees in the different Universities:

- **Faculty of Human Kinetics (FMH) / Technical University of Lisbon** (Bachelor)  
Diário da República, 2.ª série — N.º 62 — 30 de Março de 2010  
<dre.pt/pdf2sdip/2010/03/063000000/1685216854.pdf>  
  
(Master)  
<http://dre.pt/util/getpdf.asp?s=udrd&serie=2&iddr=62.2010&iddip=2010018277>
  
- **Trás-os-Montes e Alto Douro University (UTAD)** (Bachelor)  
Diário da República, 2.ª série — N.º 57 — 23 de Março de 2010  
  
<dre.pt/pdf2sdip/2010/03/057000000/1466814670.pdf>
  
- **Évora University (UE)** (Bachelor)  
Diário da República, 2.ª série — N.º 60 — 26 de Março de 2008  
  
<dre.pt/pdf2sdip/2008/03/060000000/1308913089.pdf>  
  
(Master)  
Diário da República, 2.ª série — N.º 9 — 13 de Janeiro de 2011  
  
<dre.pt/pdf2sdip/2011/01/009000000/0264602647.pdf> (Master)
  
- **Fernando Pessoa University (UFP)**  
(Bachelor)  
Diário da República, 2.ª série — N.º 159 — 19 de Agosto de 2008  
  
<dre.pt/pdf2sdip/2008/08/159000000/3666836670.pdf>
  
- **Piaget Institute (IP)**  
(Bachelor)  
Diário da República, 2.ª série — N.º 11 — 18 de Janeiro de 2010  
  
<dre.pt/pdf2sdip/2010/01/011000000/0248302486.pdf>