



## FINLAND

---

### I. Situation of the Profession

#### History and Development

In 1975 John Kiphard held lectures and workshops on motology in Jyväskylä University. Since then, almost for 40 years, various professionals in Finland have used this approach in their work. The word psychomotricity and its contents became widely known at the beginning of 1990s, when Jyväskylä University organized the first one-week course under the leadership of motologist Michael Passot dipl.. Subsequently, several specialists, many who were from Germany, held short courses in Helsinki or in Jyväskylä. The Finnish model has its roots in German psychomotricity (Kiphard and Zimmer), and the fact that most Finnish specialists have studied or made study excursions in Germany has deepened this connection.

#### Psychomotor/Professional Organizations

The establishment of the Finnish Association of Psychomotricity in 1994 has accelerated the spread of psychomotricity ([www.psykomotoriikka.org](http://www.psykomotoriikka.org)). The association works toward the development and promotion of psychomotricity in the fields of rehabilitation and education. Such means include cooperation with different educational institutions and the planning of specialized programmes with universities of applied sciences. The association works to enhance the research and production of psychomotor materials. For example, Renate Zimmer's "Handbuch der Bewegungserziehung" and "Handbuch der Psychomotorik" have been translated into Finnish. Additionally, courses and seminars of psychomotricity are offered regularly. The Finnish Association joined the European Forum of Psychomotricity in 1997.

### II. Education

There is no specific profession of psychomotricity in Finland, nor is there any initial curriculum of professional education. There are, however, study units in psychomotricity in many degree programmes for rehabilitation, education and social services at the Bachelor and Master levels.

The programmes of higher initial education in rehabilitation, education and social services include the obligatory studies of human psychomotor development and developmental psychology. Thus the contents of psychomotricity are based on knowledge in medical sciences, education or sports in the various professional degree programmes.

The Helsinki Metropolia University of Applied Sciences ([www.metropolia.fi](http://www.metropolia.fi)) is the only higher institution in Finland where one can study psychomotricity on a larger scale. There are study units at the basic level both in programmes for rehabilitation and social services. In elective studies there is the possibility of a three-credit course as well as an opportunity to continue practising psychomotricity in project studies with children having special needs. Moreover, there is the opportunity to study psychomotricity for four credits in the Open Helsinki Metropolia University of Applied Sciences.



## European Forum of Psychomotricity

For the first time thirty-credit specialization studies in Helsinki Metropolia University of Applied Sciences were carried out in 2008 and again in 2011. This course is the only large-scale study specializing in psychomotricity in Finland. Next time these studies are offered will be in 2013. The EFP's recommendations and national needs and educational backgrounds are considered in the curriculum. Students on this course should have a bachelor's degree in rehabilitation, education or social services and at least one year of work experience. Personal study plans will be made for each student taking into account their former studies, answering specific needs of each student. The students will be able to apply new professional practices in their workplace and promote regional development.

Some universities, including universities of applied sciences and open universities offer short units (about one credit) as part of other studies. Final thesis concerning psychomotricity have been done for the bachelor's and master's level at some universities, including universities of applied sciences. Two pieces of research at the licentiate level were published (Maija Koljonen and Mauri Pietilä) at Jyväskylä University in 2000.

### III. Practice

Many professionals in the field of education, rehabilitation and therapy use psychomotricity in their work, for example occupational therapists, physiotherapists, early education teachers, sports advisers and bachelors in the sociology field. All professions, mentioned above, have initial education in universities or at universities of applied sciences.

Psychomotricity is used mainly by professionals who work with children and young people. Group practices are offered in certain children's hospitals, health centres, day-care centres, schools and in after-school clubs.

There are a few regular activities for adults and old people, however, to increase knowledge in this area, the national association has organized courses focused for the elderly. This kind of course was organized in 2007 with the contribution of a specialist from Germany.

### IV. Legislation

Finland does not have such a profession as a psychomotorist in Finnish working life nor is it recognized by the Finnish law. Psychomotricity is understood to be a special approach or a method used by professionals working in the field of rehabilitation, therapy or education.

There are legal regulations governing these professions.

National health insurance does not recognize nor does it substitute psychomotorical therapy or rehabilitation, but in the near future this situation may change.

The Finnish Association of Psychomotricity: [www.psykomotoriikka.org](http://www.psykomotoriikka.org)