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## Psychomotor – far more than just movement

### An answer in many situations

Difficulties in coping with feelings, developmental irregularities, physical unease, problems with motor skills or with forming social contacts; psychomotor therapy offers practical assistance in many situations. It is an opportunity that can be beneficial to those of all ages!

### What is psychomotor?

Psychomotor is for children, adolescents and adults with emotional difficulties or impaired motor skills, behavioural disorders or problems with social interaction. It studies the relationship between perceptive, sensory and cognitive processes and the way they influence physical responses. The moving body is pivotal to psychomotor although the approach is constantly holistic; the psychological, social and cultural influences that shape a person are always taken into account parallel to purely physical considerations.

### How can psychomotor help?

Psychomotor promotes and enhances existing skills and abilities and helps people to achieve a better perception of their own body. It is particularly useful in supporting

- coordination,
- autonomy,
- social skills,
- self-confidence and confidence in others,
- the ability to control one's own behaviour,
- the balance between physical and emotional responses
- an increased enjoyment of movement.

Used preventatively, psychomotor can improve quality of life and promote development right from infancy.

### Who covers the costs of psychomotor therapy?

This depends upon the canton of residency. Information as to who assumes responsibility can be obtained either

- from the contact person for Psychomotorik Schweiz in your canton or
- from the independent psychomotor therapist working in your region.

Visit our website for more information: [www.psychomotorik-schweiz.ch](http://www.psychomotorik-schweiz.ch)

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