



6th Congress of European Forum of Psychomotricity

5 to 7 of May 2016  
in Lucerne, Switzerland

Movement and lifelong development

## **6th Congress for Psychomotricity of the European Forum of Psychomotricity in Switzerland**

### **Movement and lifelong development – Psychomotricity in each age and life situation**



Thursday, 5 May to Saturday, 7 May 2016  
Kantonsschule Alpenquai, Lucerne

## **Review**

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# 1 Editorial

The "6th Congress of European Forum of Psychomotricity" is a great caption with many attached emotions. For three days the Swiss Psychomotricity Association and the European Forum of Psychomotricity were able to welcome numerous faculty representatives from different countries, to Lucerne.

This flashback was written by the Organization Committee, that includes Regula Seeholzer, Ursina Lachappelle, Nicole Messner, Michèle Schumacher and Anina Brunner. And we hereby invite you to once again indulge in the memories through our descriptions, to find new information in graphics and to retrieve experiences in your thoughts through the photos. The photos were taken by Seraina Hohl, who accompanied us with her camera.

But we do not want to detain you any longer: immerse yourself in three days of congress, packed with knowledge, encounters and memories.

# 2 Foreword

Dear colleagues,

The 6th Congress of European Forum of Psychomotricity, organised by the European Forum of Psychomotricity (EFP), took place in Lucerne from the 5th to the 7th of May 2016.

It was locally organised by the Swiss Association of Psychomotor Therapists, which is the EFP delegation of Switzerland, in collaboration with the Swiss higher education schools, which offer bachelor psychomotricity courses. Three hundred persons from over 18 European countries and other regions of the world have participated in this important scientific and professional event.

The organisation committee and the scientific committee have presented excellent competence and professionalism, which was essential to the success of this congress, in coordination and cooperation with the EFP delegates and the EFP board. This success was also due to an integrated and systematic perspective of the organisation, related not only to logistics and financial balance, but also to the scientific program, political initiative, social program and strategy of divulgation.

The congress was an occasion to meet, to listen, to discuss, to share information and to plan for the future, in subjects related to education, research and professional developments, helping us to define how we should conduct our decisions and activities to promote psychomotricity in Europe and also to establish personal or institutional relations with colleagues from other parts of the world.

The congress has brought together renowned experts around the theme "movement and lifelong development", emphasizing the conceptual and methodological connexion between body and mind, as well as the political integrative idea of connexion between people of all nations.

Europe is currently at the crossroads of its future, in a difficult situation of economical and social crisis, and given today's demands from the political and economical sectors, it is necessary to improve and consolidate the professional, educational and research efforts to validate and to express the exceptional value of psychomotricity.

For that purpose, it's essential to prove the quality of professional practices and to develop innovative methodologies in new sectors of activity, so that we can produce long-term value development in our field. Indeed, the congress offered an opportunity to discuss psychomotricity as an approach based on scientific evidence, and also to present professional experiences and appoint principles and strategies to train students and professionals.

EFP seeks to sustain and increase its excellence as an institution that supports psychomotricity in Europe. Since its creation in 1996, associated countries have increased their knowledge of each other and the interest to learn from each other. This spirit we kept throughout this congress, which has provided us with an open forum to exchange scientific ideas, inspire new research and professional practices, as well as new contacts for closer co-operation, so that we can, altogether, embrace the future with hope and perspective.

Rui MARTINS

President of the European Forum of Psychomotricity

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Dear friends of psychomotricity,

Almost 5 years ago, the EFP asked the Swiss Psychomotricity Association (Psychomotorik Schweiz - Psychomotricité Suisse – Psicomotricità Svizzera), whether the association would take over the organisation of the 6th Congress. As a Swiss delegate in the EFP I made first investigations and could soon win over individual members for the organising committee. Without the support from Ursina Lachappelle-Brand and Nicole Messner from the very beginning, I probably could not have accepted. With Anina Brunner and Michèle Schumacher, another two energetic women joined the team. With Janine Wigger Sidler from the Centre for Conference, Event and Publication Management (TEP) at the University of Teacher Education Lucerne (PH Lucerne) we had brought an experienced conference organiser on board, who was of great assistance to us. During the preparations we could also count on the support of two educational institutions in Switzerland - the University of Applied Sciences of Special Needs Education (HfH) in Zurich and the Haute École de Travail Social (HETS) in Geneva. Students from both tertiary institutions supported us during the congress.

For questions regarding the organisation of a congress, the EFP board provided active support.

The scientific committee with Franco Boscaini (Italy / EFP), Michel Probst (Belgium / EFP), Daniela Giuliani (Switzerland / Psychomotorik Schweiz), Myrtha Häusler and Daniel Jucker (Switzerland / HfH Zurich) and Anne-Françoise Wittgenstein Mani (Switzerland / EFP) supported us in selecting the presentations.

During the congress, the chairmen and chairwomen were able to welcome many speakers and workshop leaders from all over Europe, who brought their scientific or practical experiences to Lucerne and thus allowed for interaction across language borders. New research results were presented through posters. We were able to welcome numerous exhibitors in the main hall.

All the mentioned persons and institutions deserve a very big thank you. Without their support, the 6th Congress of EFP in Lucerne would not have run as smoothly and glamorously as it did.

Thank you for having been a part of it.

Regula Seeholzer

President of the Organising Committee and Board Member of the EFP

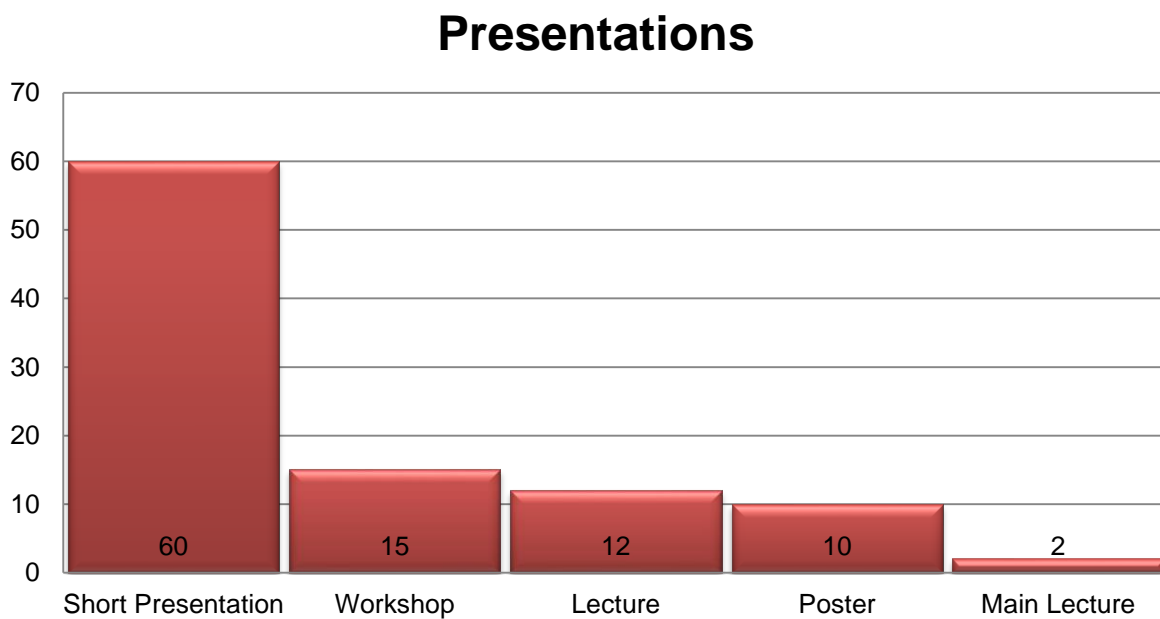
### 3 Statistics

Within the three days of the congress, we were able to enjoy countless short presentations, many lectures, some workshops and two keynote speeches. People from all over Europe came and presented, lectured and took part in the 6th Congress of EFP.

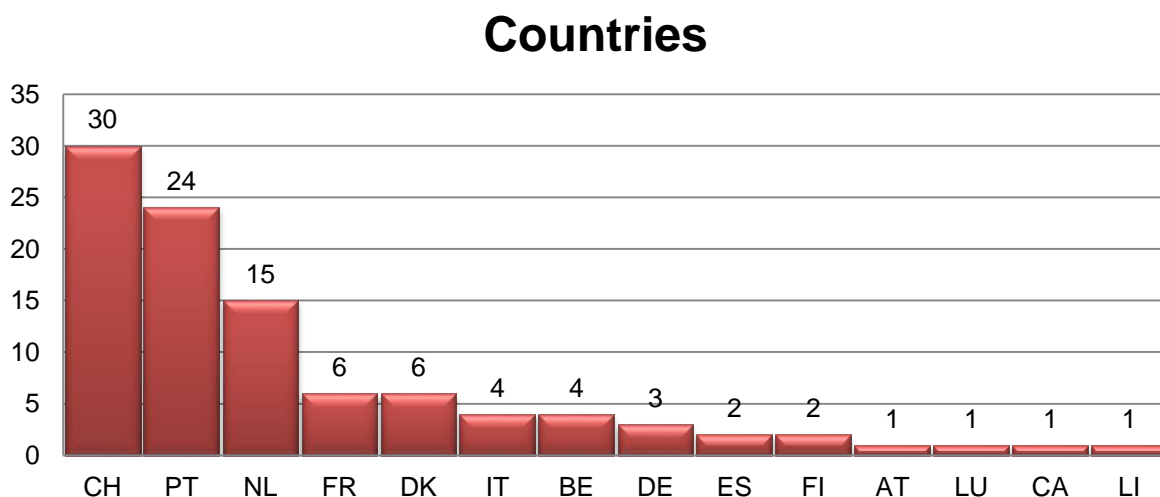
Here is a summary of our congress in numbers and bundled into graphics:

Maybe you were wondering, in how many short presentations knowledge was transferred during the congress?

In the following chart you see what we offered in Lucerne from the 5th – 7th May 2016:

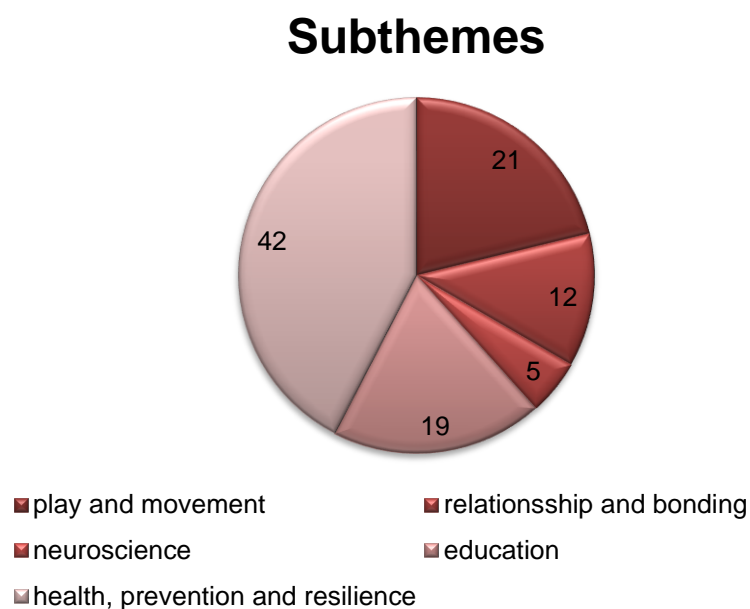


But even more interesting is certainly the question, from which countries most of the lectures came from?

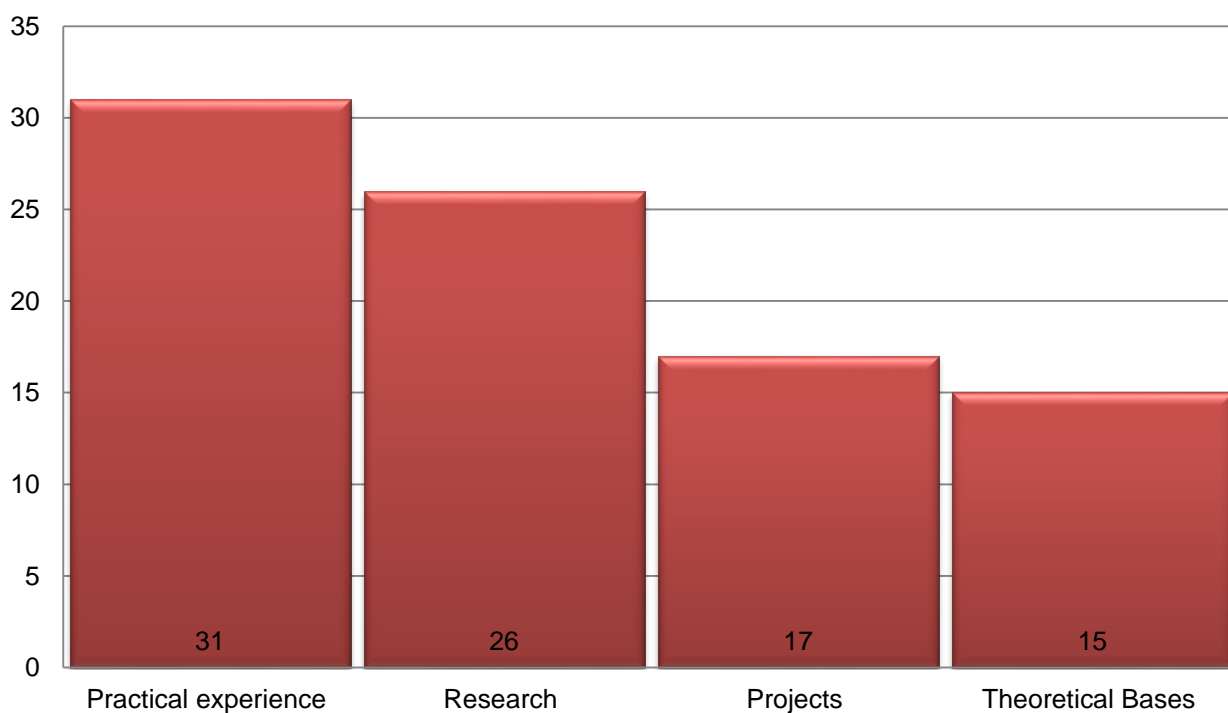


The main theme of our congress was "movement and lifelong development". This theme was divided into the sub-themes "play and movement", "relationship and bonding", "neuroscience", "education" and "health, prevention and resilience".

In the following illustration you see the percentage distribution of our sub-themes on the presentations, short presentations and workshops:

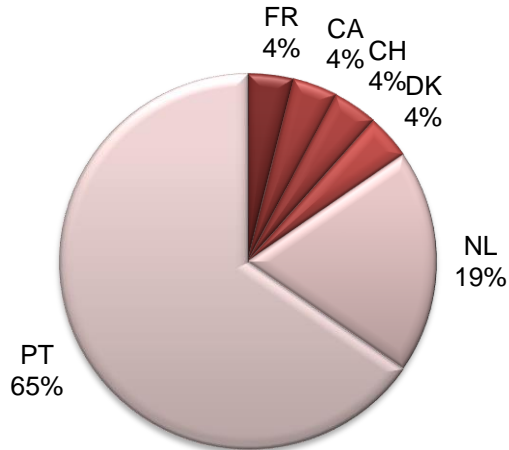


Based on the abstracts we divided the presentations into the areas of "research", "practical experience", "theoretical foundations" and "projects".

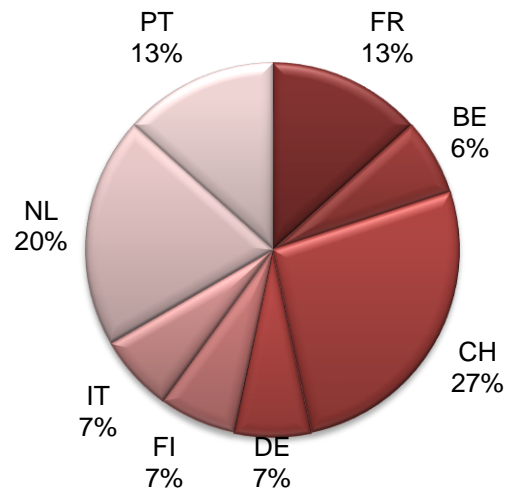


Approximately one-third of the presentations were research work and practical knowledge reports. It was interesting that most of the research conducted in Portugal and the Netherlands were presented. Most practical experiences, theoretical foundations and projects were presented by Swiss, followed by people from the Netherlands.

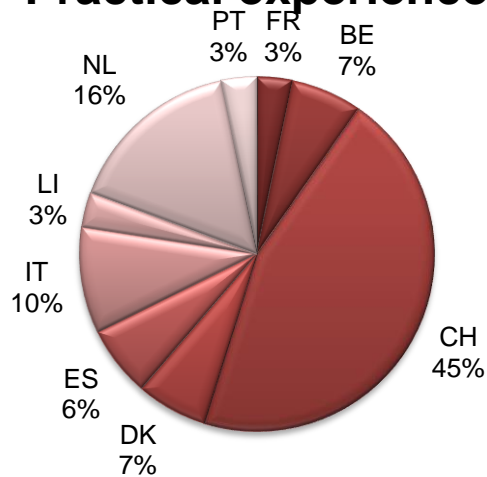
### Research



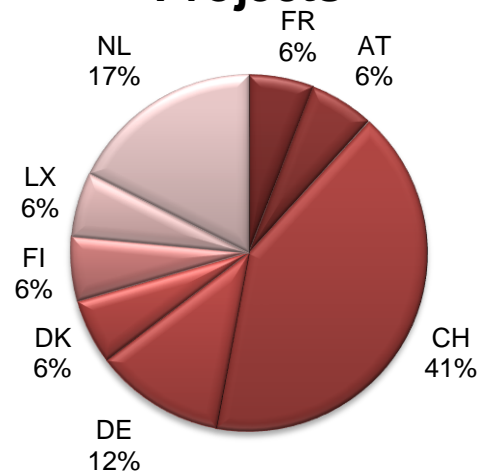
### Theoretical Bases



### Practical experience



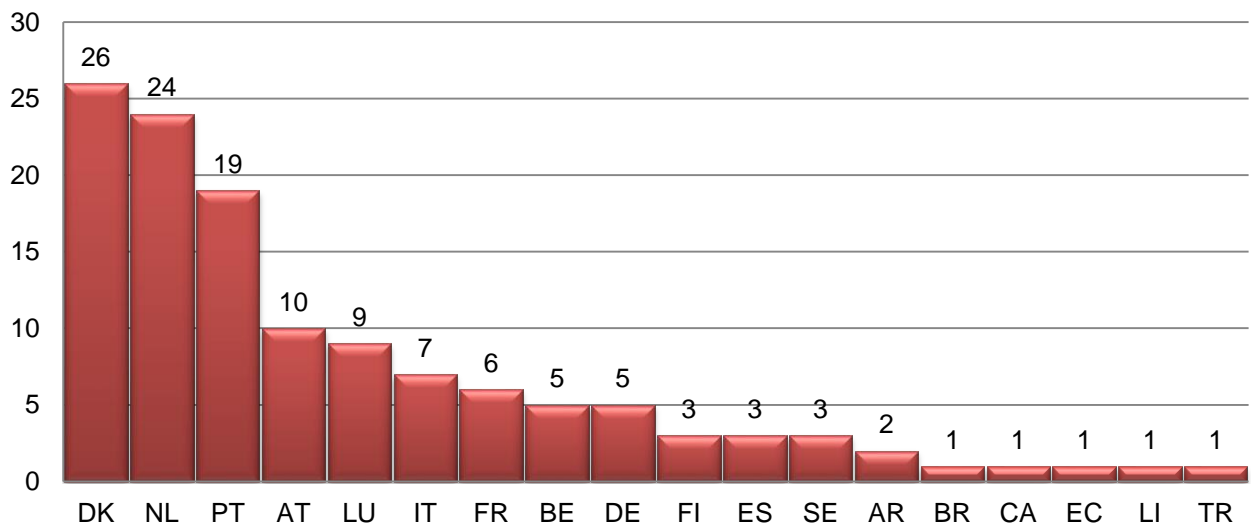
### Projects



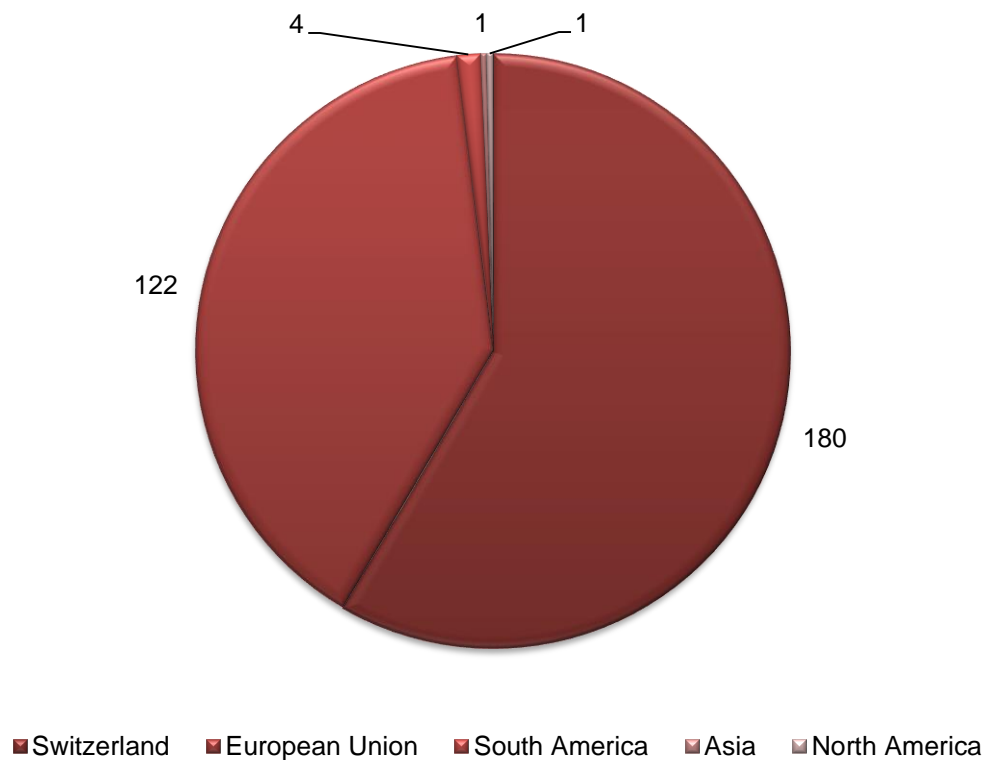
The 6th Congress of EFP would not have been as successful without its visitors.

Participants from over 18 countries traveled to Lucerne and have jointly brought the different worlds of psychomotricity closer together.

## Participants by Country



## Participants by Region





## 4 Congress Diary

Thursday, 5th May 2016

This day started at 7:30 am for the organizing committee and shortly thereafter the students arrived onsite of the Alpenquai cantonal school. In a tour we inspected the rooms, put signposts on the pathways and set up the rooms. The atrium was increasingly filled with noise and color by the exhibitors, and the smell of coffee and fruitcake rose into the noses of those present. At 12 o'clock the doors opened for the first congress participants and by 2 pm the hall was filled with conversations and cheerful greetings. The singing group "Vocabular" entertained the guests in the courtyard with their male voices, while the sun beamed radiantly.



Then at 2:30 pm the long-awaited moment for the organising committee, the assistants and the speakers, but of course also for the congress participants came at last: the opening ceremony. As president of the organizing committee, Regula Seeholzer opened the congress together with Peter Sonderegger, commissioner of education services in the canton of Lucerne, and Rui Martens, president of the European Forum for Psychomotricity.



Those present then hung on the lips of Beatrice Uehli Stauffer and Fitzgerald Crain with their main presentations on the topics of "psychomotricity and child development" and "psychomotricity therapy: A space for opportunities, a space for encounters".

In between, we could once again enjoy the voices of "Vocabular" and briefly refuel with solar energy.

The conclusion of the opening ceremony took Simone Reichenau, president of Psychomotorik Schweiz and Anne-Françoise Wittgenstein Mani, head of the department for psychomotricity therapy at the HETS.

The welcome drink was then also offered from the HETS. Outside in the open air friendships were revived and first new contacts were made and so a first congress day ended with happy and satisfied faces standing in the evening sun.



## Friday, 6th May 2016

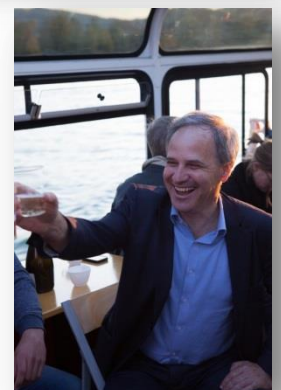
The congress day on Friday was fully committed to professional exchanges in short presentations, workshops and lectures. Various topics were lectured and discussed. A diverse and interesting program was thus offered to the congress participants.

A highlight of the day was the "round tables": In two rooms the experts discussed the topics "grafomotricity" and "stress and psychosomatics" under the guidance of members of the organising committee.



After extensive professional exchanges, we turned our attention to a colorful leisure program in the evening. Under the guidance of the local students we left the congress areal and went into the city of Lucerne. Some met for a lovely dinner between 6 - 9 pm on the Reuss-terrace of the Zunfthaus restaurant Pfistern. Simultaneously, some groups were able to experience a two-hour tour of Lucerne in German, French or English, whereby they learned a lot about the host city. During a three-hour boat ride the "Aurora" chugged over Lake Lucerne, allowing its passengers to enjoy some spectacular views of Lucerne in the evening sun and so immersed in a magnificent ambiance.

And so the second day of the congress also ended in a relaxed atmosphere.





## Saturday, 7th May 2016

The last day once again offered a number of lectures and presentations and delighted the congress with copious sunshine. Thanks to the wonderful weather, the participants were again able to enjoy the atrium and receive information from exhibitors on the latest trends in the world of movement, on professional literature and therapy-room equipment. Moreover, outdoor panels displayed posters conveying impressions of interesting studies from all over Europe. On this day our catering team pleased our culinary taste buds with the traditional dish "Älplermagronen". Already on Friday, the local dish "Luzerner Pastetli with rice and vegetables" was served, allowing for the visitors to also enjoy and discover Switzerland through their palate.

After only three eventful and unforgettable days, the closing ceremony was held today. Regula Seeholzer looked back once again in numbers at the 6th Congress of European Forum of Psychomotricity and thanked the countless helpers, without whom this conference would not have been possible. As president of the Commission for Research of the EFP, Michel Probst formulated very captivating words relating the congress to science, and Rui Martens, as president of the EFP, was given the task to close the 6th Congress. The dance group "Goldrausch" gave the closing ceremony a festive atmosphere with their performances and once again perfectly staged the main theme "movement and lifelong development".

The final highlight was yet to begin at 8 pm: The congress party was held in a special place, namely in an old Lucerne swimming pool. At the "Neubad" everyone danced together until the late hours of the night, to the sounds of music from DJane Madame Chapeau. Through movement and dance the language barriers were broken one last time and Europe again became slightly smaller for psychomotricity.



## 5 Report of two outstanding workshops

I had the privilege to take part in two workshops during the congress. They were both lead by two experienced psychomotor therapists from Switzerland and Belgium.

The first workshop was held by Vanessa Solioz de Pourtalès, psychomotrician, PhD Psychology. She lives in Geneva and often works in France. She is specialised in psychomotricity with babies. She presented her work with babies in crèches on the theme of awakening to movement. Her work is a pioneer work, as a psychomotrician in this field.

Her workshop contained mostly practical work accompanied by theoretical support. From the moment I engaged in the exercises I felt like being in a contact improvisation workshop. For those of you who know this type of dance you might get a sense of the type of movements I am talking about and which I will describe further on.

Body, weight, space and strength/muscle tone are at the core of all human movements. Reproducing the natural movements of babies, adults learn to manipulate without tension or hesitation. Vanessa showed us different types of manipulations that follow the natural pattern of movement: knowing where to place our hands and indicating clearly the direction of the movement, either straight line or spiral. Helping babies to creep, crawl, to turn to one side, to sit or to get up are important moving momentum for babies. We tried an example in the group with the help of a partner: moving from the supine position on the floor to standing up then back to the floor following the spiral. This illustrates a natural body movement using the appropriate amount of weight and organisation in space given by the manipulator.

Vanessa also drew our attention to negative situations in crèches and in particular to the handling of babies: one example is lifting babies under the armpits. This manipulation does not contribute to the wellbeing of babies. Another example is changing a baby's position without using his natural developmental movement.

The workshop was filled with lightness and fun! I experienced how participants sense the difference between a smooth manipulation and one that feels rather rocky.

Vanessa has written a book: *Eveil psychomoteur du tout-petit*. Genève, Médecine et Hygiène 2013 which I highly recommend. In Switzerland we are working on promoting this kind of work with little ones. Vanessa can be contacted to give workshops in Europe: [vanessasoloz@orange.fr](mailto:vanessasoloz@orange.fr)

The second workshop treated the much highly present disorder in our society and in the medias: eating disorders and psychomotor therapy. Michel Probst, Prof. Dr. of KU Leuven Belgium organised his workshop around theory and practical exercises.

The contents discussed were the following: the self concept, the body image and the theory of lenses (Probst, 2007) - namely the neutral, internal, external and the ideal lense. These concepts are put in relation with psychomotor methods. Defined goals, a stepwise approach with exercises from various body-based activities such as e.g. relaxation, dance, massage form the psychomotor intervention by Michel Probst.

I participated in two exercises which allow me to feel a direct on my own body and mind. The first one was a group venture where teamwork, physical contact and body regulations are at play: A small group is standing on a little piece of carpet and is asked to reverse the carpet without standing on the floor. I feel how my own body weight and my body skills need to be adapted accordingly. Trust in myself and in the groups as well as my internal body image especially the body limits are activated.

The other exercise displayed a situation where one person is in the center of a group of people sitting on chairs in a circle. The leader asks: who wants to remain in the center for a minute? This seemingly simple situation has the strong potential to activate one's personal defences immediate-

ly. The group's presence has a strong impact on the person at the center of attention. The therapist can then draw information on the client's present state on being able to show himself with his body. Themes around self-acceptance and contact are clearly visible. A powerful exercise! The body image therapy by Michel Probst proves positive results. 82% of patients (N=100) indicated that they were satisfied with the body image therapy.

I was pleasantly surprised by Michel's enthusiastic and energizing way of presenting this material to the participating group. I could sense that the audience was highly attentive. If you wish to contact Michel around this or other topics, please do so: [Michel.probst@faber.kuleuven.be](mailto:Michel.probst@faber.kuleuven.be)

Michèle Schumacher  
Member of the Congress Organising Committee



## 6 Testimonies from Participants

In this brief description we describe the congress based on the feedback and the impressions received from the participants by e-mail, phone or in person.

We are proud that in these messages no negative points are listed.

The smooth organization received particular praise, but also the choice of the congress site, the town and the locality are positively assessed in some mails.

The special atmosphere was thanks to the fortunate contribution of the sun and the lake. Our catering was in charge of our physical wellbeing and will be kept in good memory for that.

In the mail a lot of gratitude is expressed towards the knowledge which was presented at the congress. New thoughts and ideas have been found and different points of view about our profession were brought closer. The exchange of these ideas and perspectives were for many participants, especially for the development of their work life, an enrichment.

Last but not least is the evaluation of the social moments, such as the welcome drink, city tour, or party, which should not be left out. These are also highly valued and should take place at each congress, because they contribute significantly to the networking of our profession throughout Europe.

We think back with pride at the 6th Congress of EFP and are still inspired by all the impressions and experiences.



## 7 Organising Committee Evaluation

During a final meeting, we once again critically questioned the congress as well as its preparations: we gave thoughts to the cooperation before and during the congress, the order of events and also the time and energy spent. At this point we want to formulate some tips for the next organising committee, that could help them save work and allow for the congress to proceed more smoothly.

During the preparation phase, the fastest flow of information for the organising committee was through the exchange via Dropbox and email.

The collaboration with the scientific committee and the board of EFP ran quickly and smoothly. Important was also the support from the fiduciary institutions (HfH and HETS), from “Psychomotorik Schweiz”, and indispensably the help from the Centre for Conference, Event and Publication Management (TEP) at the University of Teacher Education Lucerne (PH Lucerne), represented by Janine Wigger Sidler, especially in the areas of registration, congress enrolment and website.



A substantive amount of time was spent creating all the new documents. For the next congress, the organising committee is welcome to contact us and take advantage of our experience. Also, when budgeting, remember to include the free participation of some presidents of partner organisations and the delegates.

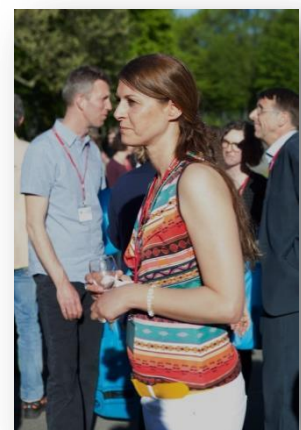
During the days of the congress it became obvious that it is organisationally easier if you can allocate the congress to nearby rooms and have a gathering place for any questions and information. For some speakers the time management was difficult, which then at times disturbed the schedule a little.

We have found the chairmen / -women to be very useful for this purpose, but one must take note to ensure that this task is not only divided among the delegates of the EFP, but to resort to acquaintances.

On the third day we noticed a sharp decline in participants. To say in general, more time should be allowed for discussion during the short presentations.

The choices of the "Round Table" could be extended and the participants should already be queried about their interests for discussion topics before the congress starts.

Also, the presentations present themselves to be regrouped into research, theory, practice and projects.



## 8 Finance

At the General Assembly in 2013, the members of the Swiss association of psychomotor therapists, Psychomotorik Schweiz, gave the green light for the organisation of the European Congress 2016 in Switzerland and approved the financial consequences for the association (15'000 SFr. deficit guarantee and covering the expenses for the organising committee during 4 years). In the budget presented in 2013, we were assuming that 450 participants would attend the congress during the three congress days. In spring 2015, we had to determine the congress fee, based on the budget items that were known at that moment and on the budgets from former congresses. For financial and administrative reasons, we decided not to offer day passes. The congress fee had been set to € 270 / CHF 300 when registering before the end of December 2015 and to € 300 resp. CHF 330 when registering from 1st January on. We had to take into account that lecturers and workshop leaders as well as the EFP-delegates did not have to pay the congress fee -in the end almost one quarter of the participants did not have to pay the congress fee.

In the course of the registration period, it became clear that (especially from the country of organisation) there would be less participants than expected. In order to have a balanced budget, we had to adapt certain programme elements. Further, shortly before the expiration of the registration period, day passes were available for last minute participants in order to generate more receipts.

In addition to the receipts of congress fees, about 14'000 SFr. could be generated by advertisements in the congress programme, booth fees from the exhibitors and sponsoring funds. In the end, the 6th Congress of the European Forum of Psychomotricity can present a balanced budget. The expenses of the organising committee have been paid by Psychomotorik Schweiz and are therefore not listed in the budget overview below.

### Receipts

Congress fees	70'150.82
Annulation fees	550.00
Advertisement in congress program	1'340.00
Fees exhibitors	5'570.00
Contribution Luzern Tourismus	5'000.00
Contribution HETS Geneva (Aperitif)	2'000.00

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**84'610.82**

### Expenditures

Space rent Alpenquai	6'865.00
Catering and housekeeping Alpenquai	28'791.00
Organisational support (TEP)	13'410.00
Conference brochure and confirmation forms	3'020.70
Translations website	817.65
Travel Costs (delegates, workshop leaders, lecturers)	14'604.40
City tours (boat, foot, train)	1'754.00
Congress party (space rent and DJ)	2'898.00
Animation congress (Vocabular, Goldrausch tanzt)	1'700.00
Simultaneous translation	6'850.20
Photographer	500.00
Various costs (Congress bags, water for bags, badges etc.)	2'634.30

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**83'845.25**

### Profit

**765.57**

\*Dept loss (No shows and not paid admin. fee)

2'630.00



## 9 Private Rooms

In order to reduce the congress costs for our participants somewhat and to bring forth the personal side of Switzerland at the same time, there was an option to sign up for private lodging. We therefore distributed registrants to 15 households who altogether offered 27 private beds.

For those guests, but also for the hosts of those private lodgings, the three days were a special opportunity for international encounters.

So it came, for example, that the three Dutch guests of Marta and Philipp Haas were able to enjoy a short hike on the Bürgenstock mountain on Saturday evening.



## 10 20 Years EFP – Day of Psychomotricity

The European Forum of Psychomotricity was founded in 1996, which means, we are celebrating 20 years of formal existence.

Indeed, in September 1996, during the first European congress of psychomotricity, organized by Tilo Irmischer at Marburg, representatives from the founding countries have signed the preliminary agreement, which after a short time lead to the formal signing of the statutes in Strasbourg.

After that moment, many professional and scientific initiatives and documents were produced to achieve the EFP goals, involving many colleagues from the 15 countries, which have participated with their efforts and competence to the development of this European project.

In the celebrating logic of this very special year, the EFP has created the “European Day of Psychomotricity”, which will be celebrated every year on the 19th of September.

Delegates, national associations, institutions, schools or individual members were invited to celebrate the day with their own ideas and initiatives, to promote visibility and acceptance of psychomotricity and the feeling of unity and identity of psychomotricians in Europe.

## 11 Acknowledgements

A congress of this size would not have been possible without the help of the many parties involved. So we want to say "thank you!" in this flashback.

Without professionals, who handed down their knowledge based on their daily work, the audience would not have received any fascinating input for their everyday work. So a big thank you to these speakers and all interested congress participants, without whom the exciting exchange during the congress would not have taken place.

In order to ensure the speakers did not lack anything, including full support on technical aspects, our students from the HETS and the HfH were here to assist. Thank you to the many helping hands.

The chairmen and chairwomen took care to guarantee the smooth running of the lectures. They introduced the speakers and had to keep track of time management. Thus there was a brief introduction before every presentation, and the timely transitions were ensured.

The financing of such a big event cannot be covered by participation fees alone and thus we would like to thank our sponsors and exhibitors for their donation and their attendance.

At this point a big thanks also to Psychomotorik Schweiz: We were not only financially but also mentally generously supported.

The scientific committee of the EFP and the educational institutions for psychomotricity in Switzerland, the HETS and HfH, worked very hard to offer our guests an academic and substantially diverse program: Thank you!

We also thank the staff of the Alpenquai cantonal school, as well as the catering, which complemented the team and thus contributed to the memorable occasion.

In order for visitors from all over Europe to save some costs and to received a more personal view into Switzerland, private persons offered lodging on their premises where you could stay. These "private rooms" were used and appreciated by some participants. Thanks to the hosts for opening their doors.

In order for this great event to also be captured in images, Seraina Hohl accompanied us as a photographer during the three days and shot commemorative professional photos. For these wonderful memories we would like to give a heartfelt thanks.

The organising committee had received valuable support from the professional side, in the person of Janine Wigger Sidler from the Centre for Conference, Event and Publication Management (TEP) at the University of Teacher Education Lucerne (PH Lucerne), which was vital.

At the end of this long list it is clear how many people worked for this unforgettable congress. We, the organising committee, are immensely grateful for the fun and joyful cooperation.





## 12 Outlook on the Next Congress

At this point we want to refer to the 7th Congress of European Forum of Psychomotricity. Probably it will take place in the year 2020.

Please refer to the homepage of the EFP to receive more information at the appropriate time:

**[www.psychomot.org](http://www.psychomot.org)**

