



Study Plan

School: School of Health and Human Development

Degree: Master

Course: Psychomotricity (cód. 621)

1st Year - 1st Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
PSI12065M	Psychopathology and Psychomotricity	Psychology	6	Trimester	156
DES12066M	Psychomotricity and Neuropsychological Functions	Human Kinetics	3	Semester	78
PSI12067M	Introduction to Psychoanalysis	Psychology	3	Semester	78
DES12068M	Observation Methods of Psychomotor Expression	Human Kinetics	6	Trimester	156
DES12069M	Quantitative Research Methodology	Human Kinetics	6	Trimester	156
DES12070M	Theories of the Psychomotor Practice	Human Kinetics	6	Trimester	156

1st Year - 2nd Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
PSI12071M	Expressive Therapies and Corporeality	Psychology	6	Semester	156
DES12072M	Psychomotor Practice	Human Kinetics	9	Semester	234
DES12073M	Psychomotor and Psychosomatic Performances	Human Kinetics	3	Semester	78
DES12074M	Psychomotor Performance and Learning Difficulties	Human Kinetics	6	Semester	156
ENF12075M	Qualitative Research Methodology	Nursing	6	Trimester	156

2nd Year - 3rd Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
DES12076M	Clinical Seminars	Human Kinetics	3	Trimester	78
ENF12077M	Planning in Health and Governance of Clinical Practice	Nursing	3	Trimester	78
PED12078M	Nonverbal Communication in the Psychomotor Practice	Education Sciences	6	Semester	156
DES12079M	Psychomotor Performance and Kinesiology	Human Kinetics	3	Semester	78
DES12080M	Therapeutic Relaxation	Human Kinetics	3	Semester	78
Dissertation					
Report					

2nd Year - 4th Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
Dissertation					
Report					



Conditions for obtaining the Degree:

*** TRANSLATE ME: Para conclusão do curso é necessário a aprovação (através de avaliação ou creditação) das seguintes unidades curriculares:

1º Ano

1º Semestre:

6 UC obrigatórias num total de 30 Ects

2º Semestre:

5 UC obrigatórias num total de 30 Ects

2º Ano

3º Semestre

5 UC obrigatórias num total de 18 Ects

Para obtenção do grau, é necessário também a aprovação na Dissertação ou Relatório de Estágio, com um total de 42 ECTS, no 3.º e 4.º Semestre. ***

Program Contents

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Psychopathology and Psychomotricity (PSI12065M)

1. The notion of normal and pathological in the context of development
2. Theoretical perspectives and classification in psychopathology
3. A comprehensive approach to some psychopathological conditions:
 - Neurodevelopmental disorders
 - Psychotic disorders
 - Depressive disorders
 - Anxiety disorders
 - Eating behavior disorders
 - Disruptive and behavioral disorders
 - Somatization disorders
 - Neurocognitive disorders: the case of dementia
4. Body and psychomotor expression in psychopathology

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Psychomotricity and Neuropsychological Functions (DES12066M)

1. Evolutionary and neuropsychological bases of psychomotricity
2. Neuropsychological models of psychomotricity: pioneers and new contributions
3. Study of brain-mind-body-movement relations; embodiment
4. Mirror neurons, empathy and compassion
5. Body and emotion - interrelationships
6. Body image and interoception in eating disorders
7. Executive functions and emotional control / regulation
8. Imagery and mental practice in rehabilitation
9. Mind-body interventions in aging
10. Self / body experience in schizophrenia
11. Self / body experience in trauma victims
12. Psychomotor intervention based on current knowledge from the neurosciences
13. Assessment methods of the main constructs studied



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Introduction to Psychoanalysis (PSI12067M)

1. The creation of Psychoanalysis and its evolution.
 - Freud and the creation of Psychoanalysis
 - Freudian metapsychology
 - The evolution of the psychoanalytic movement
 - Relational / intersubjective psychoanalysis
2. Mental functioning from psychoanalysis
 - The unconscious
 - Object relations
 - Defensive processes
 - Psychopathology from a psychoanalytic point of view
3. The birth of psychic life. Contributions to the understanding of the construction and development of the psychic world.
4. Psychoanalysis as a therapeutic process. Some fundamental concepts
 - Therapeutic relationship, transference and countertransference
 - Listening to the other and the analytical function
 - Change and resistance to change

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Observation Methods of Psychomotor Expression (DES12068M)

Part I

1. Different types of research in Psychomotricity
2. Tools to assess the methodological quality of studies;
3. Observational methodology in the design of research studies on psychomotor expression;

Part II

4. Fundamentals of Observational Methodology;
5. Selection, adaptation and development of systematic observation systems;
6. Recording and data analysis techniques;
7. Psychometric qualities of a systematic observation system: study of validity and reliability.

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Quantitative Research Methodology (DES12069M)

1. Quantitative research methodology.
2. Scientific method.
3. Types of variables.
4. Reliability and validity.
5. Analysis of quantitative data with the Statistical Package for Social Sciences (SPSS) program.



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Theories of the Psychomotor Practice (DES12070M)

- Historical topics of psychomotricity: The Reeducation of Psychomotor Therapy from Dupré, Ajuriaguerra, Jolivet, Lapierre, Aucouturier, Sami-Ali, Joly, Pireyre, Fonseca to the present day.
- The problems associated with the needs of a psychomotor “help”.
- The Body Image, Body the Scheme, the Imaginary Body, and the Real Body in Psychomotricity.
- The composite image of the body as the foundation of psychomotor practice.
- Phantoms of action and symbolic actions.
- Phantoms of action and motor skills.
- The body archaic anxieties
- The communication skills of the body.
- The motor expressiveness of the child.
- Mediators used for different characteristics according to the disturbance or symptoms presented by the child or adolescent.
- The position of a multidisciplinary and multi-professional psychomotor team.
- The ethics of therapeutic act.
- The ethics of therapeutic act.

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Expressive Therapies and Corporeality (PSI12071M)

- 1- Corporeity, health, illness, and therapeutic processes
- 2- Psychomotricity and Expressive Therapies
- 3- Principles and Practices of Expressive Therapies
- 4- Conceptual and methodological aspects of Expressive Therapies: Uni and multimodal perspectives
- 5- Expressive therapies with different populations:
 - 5.1 Mental Health
 - 5.2 Autism Spectrum Disorders
 - 5.3 Social Behaviour Disorders
 - 5.4 Trauma
 - 5.5 Oncology
 - 5.6 Palliative Care
 - 5.7 Dementia
- 6- Workshops and simulated practice

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Psychomotor Practice (DES12072M)

To achieve these objectives we defined the following contents:

- Paradigms and concepts in relational psychomotricity
- Genesis and development of the expressiveness of the body (tonic-emotional dialogue, creative act and representation), in the theoretical framework and the practical experiences.
- The application of psychomotor practice through physical expressiveness Conditions.
- The objectives of psychomotor practice
- The device of practice
- The device of material
- The progressive installation of the device
- The successive stages of the session and its contents
- The rating of the game in psychomotor
- The attitude of psychomotor (tonic-emotional empathic resonance)
- Individual and group support
- The relationship of practice with different problems of development and psychopathology



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Psychomotor and Psychosomatic Performances (DES12073M)

- Introduction to the history of conceptualization of psychosomatics as a disciplinary and scientific field;
- Psychosomatic disorders: Physiological and psychological classification;
- Epidemiological, social and ecological issues;
- Transcultural Psychosomatic: The somatization role among cultures;
- The importance of early relationships: Attachment theories and the consolidation of emotional and tonic dialogue;
- Predisposing and determinant factors of psycho-affective development;
- Theory Of Mind: neurological development of empathy (Face-tie and knowledge about others states of mind);
- HPA System: stress management and regulation;
- Mental representation: gestures, from sign to signifier;
- Biological rhythms and body and emotional states;
- Integration of emotional and biological factors in somatic disorders;
- Different therapeutic approaches of a psychosomatic nature;
- The role of psychomotricity as a psychosomatic science and therapeutic approach.

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Psychomotor Performance and Learning Difficulties (DES12074M)

1. Perspectives on Learning Disabilities: Neuropsychological Approach
2. Perspectives on Learning Disabilities: Cognitive Approach
3. Perspectives on Learning Disabilities: Contextual Approach
4. Reading Learning Difficulties
 - 4.1. General Difficulties
 - 4.2. Specific Difficulties - Dyslexia
5. Writing Learning Difficulties
 - 5.1. Graphomotor Difficulties - Dysgraphia
 - 5.2. Orthographic and Semantic Difficulties - Dysorthographia
6. Mathematic Learning Difficulties
 - 6.1. General Difficulties
 - 6.2. Specific Difficulties - Dyscalculia
7. Altered Psychomotor factors in children with learning disabilities
8. Psychomotor prerequisites and the role of psychomotor factors for writing, reading and mathematics
9. Psychomotor assessment in children with learning disabilities
10. The Psychomotor intervention in Learning Disabilities and in LD prevention

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Qualitative Research Methodology (ENF12075M)

- Characterization of the constructivist paradigm;
- Characterization of qualitative research versus quantitative research;
- Nature of subjects of study that require qualitative research;
- The process of qualitative research:
 - o research questions and objectives;
 - o data collection instruments;
 - o data analysis tools - content analysis;
- Methods of qualitative research:
 - o Ethnographic Method
 - o Grounded Theory
 - o Phenomenology
- Use of software in data analysis in qualitative research



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Clinical Seminars (DES12076M)

- Reflection on the role that plays in psicomotricista quality of their therapeutic practice.
- Reflection in order to promote positive change, new research and develop the critical psicomotricista.
- Analysis of different cases in different practices in order to become aware of the multidimensionality of the therapeutic process.
- Through the presentation of cases to understand the relationship focused on professional requirements, training, work and emotional development.
- Reflection on the development of practices guided by a qualified professional.

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Planning in Health and Governance of Clinical Practice (ENF12077M)

Structure and dynamics of healthcare organizations.

Health care planning.

Leadership processes

Pillars of clinical governance:

Involvement of the patient.

Clinical audit.

Education and training.

Management of clinical information.

Resource Management.

The clinical effectiveness.

Risk management and patient safety.

Knowledge and skills management.

From scientific knowledge to clinical practice

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Nonverbal Communication in the Psychomotor Practice (PED12078M)

1. Human communication.

1.1 Verbal aspect.

1.2. Non-verbal aspect

1.2.1. Field and functions of non-verbal communication.

1.2.1.1 Body language.

1.2.2.Non-verbal communication in the psychomotor practice.

2.Barriers, of non-verbal nature, to communication, in the psychomotor practice.

2.1 Among people, among people and groups and among groups.

2.2 In situation.

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Psychomotor Performance and Kinesiology (DES12079M)

1. Conceptual Location and Basic Concepts

2. Techniques of measurement and quantification of the movement

3. Element of Kinesiology for movement Analysis

4. Kinematic element for analysis of motion

5. kinetics Element for analysis of motion

6. Neuro-mechanical Basis for analysis of the movement

7. study of Variability and Motor control in human movement



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Therapeutic Relaxation (DES12080M)

I. The historical and epistemological aspects of TR

a. The body experience in relaxation

II. Clinical populations in mental health and chronic pain settings

a. The. Psychopathology (Disorders: depressive, anxiety, obsessive-compulsive, somatic symptoms, bipolar, psychotic);

b. Pain: Definition, characterization, types, comorbidities, evaluation, dominant models

III. Particularities of TR in mental health and chronic pain settings

a. Methodological principles and objectives

b. Physiological, psychomotor and emotional aspects

c. Indications / contraindications

d. Therapeutic action techniques (profile of the therapist in the scope of the attitude, observation, interpretation and body response of the therapist and the patient, rhythms, touch, proximity, verbalization)

e. Relaxation methods (Dynamic R. of Dupont, Active R. of Boski, Active R of Martenot)

IV. Research of therapeutic relaxation

a. The multi-method approach

b. The design of RT programs

c. Research needs in RT