



An international education:
Basic Body Awareness Methodology
- a postgraduate education in Mental Health
for English-speaking physiotherapists

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WELCOME to BERGEN

building an international network, meeting physiotherapy colleagues with the same interest and deepen your insight in human movement. The education can be included in a Master Program for Physiotherapy in Psychiatry and Mental Health. The education gives 60 ECTS. There is no educational fee to HiB.
Next application March 2011; B BAM 2011 starts mid October 2011

Profile

Basic Body Awareness Methodology is a physiotherapeutic modality, representing a humanistic approach to human movement, psychiatry and mental health care. The education challenges the student to develop self-awareness and skills in basic movement principles, including physical, physiological, psycho-socio-cultural and existential aspects of human movement

Target Group

The education is designed for physiotherapists who work with people suffering from muscle-skeletal problems, balance problems, psychiatric illness, psychosomatic problems, long lasting pain, life-style problems, eating disorders, violence and sexual abuse. The education is for Physiotherapists who want to develop personal and professional.

Organization

The education is a 2 year, part-time education, with 3 block-periods at Bergen University College (HiB), in total 11 weeks. The period of self-study in between the blocks includes group-work on internet, clinical practice in individual-and group intervention, self-training in basic movement principles, study of theory, written assignments and project-work. Guidance by teacher at Bergen University College.

Block 1: Four weeks, first fall

Block 2: Four weeks, second fall

Block 3: Three weeks, third fall

Between Block 1 and Block 2, 10 months study; Focus: Individual intervention
Between Block 2 and Block 3, 10 months study; Focus: Group intervention

A Training Modell for Movement Quality

The education introduces a new pedagogical modell for training the skill of movement quality. It includes tools for systematic evaluation, the Body Awareness Rating Scale (BARS), The Body Awareness Scale-Interview (BAS-I) and the rehabilitation program for individual and group-intervention, Basic Body Awareness Therapy (B BAT). B BAM is evidence- and experience based.

Basic Body Awareness Therapy (B BAT)

The awareness program includes movements from daily life, lying, sitting, standing, walking, use of the voice, relational movements and massage. The program offers training situations for promoting healthy resources through movement: personal, cultural and existential. Therapeutic talk and reflection is integrated. The B BAT offers a strategy to make the physiotherapist as well as the patient/ client equipped to handle life more ably.



BBAM 2009: Physiotherapists from Japan, Australia, UK, Germany, Netherland, Spain /China, Turkey, Tsjeckia, Faro Island, Estonia, Finland, Iceland, Sweden, Denmark, Norway



http://www.hib.no/faqplaner/basic_bam
http://www.hib.no/avd_ahs/siste-nytt/2003/10/basicbam_eng.asp
<http://www.hib.no/aktuelt/nyheter/2005/11/BBAM.asp>

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