



european forum of
psychomotricity





Psychomotor practice/method as referred to Bernard Aucouturier.

Aucouturier's psychomotor practice is based on the pleasure of spontaneous acting and play, nourished by the therapist's creative and empowering suggestions. It aims to strengthen self-esteem and personal development. When emotions arise, words are put to experiences. Developmental processes are made possible by the safe and secure environment offered during the sessions.

Instruction: Hello! How are you feeling now? Let's start playing! You can use anything in this room.

Material: All types of materials that offer a wide range of creative uses and interpretation.

Keywords: Aucouturier, acting, spontaneous play, thinking, reflecting.

References: Aucouturier, B. (2005). La méthode Aucouturier : Fantasmies d'action et pratique psychomotrice. De Boeck Supérieur
Aucouturier, B. (2017). „Agir, jouer, penser : Étayage de la pratique psychomotrice éducative et thérapeutique“ De Boeck Supérieur