



PsyMot

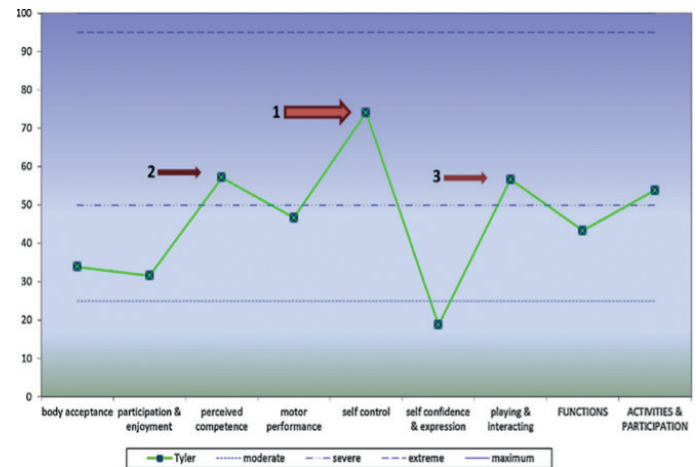
Psychomotor diagnosis and treatment indications for
 children aged 6-12 years

session I: intake

session II: individual movement observation

session III: movement observation with a peer

scoring items → clusters treatment goals



PsyMot: an instrument for psychomotor assessment

Description:

The PsyMot is a tool for psychomotor assessment and diagnosis and to formulate personalized treatment goals (Emck & Bosscher, 2010). Treatment targets include experiential goals such as improving body acceptance and awareness and enhancing bodily self-expression, behavioural goals such as regulating energy and controlling impulsive movements, and social goals such as learning to play with peers.

Activities:

The child is observed in standardized movement situations and questioned in a semi-structured way about self-perceived motor competence and body-experience. During two or three sessions, the therapist scores a list of items. The procedure leads to standardized scores for two (ICF) domains, i.e. 'functions' and 'activities & participation', and seven psychomotor treatment clusters. These clusters include (1) body acceptance; (2) participation and enjoyment; (3) perceived physical and motor competence; (4) motor performance; (5), self-control; (6) self-confidence and self-expression and (7) playing and interacting with peers. For each cluster cut-off scores are given to decide on the topics in need of psychomotor treatment.

Goal:

In several small studies, the psychometric quality of the PsyMot proved to be adequate (Emck, 2014). Kay et al. (2014) developed an adapted version in English for adults with intellectual disabilities. Currently, the PsyMot is being revised for individuals with mild and borderline intellectual disabilities (Smit et al., 2021).

References

Emck, C. (2014). Double trouble? Movement behaviour and psychiatric conditions in children: An opportunity for treatment and development. *The Arts in Psychotherapy*, 41, 214-222. Emck, C., & Bosscher, R. J. (2010). PsyMot: An instrument for psychomotor diagnosis and indications for psychomotor therapy in child psychiatry. *Body, Movement and Dance in Psychotherapy*, 5, 244-256.