

### I . Situation of the Profession | History and Development

John Kiphard held lectures and workshops on motology in Jyväskylä University in 1975.

Over the more than 300 years since, various professionals in Finland have used this approach in their work. The word psychomotricity and its contents became wider known in the beginning of 1990s, when Jyväskylä University organized the first one-week course under the leadership of dipl. motologist Michael Passolt. Subsequently, several specialists, many who were from Germany, held short courses in Helsinki or in Jyväskylä. The Finnish model has its roots in German psychomotricity (Kiphard and Zimmer), and the fact that most Finnish specialists have studied or made study excursions in Germany has deepened this connection.

#### Psychomotor/Professional Organizations

The establishment of the Finnish Association of Psychomotricity in 1994 has accelerated the spread of psychomotricity ([www.psykomotorikka.info](http://www.psykomotorikka.info)). The association works toward the development and promotion of psychomotricity in the fields of rehabilitation and education. Such means include cooperation with different educational institutions and the planning of specialized programs with universities of applied sciences. The association works to enhance the research and production of psychomotor materials. For example, Renate Zimmer's "Handbuch der Bewegungserziehung" was translated into Finnish, and as of this writing her "Handbuch der Psychomotorik" is in preparation. Additionally, courses and seminars of psychomotricity are offered. The association joined the European Forum of Psychomotricity in 1997.

### II. Education

There is no specific profession of psychomotricity in Finland, nor is there any initial curriculum of professional education. There are, however, study units in psychomotricity in many degree programs for rehabilitation, education and social services at the bachelor's and master's levels.

The programs of higher initial education in rehabilitation, education and social services include the obligatory studies of human psychomotor development and developmental psychology. Thus the contents of psychomotricity are based on knowledge in medical sciences, social sciences, education or sports in the various professional degree programs.

The Helsinki University of Applied Sciences (scheduled to become the Metropolia University of Applied Sciences on January 8, 2008 ([www.metropolia.fi](http://www.metropolia.fi))) is the only higher institution in Finland where one can study psychomotricity on a larger scale. There are study units at the basic level both in programs for rehabilitation and social services. In elective studies there is the possibility of a three-credit course as well as an opportunity to continue practicing psychomotricity in project studies with children having special needs. Moreover, there is the opportunity to study psychomotricity for four credits in the Open Helsinki University of Applied Sciences.

Thirty-credit specialization studies in the Helsinki University of Applied Sciences will start at the beginning of 2008. This course will be the first large-scale study specializing in psychomotricity. The EFP's recommendations and national needs and educational backgrounds are considered in the curriculum. Students in this course should have a bachelor's degree in rehabilitation, education or social services and at least one year of work experience. Personal study plans will be made for each student taking into account their former studies, answering specific needs of each student. The students will be able to apply new professional practices in their workplace and promote regional development.

Some universities, including universities of applied sciences and open universities offer shorter study units (about one credit) as part of other studies. Final theses concerning psychomotricity have been done for the bachelor's and master's level at some universities, including universities of applied science. Two pieces of research at the licentiate level were published (Maija Koljonen and Mauri Pietilä) at Jyväskylä University in 2000.

### III. Practice

Many professionals in the field of education, rehabilitation and therapy use psychomotricity in their work, for example occupational therapists, physiotherapists, early education teachers, special education teachers, sports advisers and bachelors in the sociology field. All professions, mentioned above, have initial education in universities or at universities of applied studies. Psychomotricity is used mainly by professionals who work with children and young people. Group practices are offered in certain children's hospitals, health centers, day-care centers, schools and in after-school clubs.

There are a few regular activities for adults and old people, however to increase knowledge in this area, the association has organized a course focused for the elderly in 2007, with the contribution of a specialist from Germany.

### IV. Legislation

Finland does not have such a profession as a psychomotricist in the Finnish working life or recognized by Finnish law. Psychomotricity is understood to be a special approach or a method used by professionals working in the field of rehabilitation, therapy or education. There are legal regulations governing these professions.

National health insurance does not recognize nor does it substitute psychomotorical therapy or rehabilitation, but in the near future this situation may change.

The Finnish Association of Psychomotricity: [www.psykomotorikka.info](http://www.psykomotorikka.info)