



## PSYCHOMOTOR THERAPY

- **Psychomotor Therapy** is a clinical intervention aimed at rehabilitating sensory-motor, perceptual-motor, and cognitive functions impaired by developmental disorders, as well as neurological, psychiatric, or somatic pathologies.

- **Psychomotor Therapy** addresses motor and somatic aspects (posture, balance, muscle tone, manual dexterity, coordination, and praxis), cognitive functions (attentional, executive, and memory functions), and emotional/relational dynamics (non-verbal communication and body language). Psychomotor therapists assist patients in regulating emotional responses and establishing a cohesive body schema to facilitate adaptive decision-making.

- **The French National Authority for Health (HAS, 2019)** recommends psychomotor therapy for individuals with neurodevelopmental disorders (e.g., learning disabilities and autism spectrum disorder), behavioral and movement disorders, as well as psychomotor dysfunctions associated with neurological and psychiatric conditions. This includes preventive, diagnostic, and rehabilitative interventions.

- Psychomotor therapists are experts in assessing and treating **psychomotor disorders**, including attention deficit/hyperactivity disorder, developmental coordination disorder, developmental dysgraphia, and non-verbal learning disabilities, among others.

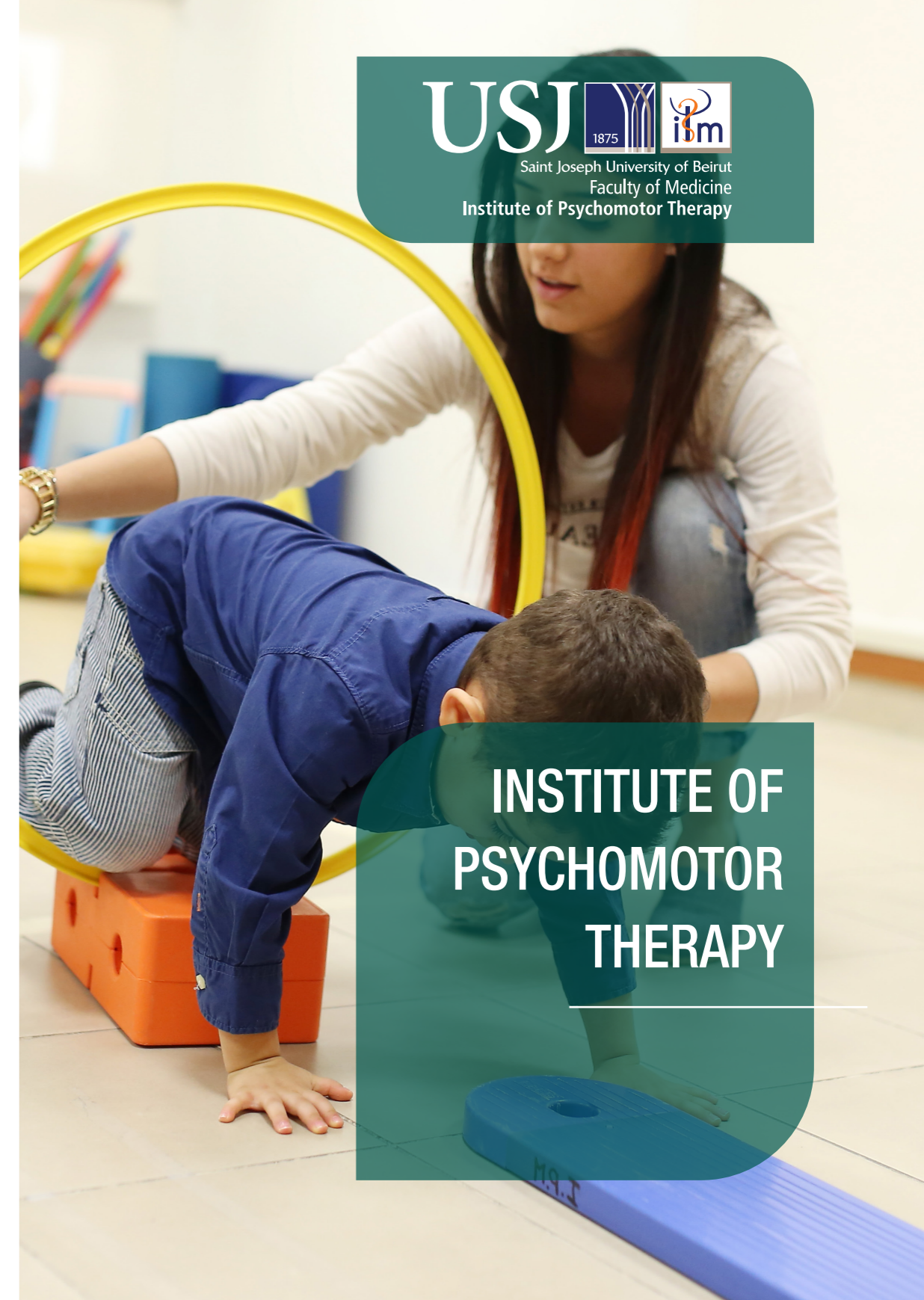
### *Movement-Based Rehabilitation: Interaction between Gesture and Cognition*



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Institute of Psychomotor Therapy

## INSTITUTE OF PSYCHOMOTOR THERAPY



## WHY CHOOSE THE USJ INSTITUTE OF PSYCHOMOTOR THERAPY?

- Since 1999, the Institute of Psychomotor Therapy has been a **pioneer** in Lebanon and the Middle East, advancing the field with expertise and innovation.
- It is an **active and accredited** national representative of the **International Organization of Psychomotricity and Relaxation (OIPR)**.
- The Institute continuously enhances its programs to remain **innovative, evidence-based, optimized, and dynamic**, effectively addressing the evolving needs of professional education and clinical practice.



Recognized **expertise** in psychomotor practice and research.



The Institute of Psychomotor Therapy (IPM) is one of the few institutions worldwide offering both a **Bachelor** and a **Master** in Psychomotor Therapy.



**International collaborations** in teaching and research.



A faculty of **renowned excellence**.



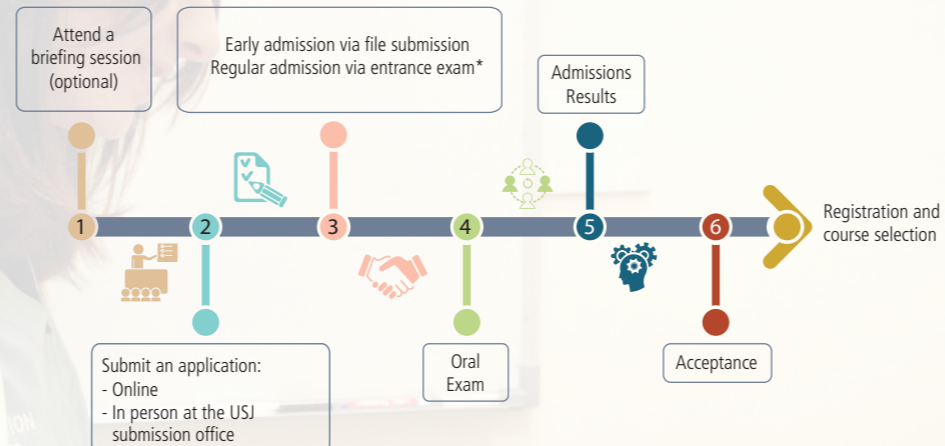
A Center for Diagnosis, Therapy and Research in Psychomotor Therapy. It supports postgraduate clinical training by providing **accessible sessions** to the **public** at **subsidized rates**, while integrating **innovative techniques and technologies**, such as virtual reality and biofeedback.

## ADMISSION REQUIREMENTS

### Candidates must:

- Hold the Lebanese Baccalaureate or its equivalent.
- Place in category "A" on the French Placement Test (TALF) for the French section, or the English Placement Test (TALA) for the English section.
- Complete the following admission process:

- Demonstrate clinical empathy and active listening to build trust with patients and their families.
- Observe, analyze, and interpret motor, cognitive, and affective manifestations to guide targeted interventions.
- Exhibit keen observational skills.
- Collaborate effectively within a multidisciplinary team.
- Maintain resilience and patience in clinical practice.
- Remain attuned to mental and physical health challenges.
- Uphold good physical health and emotional stability.
- Demonstrate intellectual curiosity and open-mindedness.



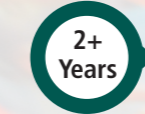
\* For more details, visit the student website



## PROGRAM AND STRUCTURE



**Bachelor in Psychomotor Therapy (180 Credits)**  
- French section  
- English section



**Master in Psychomotor Therapy (120 Credits)**  
- Specialization "Neurodevelopmental Disorders and Mental Health"  
- Specialization "Neurological Disorders and Disabilities"

The Institute of Psychomotor Therapy offers comprehensive training in clinical practice, theoretical knowledge, and research.

- Courses** cover six main areas:
- Psychomotor theory and application
  - Medical knowledge
  - Psychological principles
  - Pedagogical methods
  - Personal development
  - Research methodologies

Clinical observation and intervention **internships** are integrated from the first year through M1, ensuring progressive professional development. Students receive individualized supervision to foster the development of professional identity and expertise. Graduates of this program acquire the skills and expertise to practice as psychomotor therapists in diverse professional settings, including:

- Institutional settings:** Delivering preventive, educational, and rehabilitative care in nurseries, schools, specialized institutions, hospitals, healthcare centers, and long-term care facilities.
- Private practice:** Providing therapeutic interventions alongside physicians, psychologists, speech-language pathologists, physiotherapists, occupational therapists, and special educators.
- Research and university teaching.**