



State of Psychomotricity in Belgium 2024-2025

In 2024, psychomotricity in Belgium took major steps forward, while continuing to face challenges on the road to recognition. The national association (UPBPF) now gathers 460 members and plays a central role in advocacy, education, and research.

A milestone was achieved with the inclusion of psychomotricity studies as a paramedical profession in the Federal Government Agreement. This political progress followed intensive contacts with ministerial cabinets and parties during the 2024 elections. Ten social health insurances have continued to join as partners, showing stronger support within healthcare. Yet, legal recognition remains pending after a ruling by the Liège Court, which redirected efforts toward political lobbying and public communication.

Education remains solid, with the 6 Belgian schools offering Bachelor-level training and preparing for the AEQES revision in 2025. International cooperation is fostered through initiatives such as the EU Psychomotricity Journey.

Research gained new momentum with projects on psychomotor dynamics, clinical narrativity, interdisciplinary models, and prevention in early childhood. A study was also submitted to the KCE on the impact of psychomotricity sessions on children's attention before primary school.

The past year saw dynamic activities: conferences on law and ethics, participation in events on prematurity and sensorimotor development, and the December study day on body relations from adolescence to adulthood. Two issues of *Reliance Psychomotrice* enhance the profession's scientific discourse.



Looking ahead, a draft law recognizing psychomotricity as a paramedical profession is under review in the House of Representatives. The UPBPF board is highly available to respond to requests from policymakers, whether for statistics or questions about the profession, with the aim of supporting the passage of this law.

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Short Report from France (2024-2025)

Profession developments

Haute Autorité de Santé

Several recommended best practices guidelines include the intervention of psychomotor therapists.

- Adaptated Sport Activities (Activités physiques Adaptées)
- Supporting the intimate, emotional and sexual lives of people with disabilities (Accompagner la vie intime, affective et sexuelle des personnes en situation de handicap)
- Mental Health and Psychiatry (Santé mentale et psychiatrie)
- Women with alcoholic risks (Alcool des femmes)
- Overweight and obesity in women (Surpoids et obésité chez la femme)

In July of 2025: +/- 157 HAS'Guidelines include PMT' intervention.

Research developments

We envisage a real and large increase of research projects in PMT in France. Below is a non-exhaustive list of the ongoing programs including programs supported by FRPMC <https://frpmc.fr/> and recent PhD.

- Immersive relaxation – RelaxÉ
- Development and validation of a model for screening high intellectual potential in children with or without disorders, using a combination of digital and neuropsychomotor tools.
- Psy-MotDep: Influence of psychomotor therapy on the quality of life of patients with a characterised depressive episode: randomised controlled study.
- PREMADEV: Developmental trajectories of premature children assessed using Brunet Lézine Revised scale at 1 and 2 years and the Brunet Lézine scale at 3 years: a single-centre retrospective study.
- EMBODXR project, an egocentric simulator of motor control pathology in virtual reality. Induction of motor

control adaptation disorders in virtual reality using a head-mounted display in non-pathological individuals.

- French adaptation and validation of the HPSQ-C writing questionnaire.
- Impact of multisensory care on the development of preborn infants: a clinical and experimental study of short- and long-term effects.
- Scaling of the Implicit Motor Imaging Test 2 in adolescents.
- Multidimensional and developmental study of empathy and self/other distinction in children with autism spectrum disorders (ASD) versus high intellectual potential (HIP): exploration of bodily and perceptual mechanisms.
- The value of modifying visual perception of traces in learning to write in children in Year 5. Optimisation of the light painting technique as an aid to learning to write in children in Year 5.
- HPIsens: Sensory profile in people with high intellectual potential – HPIsens.
- Role of parent-child interaction in the development of manual motor asymmetry in babies carried in the arms.
- Does the use of social media have an impact on body image and self-perception among adolescents?

Recent PhD's:

- Academic and non-academic impacts of psychomotor intervention on praxis disorders and graphic skills in children with high intellectual potential (H.I.P.) of heterogeneous type between 6 and 10 years of age.
- Study of the body experiences of rehabilitation professionals in therapeutic support situations.
- A mathematical understanding embodied in the body.
- Effects of attention orientation on gait parameters and prefrontal cortex activation in elderly individuals and individuals with Parkinson's disease.
- Conceptualisation and assessment of the effects of a primary prevention protocol for post-traumatic stress

disorder (PTSD) among professional firefighters in the Seine-Maritime fire and rescue service (SDIS).

- French adaptation of Barkley's program for families with TDA-H child.
- Procedural perceptive-motor learning.
- A few examples of the research team's productions:
- Transdiagnostic assessment of sensorimotor signs in neurodevelopmental disorders:
- The Scale of Sensorimotor Characteristics in Autism and Neurodevelopmental Disorders, 2nd version (EPSA-TND2).
- Two new tests to assess motor imagery skills in children and adolescents: The Implicit Motor Imagery Test, 2nd version (TIMI-2) and Qui Mot.
- Adaptation of Grafos test.
- The Functional Executive Function Re-education Programme (R-PFE) for adolescents with ADHD: Benefits of metacognitive strategies for mental health.
- Body schema and body image distortions in emerging psychopathologies in adolescence: Presentation of the Protocol for the Assessment of Body Representations in Adolescents and Young Adults (PRECORPA).
- Body awareness, a new key to understanding depression and the suicidal continuum.

Numerous publications by Laurence VAIVRE-DOURET's team (France) : Psychomotor therapist, AP-HP healthcare

executive, psychologist and clinical neuropsychologist, psychotherapist, Ph.D. University professor in developmental neuropsychology, Paris Cité University Centre, Necker-Enfants Malades Hospital Director of the 'Neurodevelopment and Learning Disorders (NDTA)' research team INSERM Unit 1018 CESP and IUF Chair in 'Clinical Neurodevelopmental Phenotyping' which has just received the GB Soubiran Prize (FRPMC).

Approximately 20 PMT PhD students in 2025.

Recent/current activities

April 2024: AFEPP scientific day on psychomotricity towards reengineering!

October 2024: 50 years of state diploma – exceptional venues for the 50th anniversary with a symposium at the Maison de l'Unesco, Paris, with presence and interventions of former health ministers, ambassadors and directors of all the French schools in PMT; and foreign PMT + the PMT National Conference.

November 2024, City of Montpellier, "journées occitanes en psychomotricité".

March 2025: AFEPP scientific day on psychomotricity in interprofessional cooperation.

July 2025: Summer School by ISRP-OIPR-FRPMC: From clinical psychomotricity to research: 50 Years of Professional Evolution & New Societal Challenges



Psychomotricity in Italy: profession, education, and research developments (2025)

In Italy, psychomotricity is today represented by two complementary figures: the Terapista della Neuro e Psicomotricità dell'Età Evolutiva (TNPEE), a sanitary profession officially recognised within the Board of Sanitary Professions, and the Psicomotricista, a selfregulated profession widely practised across the life span, operating in care, preventive, and socio-educational

contexts. Around 8,000 practitioners are currently active, of which 1,500 are TNPEEs and more than 6,500 are Psicomotricista, organised in professional associations coordinated through CoNAPP (National Coordination of Professional Associations of Psychomotricians) and protected by law 4/2013.

In 2025 the entry into force of the new NACE-ATECO code psychomotor activity formally recognises Psychomotricians within the national fiscal system.

CoNAPP has also consolidated a unified professional and educational profile, endorsed by all associations, which now serves as the reference for admission and quality certification. Dialogue with political institutions is ongoing, with the aim of achieving a specific law for full legal recognition.



Education remains dynamic: demand for the three-year diploma in Psychomotricity is increasing and continuous education is expanding, including the specialization in Psychomotor Support for Parenthood, now entering its second edition. University bachelor programmes in TNPEE are active in several campuses.

Research is advancing through both academic and private initiatives. The standardisation of the GRAFOS-2 screening tool, conducted by the University of Bern, Ciserpp and La Sapienza University of Rome, is expected to be published in 2025. Further studies explore new topics such as post-traumatic disorder, new addictions, international recognition and health diplomacy, with expected completion by 2026. Looking ahead, the 20th anniversary of APPI (Italian Psychomotricians Professional Association) will mark an important milestone for professional visibility and intergenerational dialogue.



Psychomotricity in Luxembourg: Developments and Challenges in 2025

Psychomotricity in Luxembourg is advancing but still faces major structural obstacles. Negotiations between the Association Luxembourgeoise des Psychomotriciens Diplômés (ALPD) and the Caisse Nationale de Santé (CNS) over reimbursement for self-employed therapists have been ongoing since 2017. Despite progress, implementation is unlikely before 2026. Financial instability, late payments, and high living costs make private practice precarious, with many therapists closing after only a few years. Some must work up to 60 hours weekly to remain financially viable, creating risks for mental health.

Education remains dependent on Belgian and French programs, though new opportunities have emerged, including a university certificate on autism and inclusion and psychomotricity courses in social work training. The

ISRP in Metz now offers nearby studies. Language continues to shape practice: French dominates in hospitals, while Luxembourgish is essential for private care. The LAP contributes through Airtramp training, workshops, and administration of the SCAP, supporting children with ADHD and related disorders.

Recent milestones include participation in international ADHD conferences, expansion of Airtramp facilities serving 500 children weekly, and LAP's 40th anniversary. National recognition is growing, with the Ministry of Health highlighting psychomotricity during its first conference on the "first 1,000 days of life."

Future plans involve a 2026 congress on autism spectrum disorders, new workshops on graphomotor skills, movement-based interventions, and parent-child sessions to strengthen attachment.

Overall, Luxembourg illustrates both growth and fragility: progress in education, practice, and international

collaboration, but continued struggles for recognition, reimbursement, and sustainable working conditions. Around 70–80 psychomotor therapists are active in 2025, united by their commitment to this body-based therapeutic discipline, yet challenged by financial constraints and generational shifts in professional

engagement in the two Luxembourgish associations ALPD & LAP.

Lana Trombini

Delegate of Luxembourg for the EFP



Overview of Psychomotor Therapy (NVPMT) in the Netherlands 2025

The Profession

Psychomotor Therapy (PMT) is growing in the Netherlands. Around 2,500 professionals are active, registered through NVPMT and the national Quality Register for Arts Therapies. The protected title Psychomotorisch therapeut is recognized by health and education authorities. Demand is rising, but there is a shortage of trained practitioners. Founded in 1960, the NVPMT celebrates its 65th anniversary this year.

Research & Frameworks

Together with Windesheim, NVPMT developed Do and Measure: validated outcome tools for adult PMT, available via an app, enabling shared decision-making and research. For children and youth, outcome measures are under validation. The Professional Competency Profile (BCP) will be revised in line with national and international standards. The Dutch framework includes protected title recognition, credential evaluation via NVPMT, and oversight of education quality.

Working & Practice Settings

PMT is practiced in mental healthcare, rehabilitation, youth care, hospitals, special education, elderly care, and private practice. Registration requires a recognized diploma and Quality Register membership. Foreign diplomas are evaluated by Nuffic.

Insurance & Regulation

PMT is usually reimbursed by health insurers, depending on policy and treatment context. A medical referral is often

Education

Two Universities of Applied Sciences offer PMT programs:

- Windesheim (Zwolle): bachelor (full-time & part-time) and master.
- HAN (Nijmegen): bachelor (full-time & part-time).

From September 2025, Zuyd University of Applied Sciences starts a new bachelor. Programs last 4 years (240 ECTS) and are taught in Dutch. NVPMT also recognizes KU Leuven programs with a 45 EC mental health specialization.

required. For youth under 18, municipalities are responsible for financing.

Strategic Plan Highlights

1. Connecting – strengthen membership value, regional presence, webinars, student focus.
2. Positioning – build stakeholder relations, claim place in care standards, raise visibility, foster European collaboration.
3. Evidence – expand outcome data, research, cost-benefit analyses, guidelines, and academic partnerships.
4. Innovation – follow healthcare trends, integrate into practice, update competency profiles.

Vaktherapie Nederland

NVPMT collaborates with six other associations in Vaktherapie Nederland. Member contributions fund shared services, advocacy, and positioning. United strength remains key.



State of Psychomotricity in Portugal 2024-2025

The Portuguese Association of Psychomotricity (APP) estimates there are about 2500–3000 Psychomotricians in Portugal at this moment. Professionally, significant progress was achieved with the July 2025 Parliamentary discussion and approval of resolutions supporting the Regulation of the Psychomotrician Profession. These advancements, mark a decisive step toward legal recognition, now awaiting further debate in the Health Committee and subsequent governmental negotiations.

On the Educational front, APP reinforced ties with the Universities with a Degree on Psychomotricity in Portugal (Faculty of Human Kinetics of the University of Lisbon – FMH, University of Trás-os-Montes e Alto Douro and the University of Évora – UE), presenting Psychomotricity and the APP to students in the FMH and UE, while successfully

organizing the EFP Student's Academy 2025 edition, in Lisbon. This four-day event gathered around 100 national and international students, combining workshops, cultural activities, and institutional visits under the theme "Discovering Psychomotricity."

Research continued through the association's journal A Psicomotricidade, with issue 26 in press, issue 27 under revision, and a call for contributions for issue 28. Recent activities included the XXV General Assembly and the celebration of the European Day of Psychomotricity, encouraging grassroots contributions and raising visibility via social media campaigns.

Looking ahead, APP is revising regulations and procedures to align with forthcoming professional legislation and preparing actions with the ministries of Health, Labor and Education.



In 2025, Psychomotorik Schweiz, represented by delegate Judith Sägesser Wyss, continues to advance the profession through significant developments in education, research, and practice. The association counts 1,053 members, including 765 active practitioners. Recent progress includes the official recognition of the Master's degree in Psychomotor Therapy at HES-SO

Geneva and the first graduates of the new consecutive Master's program at HfH Zurich. Efforts to address the national shortage of trained psychomotor therapists are ongoing, alongside initiatives to strengthen early intervention services across cantons.

Research activity has increased, highlighted by a national colloquium in March 2025 fostering collaboration between

practitioners and academics. The association launched a new website, held a successful early childhood education training day, and continues to develop quality standards and professional indications.

Upcoming priorities focus on finalising and publishing these standards, enhancing the visibility of psychomotor therapy, expanding social media presence, and offering further education courses.