



Advanced Training in Concentrative Movement Therapy (CMT)

Ever since its foundation in 1977, the DAKBT has provided training and advanced training, particularly for those working in the therapeutic/clinical and the pedagogical field.

Advanced training programme to become a Concentrative Movement Therapist including certification.

The lecturers authorised by the association conduct the advanced training programme independently under the umbrella of the DAKBT. The curriculum is comprised of 1,500 hours (extensive experience of the method in interdisciplinary groups, theoretical content taught with practical relevance, supervision).

Training relating to specific subjects

CMT therapists throughout Germany offer individual training seminars intended to expand therapists' subject-specific professional skills.

Conferences offered by the DAKBT serve to advance the scientific theoretical discourse through interdisciplinary dialogue.

Supervision/Coaching

CMT-specific supervision/coaching works with creative-symbolic and physical resonance phenomena and serves to advance quality assurance.

Research by the DAKBT

Since 1999, a research group has been examining the processes and results of Concentrative Movement Therapy at a scientific level. The 20th research workshop of the DAKBT took place in 2018. For research results and the empirical literature archive, please refer to www.dakbt.de/forschung



References

Hamacher-Erbguth A. (ed) Concentrative Movement Therapy CMT (KBT): An evaluated Body Psychotherapy for psychosomatic and psychic disorders. European Psychotherapy 2012/2013,11:1-98, ISSN 1435-9464

Schreiber-Willnow, K., Seidler, K.-P. (2013). Therapy goals and treatment results in body psychotherapy: Experience with the Concentrative Movement Therapy evaluation form. Body, Movement and Dance in Psychotherapy, 8, 255-270.

Seidler, K.-P., Schreiber-Willnow, K. (2004). Concentrative Movement Therapy as body-oriented psychotherapy for inpatients with different body experience. Psychotherapy Research, 14,378-367.

Stolze, H. (1983). Concentrative Movement Therapy. Sensory awareness bulletin: The work after Elsa Gindler, 11, 9-15 Konzentrative Bewegungstherapie – Grundlagen und störungsspezifische Anwendung, Schattauer 2016

Schmidt E. (Hrsg.), Konzentrative Bewegungstherapie – Grundlagen und störungsspezifische Anwendung, Schattauer 2016

The complete book list can be found at www.dakbt.de



Deutscher Arbeitskreis für Konzentrative Bewegungstherapie (DAKBT) e.V.



Concentrative Movement Therapy (CMT)

An Overview

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What is CMT?

Concentrative Movement Therapy (CMT; in German „Konzentrierte Bewegungstherapie“, KBT) was introduced for the first time by Prof. Dr. H. Stolze at the Lindau Psychotherapy Weeks in Germany in 1958.

CMT is a body-oriented psychotherapy method which utilises perception and movement as basic elements of cognition, emotion and action in diagnosis and therapy. It is based on concepts from developmental and depth psychology as well as learning theory.

Therapy sessions include a practical part, which encourages self-awareness while resting and while moving, in relation to one's surroundings and to time. The experience is then reflected on the basis of elements from depth psychology and is deepened through associations. This can trigger memories going as far back as early childhood. Unresolved conflicts are also expressed physically in aspects such as posture, movement and behaviour.

This is where one of the particularities of CMT comes into play: working with symbols, which enhances clients' ability to differentiate and express feelings which up until that point could not be verbalised. This can help in grasping one's current relationship with self and others against the backdrop of earlier experiences.

The insight gained can then open up new possibilities through „trying out new behaviours“ within the context of therapy: through observing, evaluating and distancing themselves from burdensome and hurtful experiences, the clients' self-confidence and action competence are enhanced. This often opens up new avenues of problem solving in a playful manner.

Where is CMT used?

Concentrative Movement Therapy is firmly established in over 140 psychosomatic and psychiatric clinics in all of Germany as a body-oriented psychotherapy method.

CMT is also used in therapeutic practices and in counselling centres, and also with children and the elderly as well as in adult education and prevention programmes.

At www.dakbt.de „Therapiesuche“, you will find therapists and counselling centres near you.

Who is CMT for?

Patients

- neurotic, stress-related and somatoform disorders
- structural disorders
- personality disorders
- developmental disorders

Clients

- in crisis situations
- to prevent illness

Therapists

- with an interest in the particular aspects of body dialogue in the psychotherapeutic process
- for supervision
- for burnout prevention

Free lectures in your clinic or institution

The DAKBT offers lectures/workshops regarding the basic principles and possible uses of Concentrative Movement Therapy, conducted by qualified lecturers, free of charge in your clinic/school/social institution. The list of lecture topics can be obtained from the main office. Special topics of interest can be arranged with the respective lecturers.

To arrange a meeting, please contact:

DAKBT main office
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International symposium

The annual symposium conducted by the DAKBT and its European counterparts offers training through lectures and workshops on self-awareness as well as advanced theoretical and methodological training.

Current conference preview at
www.dakbt.de/weiterbildung/tagungen

Annual Programme



At www.dakbt.de you will find the current programmes offered by the DAKBT: Training and advanced training, therapy, self-awareness, counselling.

Contact: info@dakbt.de