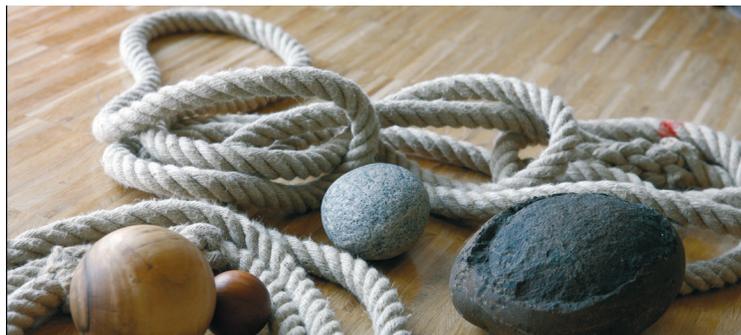


Advanced Training in Concentrative Movement Therapy



The advanced training programme is extra-occupational and is open to professionals from the fields of medicine, psychology, pedagogy or other health professions. The contents of the advanced training programme are based on an extensive curriculum comprised of approx. 1,500 hours.

Besides self-awareness and theoretical training (developmental and depth psychology, learning theory and systemic approaches), it also includes clinical work placements (depending on a participant's professional background) and supervision. The advanced training programme is concluded by a certification examination.

Job-specific training with CMT

The DAKBT offers job-specific and work-related training programmes comprised of approx. 80 to 100 hours. They can be a useful additional qualification for physicians, psychologists, occupational therapists, sports and exercise therapists and other professionals from the fields of social work and pedagogy. Learning the CMT method as it applies to the specific problem areas and needs of their particular profession provides them with a special perspective which makes their everyday working life easier and helps improve it. The hours completed can be counted towards the prerequisite for advanced training in Concentrative Movement Therapy. For more information, please contact our main office.

Free lectures in your clinic or institution

The DAKBT offers lectures/workshops regarding the basic principles and possible applications 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, lectures in English are also available.

To make an appointment, please contact:

Deutscher Arbeitskreis
für Konzentrative Bewegungstherapie e.V.
DAKBT Geschäftsstelle
Postfach 91 01 08 · 90259 Nuremberg
email info@dakbt.de
phone 0911 93277327

CMT in Europe

The European Association for CMT (EAKBT) was founded in 2001. Through the EAKBT, the individual European associations are represented in the EAP. The following European states have their own CMT associations and are members of the EAKBT:

- Belgium
- Germany www.dakbt.de
- Austria www.kbt.at
- Italy
- Switzerland www.chkbt.ch
- Slovakia www.koncpohterapia.szm.com

Reference

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
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Konzentrative Bewegungstherapie
DAKBT e. V.



Concentrative Movement Therapy (CMT) An Overview

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For further information, please refer to
www.dakbt.de

What is CMT?

Concentrative Movement Therapy (CMT; in German „Konzentrierte Bewegungstherapie“, KBT) was introduced by Prof. Dr. H. Stolze for the first time at the Lindau Psychotherapy Weeks in Germany. The Deutscher Arbeitskreis für Konzentrierte Bewegungstherapie (DAKBT) was founded in 1975.

CMT is a body-oriented psychotherapy method which utilises perception and movement as basic elements of cognition, emotion and action in diagnosis and therapy.

The theoretical framework for CMT is based on psychoanalysis, developmental psychology and 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 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 also express themselves 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 patients' 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 oneself 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 patients' self-confidence and action competence are enhanced. This often opens up new, even surprising avenues of problem solving in a playful manner.

Where is CMT used?

Concentrative Movement Therapy is a standard method used in a clinical setting. It is being applied in over 140 psychosomatic/psychiatric clinics in all of Germany as a well-established body psychotherapy method.

CMT is not only used in clinics, but also in therapeutic practices, in counselling centres serving children and the elderly as well as in adult education and prevention.

Please refer to “Therapiesuche” on www.dakbt.de for a list of therapists/counselling centres in Germany.

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
- in supervision
- in burnout prevention

Research by the DAKBT

A permanent task force was established in 1999 to do research on the method. At its annual research workshop, the DAKBT presents its empirical studies on CMT. The workshop provides a forum for discussion between researchers and practicing CMT therapists. The archive of empirical studies on CMT also contains publications in English: <http://www.dakbt.de/forschung/archiv-der-empirischen-literatur-zur-kbt.html>



Symposium

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

Annual Programme



At www.dakbt.de you will find the current programme of the DAKBT: training and advanced training, therapy, self-awareness training, counselling. Please contact the main office for further information: info@dakbt.de