

## **Psychomotor Therapy for People with Personality Disorders**

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**Abstract:** Mental health consists of the absence of mental disorders and the presence of mental well-being. However, currently, psychiatric care focuses mainly on mental disorders and to a lesser extent on mental well-being. Yet, people with personality problems often have very low well-being scores. In order to work on sustainable mental health, attention must be paid to both mental complaints and well-being, and this is achieved by promoting psychological adaptation.

**Keywords:** personality disorders, nervous system, rehabilitation of children.

Psychological adaptation is a process in which a person copes in a healthy way with their own needs, emotions and internal signals (such as stress), as well as with smaller or larger life problems. People with personality problems also have low psychological adaptation; they mostly react according to rigid patterns.

Creative Arts and Psychomotor Therapy (CAPTS) is a non-verbal form of therapy in which various creative techniques such as theater, sports, dance, music, and sports techniques are used to make contact with emotions and practice healthier ways to deal with them. It is very suitable for working on the development of psychological adaptability in a safe and playful context. It is about doing, experiencing, and discovering what works for you personally, not just talking and understanding.

Personality disorders are common mental disorders. 5-10% of all Dutch people suffer from a personality disorder. The most well known personality disorders are borderline, narcissistic, and avoidant personality disorders. Personality disorders often occur in adolescence. Deep-rooted limitations in behavior, thoughts, feelings, connections and intimacy lead to long-term dysregulation in relationships with oneself and others. This causes problems in a number of areas of life that patients can no longer solve on their own, including difficulties in intimate relationships and disability. Specialized treatment can turn the situation around.

Creative art and psychomotor therapy (CAPTS) are often an ongoing part of the treatment of personality disorders in addition to psychotherapy and psychotropic drugs. The therapeutic tradition of CAPTS dates back about a century and includes the disciplines of art, drama, dance, music and psychomotor therapy. For professional therapists, the starting point is to ask patients for help. Therefore, the treatment methods for various personality disorders often coincide. CAPTS focuses on experience and actions. Feelings, thoughts, and behaviors arise because of creativity, play, music, or physical sensations. Awareness and (self) reflection are stimulated and new roles and skills are practiced in a safe way.

Existing methods of treating personality disorders are aimed at reducing complaints. However, mental health also consists of having well-being. Well-being is whether a person feels good psychologically, emotionally and socially. Even if the patients have physical and psychological complaints. Patients with personality disorder often have low well-being. Improving well-being

is an important step towards their recovery, which, according to treatment guidelines, is an important goal of treatment. By working on better psychological adaptation, it is possible to ensure that a person becomes more adaptive to his own emotional needs in the context of everyday life. Accordingly, your well-being will improve.

CAPTS specialists note that a special treatment module using CAPTS has not yet been developed that promotes psychological adaptation and well-being of patients with personality disorder. From a professional point of view, they feel the need for this, because this is their strength. Patient organizations confirm the importance of this from the point of view of patients.

Therefore, when designing and evaluating CAPTS interventions, it is important to promote the psychological adaptation and well-being of patients with personality disorder, as well as reduce complaints. Thus, personality disorders are common and serious mental disorders that disrupt psychological and social functioning. CAPTS treatment is promising for promoting psychological adaptation and well-being of patients with personality disorders. However, treatment specifically aimed at this is not yet available in practice. Practical research on the development and evaluation of CAPTS interventions meets important and urgent needs in the professional field and complies with recommendations for the treatment of personality disorders and various national research programs. From a social point of view, the proper treatment of people suffering from serious psychological suffering is an important issue.

Yoga and progressive muscle relaxation help patients with schizophrenia.

Targeted physical exercises are an important element of psychomotor therapy for patients with schizophrenia.

Yoga and progressive muscle relaxation help reduce stress and anxiety levels in patients with schizophrenia. This is evidenced by the results of a study carried out by the Belgian specialist in the field of psychomotor therapy Davy Vancampfort. Less convincing is the evidence of the effectiveness of awareness therapy (mindfulness) and the use of massage.

Targeted physical exercises are an important element of psychomotor therapy for patients with schizophrenia in Belgium, says Vancampfort. He works as a psychomotor therapist at the Psychiatric Center of the University of Leuven and is also a researcher at the Catholic University of Leuven. In his daily practice, Vancampfort deals primarily with patients in acute psychosis. "In addition to performing movements in a group, therapy includes massage, yoga, breathing exercises and progressive muscle relaxation, i.e. alternating tension and relaxation of muscle groups."

Fewer hallucinations and thinking disorders

Together with five other researchers, three of whom are psychiatrists, Vancampfort performed a literature study on the effectiveness of these body-oriented exercises. Research shows that yoga, for example, reduces both positive and negative symptoms of schizophrenia. And that progressive muscle relaxation reduces the intensity of feelings of anxiety and stress. "Yoga contributes to the reduction of hallucinations and thinking disorders – this is evidenced by the data of a randomized scientific study. Another study shows that the effect of progressive muscle relaxation manifests itself already with a 25-minute duration of classes per day. And this effect persists for several hours.

It should be remembered that these standards are average for children and may vary for each child within a wide range. Only a qualified child development specialist can establish that a child has a delay in mental or motor development. It is important that a pediatric neurologist must examine a child with signs of developmental delay, since delayed psychomotor development is one of the most common symptoms of diseases of the nervous system in children. Hippo therapy is a highly effective method of rehabilitation of children with delayed physical and mental development.

This is due to several factors. Firstly, elderly and senile people can easily be classified as a risk group for the occurrence of mental disorders. This is due to both the physiological processes occurring in the body from a certain age, as well as psychological and social factors. Secondly, the elderly and senile age make up almost half of the life of a modern person. Changes in the age composition of the population in most countries are manifested not only by an increase in average life expectancy, but also by a noticeable increase in the proportion of the elderly and the elderly in society.

Memory training programs include increasing the patient's motivation to memorize and reproduce, teaching effective memory strategies (so-called "mnemonic techniques"), developing the ability to maintain an appropriate level of attention for a long time, actively including emotional support (as is known, emotionally colored information is remembered better) and imagination. The effectiveness of systematic memory and attention training has been proven in patients with mild dementia, as well as in non-dementia (mild and moderate) cognitive impairment.

Patients with confusion and delusional psychoses are subject to inpatient treatment. The best options are psychosomatic and gerontopsychiatric departments of hospitals. Transfer to an unusual (including hospital) environment can cause a kind of decompensation. Patients should be hospitalized only with special indications (helplessness, lack of care, danger to themselves and others, the development of psychoses, disorders of consciousness).

The development of acute mental confusion in old age involves mixed clinical mechanisms. So, actually senile delirium has the main source of mental and intellectual disorders that contribute to disorientation by the type of shift into the past and the corresponding pattern of behavior. Along with this, many major psychiatrists have shown a more frequent occurrence of exogenous psychoses in old age. At the same time, it was stated that this may well be facilitated by the accumulation and comorbidity of various somatic diseases, a decrease in the body's resistance to somatic hazards, as well as the presence of organic brain changes.

In the neurochemical pathogenesis of acute mental confusion, which is still not sufficiently clear, significant importance is attached to cholinergic blockade and activation of dopamine neurotransmission.

The issue of developing strategies for the treatment of acute mental confusion remains relevant. It is generally accepted in this regard that there is a need to correct somatic disorders and, in general, eliminate the corresponding provoking effects. The issue of choosing the optimal options for the use of psychotropic drugs for the relief of psychotic manifestations of the condition under consideration remains the subject of discussion.

With severe fussiness, persistent insomnia or psychotic disorders, psychotropic drugs in small doses successfully have a positive effect. Treatment of confusion in vascular diseases of the brain requires, first of all, a thorough somatic examination of patients to exclude concomitant somatic diseases (pneumonia, myocardial infarction, decompensation of cardiac activity, etc.). If confusion is not accompanied by psychotic elements (delusions, hallucinations) and noticeable psychomotor agitation, sleep disorders, then there is no need to use psychotropic drugs. Despite this largely pathogenetic orientation of the use of vasoactive and neurometabolic drugs, in these conditions this is not enough to influence the complex mechanisms of their occurrence.

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