

Norwegian Psychomotor Physiotherapy (NPMP)

Basic education for physiotherapists, Vienna 2026-2027

Instructors: Randi Sviland, PhD
Tove Dragesund, PhD
Assistance: Stefan Perner, MSc



Detailed content – Description of education elements

#1 Preparation for Course I

Physiotherapists who are admitted to the education will receive introductory literature ahead of course I. This literature shall be read and reflected upon. Learning points and questions shall be written down and brought to course I.

#2 Course I: Introduction and examination - NPMP trial treatment

This course comprises an introduction to NPMP from a historical, theoretical, and practical perspective. The structured and comprehensive assessment of NPMP, also called a trial treatment, is taught. The participants learn to examine the patient's tension pattern including body posture, breathing, active and passive movement patterns, the muscular qualities, and autonomous and/or emotional reactions, as well as how the patient senses and experiences their own body during the assessment. The NPMP assessment always entails reflections on the physical findings in the context of the patients' emotional challenges and life experiences and their current life situation.

The conclusion of this assessment should indicate how the patient's health problems may be related to the tension pattern and whether physiotherapy is indicated. If so, what possible changes should the approach emphasise to help the patient to improve adjustability, better dynamic between stability and mobility, and freedom to breath. The participants increase their knowledge and skills to give individually adapted treatment, according to the conclusion.

#3 Course II: Treatment approach - principles and individual adaptation

Based on the NPMP assessment taught in course I the participants learn to expand on their knowledge to widen the approach of the individually adapted treatment. The work with cases from clinical practice of the participants is an important part for the learning process. The participants learn to focus on the continuous evaluation of the patient's situation and reactions, to work process-oriented in physiotherapy.

Central to this is the careful adaptation of the treatment approach in accordance with the present resources and situation of the patient. This includes knowledge about the patients' emotional situation and life history (e.g., trauma and anxiety). In this light, more stabilizing or liberating elements of NPMP are addressed.

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#4 Course III: Practical deepening

The main focus of this course is the practical work with NPMP, where the participants work in various roles: physiotherapist, patient, observer, and in reflecting teams. These different perspectives promote a deeper understanding of NPMP by the means of experience, demonstration, reflection, and discussion. At the same time, the practical work functions as a preparation for the following practical exam.

#5 Self-studies in learning groups (colloquium)

To learn NPMP, a continuous process integrating practice, discussion, and theory, is necessary. Therefore, the participants will deepen their knowledge and skills in small colloquial learning groups between the meetings. They comprise practical work on each other (in the roles of therapist, patient, and observer), the reflection on and conclusions from clinical practice, and the discussion of literature. In total, the colloquium comprises 50 hours of meeting in the group, which can be partly organized online. During course I, the groups will be established and more information on the scope and timeline will be given.

#6 Group supervision (online and in Vienna)

The participants bring cases from clinical practice which are the basis for supervision. Both written cases and video sequences will be forms to present and discuss clinical work. If video sequences cannot be taken with patients for ethical reasons, they may be made with a colleague/friend who consents that this video is shown during the education. The cases build the basis to deepen practical skills in close relation to clinical practice, to address challenges, and to integrate suitable theory from the literature study.

#7 Individual treatment

To experience the treatment on one's own body is a very important aspect of learning NPMP. Usually, these practical impressions are the most direct experiences of the treatment that help to increase a bodily understanding of NPMP, which is again an important basis for the treatment you give later to the patients. Therefore, six individual treatment sessions are scheduled during the course of the basic education. The exact schedule will be defined during course I.

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#8 Practical exam

During the practical exam the participants demonstrate an individual NPMP treatment session with a colleague and discuss their approach and reasoning with the course leaders. More information will be given during course I. The exam will be prepared during course III and completed at the end of the course.

Grading scale: Pass/Fail.

#9 Written exam

The written exam consists of a paper (around 6-10 pages, written in English or German) and includes the summary of a case from clinical practice, a reflection about the learning process of NPMP, and a theoretical perspective in relation to clinical practice. More information will be given during course I.

Grading scale: Pass/Fail.

#10 Certificate

After having passed the practical and written exams, the participants will receive a certificate confirming the completion of the basic education in NPMP. The content of this education will be described in the certificate.