

BEING TELEPRESENT AS ARTS/PSYCHOMOTOR THERAPIST

BY

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1 → CONTEXT

Due to the corona crisis, treatment within mental health care was delayed or even stopped. So were the arts & psychomotor therapeutic treatments. Online therapy seems to remain a treatment option to consider in the future. Arts & psychomotor therapists were looking for methods for how they can work online. A survey (2020) of 281 therapists shows that 91% of them have 'no' or 'almost no' experience in working online. They are positive about it, but they do not feel sufficiently competent. There is a great need for knowledge.

There are digital possibilities. But how can these be used in arts & psychomotor therapies for the therapeutic goals of the client?

This project was about how arts & psychomotor therapists can use certain digital means to be remotely available to their clients, also known as being telepresent. Practice, education and research worked together in this project.



VR BODY LAB

2 → AIM

Arts & psychomotor therapists become competent in the use of digital resources. They get access to tools that are in line with arts & psychomotor therapeutic methods.

3 → METHOD

Action research via the Lean start-up method. Twenty arts & psychomotor therapists participated through an online training consisting of instructions, sprint sessions and a presentation meeting. They investigated the possibilities of a virtual arts & psychomotor therapy room (VR Body Lab), a VR painting application (Tilt Brush) and an emotion regulation monitoring app (GetGrip). Also sometimes together with their clients. Participating arts & psychomotor therapists completed questionnaires, were interviewed and these data were qualitatively analysed.



TILT BRUSH

4 → RESULTS

- **Experiential work is possible in an online environment.** Arts & psychomotor therapists gained experience with the various digital resources and started developing methodologies. Arts & psychomotor therapists linked substantive expertise to the possibilities.
- **An online training course is developed for arts & psychomotor therapists,** which can be repeated in the professional work field and in the arts & psychomotor therapy courses.
- **The VR environment is technically adapted for arts & psychomotor therapeutic interventions** based on the instructions of the participating therapists. This made the virtual therapy room better to use again.

WHAT'S NEXT

The use of digital resources gives arts & psychomotor therapies a substantive impulse that is also of innovative value in the longer term. This project may be continued in the near future. If you want to know more about the project or want to participate, keep an eye on the website!

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