

CONTENTS

PREFACE	7
1. MOVEMENT THERAPY IN PSYCHIATRIC TREATMENT	9
1.1 Introduction	9
1.2 Movement and Somato-Psychical State of s Person	11
1.2.1 Movement and Psyche	11
1.2.2 Biological and Social Sources of a Need to Move.....	12
1.2.3 Movement – an Indicator of Health and Illness	13
1.2.4 The Consciousness of “I”	15
1.2.5 The Roots of Acceptance of Kinetic Programs by Men and Women	16
1.2.6 Self-Confidence and Its Role in Managing Illness.....	18
1.2.7 Loneliness (Radka Severýnová)	23
1.2.8 Mental Illness and Stress	24
1.2.9 Stress and Kinetic Activity	26
1.3 Psychical Illness	27
1.3.1 Psychiatric Morbidity	27
1.3.2 Long-term Psychiatric Hospitalisations.....	29
1.4 Movement Therapy.....	33
1.5 Summary.....	34
2. KINESIOTHERAPY	35
2.1 The Term “Kinesiotherapy”	35
2.1.1 The principle of Kinesiotherapy	35
2.1.2 The Means of Kinesiotherapy.....	36
2.1.3 Functioning of Kinesiotherapy	36
2.2 Kinesiotherapy in the Psychic Disorders Treatment and Prevention	37
2.2.1 Kinesiotherapy, The Form of Supportive Treatment of Psychical Disorders and Illness.....	37
2.2.2 Use of Kinesiotherapy in Preventive Care.....	38
2.3 Teoretical Resources for Creating Kinesiotherapeutical Programmes.....	38
2.4 The Forms of Kinesiotherapy in Psychiatric Patients Treatment.....	43
2.4.1 Integrative-Based Kinesiotherapy	43
2.4.2 Concentrativ-Based Kinesiotherapy	44
2.4.3 Kinesiotherapeutical Active-Relaxing Programmes.....	44
2.4.4 Kinesiotherapeutical Activating Programmes	44
2.4.5 Kinesiotherapeutical Programmes Increasing the Self-confidence and Trust in Others	45

2.4.6	Kinesiotherapeutical Communication Programmes	45
2.4.7	Therapeutical Use of Sport Exercises.....	45
2.5	Suggested Forms of Kinesiotherapy for Psychological Disorders Treatment	45
2.5.1	Kinesiotherapy in Dementia Treatment.....	46
2.5.2	Kinesiotherapy in Dependency Syndrome Treatment.....	46
2.5.3	Kinesiotherapy in Schizophrenia Treatment	47
2.5.4	Kinesiotherapy in Manic Illness Treatment.....	48
2.5.5	Kinesiotherapy in Neuroses Treatment	48
2.5.6	Kinesiotherapy in Personality Disorders and Behaviour Treatment	48
2.6	The Principles of Kinesiotherapy Leadership for Psychically Ill	48
2.7	The Research in Kinesiotherapy.....	49
2.8	Kinesiotherapeutical Programmes Application Results	50
2.9	Summary.....	52
3.	SCHIZOPHRENIA TREATMENT	54
3.1	The Term "Schizophrenia"	54
3.2	International Classification of Diseases.....	55
3.3	Schizophrenia Etiology	58
3.4	Schizophrenia Development and Prognosis	58
3.5	Schizophrenia Treatment.....	61
3.6	The Role of Therapeutical Relation in Schizophrenia Treatment.....	63
3.7	Supporting Therapies in Schizophrenia Treatment	63
3.8	Summary.....	65
4.	KINESIOTHERAPY IN SCHIZOPHRENIA TREATMENT	66
4.1	Resources for Creating Kinesiotherapeutical Programmes in Schizophrenia Treatment.....	66
4.2	Fundamentals for Kinesiotherapeutical Programmes Development	67
4.2.1	Kinesiotherapeutical Integrative Programme	67
4.2.2	Kinesiotherapeutical Activating Programme	69
4.2.3	Kinesiotherapeutical Communicative Programme	70
4.2.4	Concentrative Kinesiotherapeutical Programme	71
4.3	Long-term Hospitalised Schizophrenics Kinesiotherapy Performance Findings.....	72
4.3.1	The Evaluation of Acceptance and Effectivity of Kinesiotherapeutical Programmes.....	77
4.3.2	Conclusion	79
4.4	Summary.....	80

5. THE TREATMENT OF DEPENDENCIES.....	81
5.1 Stimuly to Dependency Origination.....	81
5.2 Dependency in International Classification of Diseases	82
5.3 The Process of Dependency Origination.....	84
5.3.1 Biological Dimension	85
5.3.2 Psychological Dimension	85
5.3.3 Dimension of One's Own Body Perception	85
5.3.4 Dimension of Experience and Emotional Sympoms.....	87
5.3.5 Social Dimension.....	88
5.3.6 Spiritual Dimension.....	88
5.3.7 The Process of the Dependencies Origin	88
5.4 Dependency Problem.....	89
5.5 Personality and Dependency	90
5.6 The Risk Periods of the Dependency Establishment	91
5.7 Psychical Consequences of Dependency	92
5.8 Dependencies Treatment	93
5.9 Theoretical Outcomes for Statement of Kinesiotherapeutical Programmes at Dependency Treatment.....	94
5.10 Summary.....	97
6. KINESIOTHERAPY IN DEPENDENCIES TREATMENT.....	99
6.1 Movement Programmes used in Dependencies Treatment	99
6.2 Leadership of Dependencies Kinesiotherapy	100
6.3 The Principles of Kinesiotherapy in Dependencies Treatment	101
6.4 Recommended Forms of Kinesiotherapeutical Programmes	101
6.5 Findings Based on Kinesiotherapy Practice Within Hospitalised Dependents on Non-Alcohol Drugs	105
6.5.1 The Difference in the Approach to Movement Activities by Men and Women	105
6.5.2 The Acceptance of Particular Kinesiotherapeutical Programmes	105
6.6 Summary	109
7. DEMENTIAS TREATMENT.....	110
7.1 Definition of the Term "Dementia".....	110
7.2 Dementia Diagnosis	110
7.3 The Forms of Behaviour Bound to Suffering from Dementia.....	112
7.4 Sickening for Dementia Stages	113
7.5 Summary	116

8. KINESIOTHERAPY IN DEMENTIAS TREATMENT	117
8.1 The Aims of Kinesiotherapy Within Patients Suffering from Dementia	117
8.2 The Forms of Kinesiotherapy in Dementia Treatment	117
8.3 Recommended Forms of Exercise for Particular Handicap.....	119
8.4 The Main Principles of Performing the Kinesiotherapy to Patients Suffering from Dementia	121
8.5 Summary	122
9. FIRST HOSPITALIZATION'S ACCUTE CARE KINESIOTHERAPY	123
9.1 Multi-Factor Base of an Illness.....	123
9.2 Perception and Movement.....	123
9.3 Changes in Perception of One's Own Body and its Functions Caused by an Illness.....	126
9.4 Somatic embedded Experiencing.....	127
9.5 Summary	128
10. KINESIOTHERAPY IN FIRST HOSPITALIZATIONS ACCUTE CARE	129
10.1 First Schizophrenia Attacks	129
10.2 First Schizophrenia Attacks Treatment	130
10.3 Kinesiotherapy in First Schizophrenia Attacks Treatment	131
10.4 Neurotic Disorders, Disorders Evoked by Stress and Somatomorphal Disorders	132
10.5 Kinesiotherapy in Neuroses Treatments	134
10.6 Temper Disorders	136
10.7 The Principles of Leading the Kinesiotherapy of Psychically Deseased.....	136
11. CONCLUDING WORDS	138
12. REFERENCES	139
13. INDEX OF AUTHORS	146