

CONTENT

Part I. Theoretical background of psychomotor therapy in the treatment of psychiatric patients

1. *Motivational motion program for the treatment of psychiatric patients*..... 19
Běla Hátlová

2. *Physical activity in psychiatric treatment in Norway today*..... 19
Toril Moe, Marit Sørensen

3. *The transformation of mental health care in the Czech Republic* 25
Běla Hátlová

4. *Problem "long-term mentally ill" people*..... 29
Běla Hátlová, Hana Kynštová

5. *Project "Physical Activity as a Part of Treatment of Psychiatric Patients"* 31
Tereza Dvořáková Louková

Part II. Exercise efficiency

6. *Physical Activity as Part of Psychiatric Treatment: Construction of a motivational physical activity intervention* 37
Marit Sørensen, Anders Farholm, Marte Bentzen

7. *Motivational movement program intervention to perceived physical fitness and psychomotor pace in hospitalized psychiatric patients*..... 45
Běla Hátlová

8. *Influence of the motivational movement programme on the motivation of psychiatric patients to physical activities*..... 53
Martin Dlabal

9. *The effect of an exercise programme for hospitalized psychiatric patients diagnosed with schizophrenia*..... 59
Běla Hátlová, Milena Adamkova Segard, Michel Probst, Vlastimil Chytrý

10. *Influence of the motivational movement programme on the motivation for physical activity in outpatients* 66
Běla Hátlová, Tereza Dvořáková Louková, Martin Dlabal, Iva Wedlichová, Vlastimil Chytrý

Part III. Practical applications

11. *Considerations When Facilitating Physical Activity for People with Psychosis* 75
Toril Moe

12. *Activities used with psychiatric patients*..... 78
Sigrid Strøm Olsen

13. *Summary*..... 83

14. *References*..... 84

15. *Index* 92