

Prof. Dr. Amara Renate Eckert
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CV

University degrees / employment at universities

- 1975 Diploma in Educational Science, specialization: Social Work and Special Education at University of Cologne
- 1976 State examination for teaching at elementary and secondary schools, Uni. Cologne
- 1984 Ph.D. at University of Cologne, Faculty of Special Education
Topic: Special effects of psychomotor support in children with speech and language disorders
- 1976 -1977 Teacher at a high school in Cologne
- 1976-1987 Research Assistant and Scientific Associate at Faculty of Special Education, Uni. Col.
- 1988 -1990 Representation professorship and Scientific Assistant at Educational University, Kiel
- 1990-1996 Self-employment and temporary contracts with different institutes and Universities
- 1996 -2017 Full Professor "Psychomotricity, Sports and Movement Education" at University of applied Sciences Darmstadt, Faculty of Social Education and Social Work
- Since 2018 Retired / Self-employment and temporary contracts with different institutes and Universities in different countries

Further education, 1977 -2018

- Training in Client-Centered Therapy (2 years) (GWG);
- Gestalt-therapy (3 years) (Real-Institut Munich)
- Yoga (4 years) (Bihar school of Yoga) and Meditation (Osho Multiversity, Pune/ India);
- Body Psychotherapy (6 years) Orgoville International Munich, Seattle <http://www.orgoville.de/>);
- Hypnosis and NLP, Practitioner (3 years) (Institute for Integrative Coaching, Munich)
- Pre- and Perinatal Trauma Therapy (8 years)(Institute for Pre-and Perinatal Education, <http://www.ippe.info/>);
- Dance-therapy; Drama-Therapy and Play-Back-Theater; Zen-Theater (further education workshops);
- Change-Management and Strategic University Management (CHE Berlin) (leadership trainings);
- Systemic Coaching and Supervision (3 years) (HISW, <https://www.hisw.de/> Hamburg)

Research Topics:

- Effects of psychomotor support for language and movement development / quantitative study
- Effects of psychomotor dialogue
- Body Psychotherapy and Psychomotricity
- Prejudices and Gender Mainstreaming at h_da/ university of applied science/ qualitative study <https://isasp.h-da.de/forschungsprojekte/amara-eckert/>
- Psychomotor oriented yoga for kids – a new concept of yoga for kids
- Pre- and perinatal experiences in play and movement / observation study

Leaderships and Executive Board activities

- 2000 -2014 Dean, Vice Dean and Dean of Studies at Faculty of Social Work, Darmstadt
- 2008 – 2017 Member of the Senate committee for Gender Mainstreaming of University of applied Sciences, Darmstadt (h_da)

- 2011- 2013 Chairwoman of Senate at h_da, Darmstadt
- 2011-2016 Member of the Senate Committee for Higher Education Development Planning at h_da, Darmstadt
- 2012 - 2014 Chairwoman of the Scientific Association for Psychomotricity (WVPM e.V.)
- 2016-2018 Member of the board of Scientific Association for Psychomotricity (WVPM e.V.)
- 2016-2019 Vice-president of the International Society for Pre- and Perinatal Psychology and Medicine (ISPPM e.V.)
- Since 2019 President of the International Society for Pre- and Perinatal Psychology and Medicine (ISPPM e.V.)

Congress planning and management

- 2005 Psychomotricity with Children. Symposium at Seoul Rehabilitation Center, Seoul / Korea
- 2007 and 2017 European Students Academy Psychomotricity. Cooperation between European Forum of Psychomotricity and University of applied Sciences Darmstadt: 5 days conference with 140 students from 10 European countries
- 2009 Psychomotricity in Social Work. Fac. of Social work, University of applied Sciences Darmstadt
- 2013, 2014, 2016, 2017 Annual conferences of Scientific Association for Psychomotricity (WVPM e.V.)
- 2019 Violence around childbirth. Conference of ISPPM in Fulda/ G
- 2020/2021 Online conferences and the extended Board meetings of ISPPM
- 2021 Anniversary International 3- Day Online Conference of ISPPM

International teaching activities and cooperation (selection)

- 1998 - 2010 annually "Teachers mobility - program" (Socrates) in exchange with Stockport College for Further and Higher Education, Stockport/ UK
- 1999 10-day excursion with students to Stockport College
- 1997 - 2008 Lecturer and coach at the Center for Developmental Therapeutic Education (ZEF) in Winterthur/ CH
- 2002, 2003, 2014, 2018 Trainings in psychomotricity in Seoul/ South Korea
- 2003 Further education in Body-Psychotherapy at the Association of Swiss Psychomotor Therapists. Basel/ CH
- 2005-2007, 2008 -2011 3-year trainings in "Body oriented and Sense-Understanding Therapy for Children" in Winterthur/ CH (IBP, Institute for Integrative Body Psychotherapy) Since 2007 annual upgrades.
- 2007-2010 Lecturer and coach at the Institute of Integrative Body Psychotherapy (IBP) Winterthur/ CH
- 2011, 2012, 2013 Erasmus International Program on Social Policy. Annual meetings and annual conferences with the partners in Stockholm/ Sweden, Urbino/ Italy, Darmstadt/ G.
- 2006 Support and supervision of a psychomotor therapy project in Zilina / Slovakia
- 2015 Excursion with students to Ushgorod University, Ushgogod/ Ukraine
- 2016/2017 Mindful oriented Body-Psychotherapy. Training with creative psychotherapists in Bucharest/ Romania (SPER Institute)
- 2016/ 2017 Erasmus teaching exchange with Maltepe University, Istanbul/ Turkey
- 2018/ 2019 Mindful oriented Body-Psychotherapy. Training in Istanbul/ Turkey
- Since 2018 Erasmus Project "First Touch" with the partners Greece, Turkey and Germany (ISPPM)
- 2018 -2021 Trainings in "Body-Psychotherapy with children" for Psychologists and Psychomotor Therapists. IBP -Institute, Winterthur/ CH
- 2019 - 2021 Psychomotor Therapy with Children. 3-year training program with psychologists in Sofia /Bulgaria

Special teaching contracts at universities

- 1981 University of Bremen, Faculty of Education, Topic: Language and Movement

1988 University of Cologne, Educational Science - Special education faculty
 Topic: Lesson planning for speech impaired children and communication development

1990- 1992 University of Education Kiel, topics: 1. Psychomotor therapy with speech impaired children, 2. Neo-Reichian bodywork for teachers

1991 University of Hagen, topic: Basics in Special education

1996 – 2000 University of Education Erfurt, Department of Motologie
 Topic: Neo-Reichian bodywork in psychomotricity

2005 Danube University, Krems/ Austria, Topic: Body Psychotherapy for Gestalt-Therapists

2018 University of Marburg, Topic: Body oriented counselling and supervision

2017-2022 ongoing: University of applied sciences Darmstadt: Working with Trauma in Psychomotricity

2020 and 2021 Maltepe University Istanbul: Introduction in Psychomotricity. MA-Program Clinical Psychology

Selected Lectures (main lectures, panels and workshops) with focus on international conferences

Topics: psychomotricity, movement and language, communication promotion, early attachment / dialogue, sense-understanding psychomotricity, children's yoga, aggression and violence prevention, movement and learning, identity development, body-psychotherapy, developmental diagnostics, the body in the information society, body and flexible living, pre- and perinatal development and body-psychotherapy, Spirituality and body experiences, Mindfulness and BPT, challenging behaviour and psychomotricity, health promotion in kindergarten, body oriented counselling, family forms and family systems, family counselling in social work.

1982 International congress for psychomotricity. Florence/ Italy

1983 International Congress of Phoniatics and Speech Therapy. Edinburgh/ Scotland

1984 International Psychomotor Congress. Amsterdam/ Netherlands

1997 Language and Movement. Congress of the Austrian Society for Speech Therapy. Villach/Austria

2000 Psychomotricity in a changing society. World Congress Psychomotor. Strasbourg/ France

2003, 2006 Congress of the German Society for Body-Psychotherapy (DGK), Berlin

2003 European Conference for Body Psychotherapy. Marathon / Greece

2006 European Conference for Body Psychotherapy, Askov/ Denmark

2007 Psychomotor Developmental Support. University of Bratislava/ Slovakia

2008 Body Psychotherapy and Psychomotor Therapy. European Conference for Psychomotricity, Amsterdam/ Netherlands

2013, 2014, 2015 Body Psychotherapy. Trauma Therapy. Body psychotherapy for children. Prenatal patterns in Body Psychotherapy. International Conferences on Experiential Psychotherapy and Unifying Personal Development /SPER. Faculty of Psychology and Educational Sciences, University of Bucharest/ Romania

2017 Spirituality and Experiential Wisdom. Conference of International Society for pre- and perinatal Psychology and Medicine ISPPM. Berlin

2017 Working with migrants in social work. Social Work International Conference – SWIC. Bucharest/ Romania

2018 Touch in early childhood education. Critical touch in critical times. Conference of German speaking Association for Infant mental health GAIMH. Kreuzlingen/ CH

2018 Psychomotricity in Therapy and Education. Sofia / Bulgaria

2019 Act and change. Being a child in modern societies. Conference of German speaking Association for Infant mental health/ GAIMH. Hamburg/ G.

2020 Prenatal traumatic patterns in children. Conference of German speaking Association for Infant mental health GAIMH. Vienna/ A

2020 Childhood and Movement. Online conference. University of Osnabrück

2020 Prenatal Trauma Work. Prenatal Health International Online Conference Romania

2019-2021 Erasmus International Conferences and team meetings. First touch Project.

Turkey/Greece/ Germany
2021 Psychomotor therapy. Move-play-connect. International online conference. BAPMT/ Bulgaria

Planning, establishing and reaccreditation of study programs, member of committees

- Master Social Work, University of Applied Sciences Darmstadt
- Bachelor Social Work, University of Applied Sciences Darmstadt
- Bachelor Social Work - Migration and Globalization (Co-op with Maltepe University, Istanbul /TR)
- Preliminary work with the founder: Master Motology, University of Marburg
- Preliminary work on the International Master Programme "Clinical Psychology with Body Psychotherapy Certificate". Maltepe University Istanbul/ TR

Reviews and scientific committees

- Journal: MOTORIK
- Socialnet <https://www.socialnet.de>
- Scientific committee of International Society for pre- and perinatal Psychology and Medicine
- Scientific committee of Scientific Publishing Company for Psychomotricity and Motology (Wissenschaftlicher Verlag für Psychomotorik und Motologie/ WVPM) www.wvpm.org
- Scientific committee of ArtTE Journal – Creative-expressive therapies and unifying personal development
- Scientific committee of the journal "Mensch und Pferd international"
- Scientific committee of "Menschenskinder", Darmstadt

Educational and therapeutic work with adults in different institutions

Advanced Training, Psychomotor Therapy, Body-Psychotherapy
since 1980 lecturer at the German Association for Psychomotricity/ DAKP

- annual courses on special topics,
- lectures and workshops on conferences of the association
- annual participation in team training and development

1987 - 1989 Collaboration in psychoanalytic therapy and meditation group work (Dr. med. Wolfgang Unsöld, Bonn)

1989 Co-Founder of the Institute for Education and Meditation. Focus on mindful based further education of educators and therapists. Individual sessions

Since 1988 Body-Psychotherapy and coaching. Individual life sessions and skype-sessions

1990 - 1992 Collaboration with the Institute of Orgodynamic, Munich

1992- 2000 Lecturer at the Department of Special Education of the Protestant Institute for Social pedagogic education and further education in Tübingen. Topic: Psychomotricity

1994 - 1996 Training in Body-Psychotherapy for special educators in Cologne and Bonn. Since 1996 annual update training weekends

1993 - 1998 Annual training courses in children's yoga at Society of German Physiotherapists in Berlin

2011-2013 Trainings in Psychomotricity and Body-Psychotherapy at Hamburg Institute for Systemic Further Education, HISW

Supervision and coaching in different institutions

since 1984 in schools, kindergarten, university, youth welfare, assisted living, foster families, various psychiatric and psychosomatic clinics in Germany, individual clients

1982 – 1984 Regular team-supervision for the team of a social-therapeutic child and youth community in Wuppertal

1990 - 1996 Team and case supervision at the Educational Counselling Center in Münsingen/ Schwäb. Alb

1992 - 1997 Group and team supervision in a home for people with disabilities, Gammertingen /

- Schwäb. Alb
- 1993 - 2001 Group Supervision with teachers at the Falkenberg School (professional school) in Ulm
- since 1991 Regular leadership, team and case supervision as well as team days at many infirmaries at the Center for Psychiatry, South Wuerttemberg (zfp), the Clinic for Psychiatry and Psychosomatics (pp.rt) in Reutlingen, the Median Clinic in Odenwald and in social psychiatry associations in different cities in BW/Germany.
- Infirmaries:**
Geriatric Psychiatry; Seniors: Day Clinic; Depression Clinic; General psychiatry: acute care unit and day clinic; Neurological early rehabilitation; Dormitory for the mentally ill; Addiction and comorbidity; Addiction: Psychotherapy; Addiction: Day Clinic; Forensics infirmary: Motivation; Forensics: Alcohol Therapy; Forensics: Drug therapy; SINOVA (Psychosomatics), Association for Social Psychiatry/ BWF and VSP Zwiefalten, Association for Social Psychiatry in Laichingen and Münsingen, Psychosomatics: Day clinic; Creative therapy team; Occupational therapy team; Rehabilitation infirmary; Teachers team in Hospital Nursing School.
- Since 2021 Team and Case-Supervision in "Menschenskind" Project: Help for children of parents in need

Psychomotricity, Development Support and Yoga with children

- 1978 Psychomotor developmental support in kindergarten and entry class of schools for speech impaired children in Troisdorf and St. Augustin
- 1985 - 1988 Establishment of a speech and psychomotor clinic for communication-impaired family systems at the University of Cologne
- 1990 - 1996 Psychomotricity for the promotion of concentration for 7 - 9 year old children (VHS Münsingen)
- 1991 – 1998, 2003 Yoga for children. Courses at Institute for Education and Meditation and VHS Münsingen and Hayingen
- 1992 - 1998 Psychomotor therapy with multiple-handicapped preschool children (different Institutions)
- 1996 - 1999 Psychomotor trampoline courses with children. VHS Münsingen
- 1998 - 2017 Regular psychomotor practice and supervision at University of Applied Sciences, Darmstadt
- 2014 Psychomotor therapy for children with pre- and perinatal trauma
- 1989 – 2022 Individual body psychotherapy sessions with adults

PUBLICATIONS (english translation of german titles)

- Scholz, H.-J. / Eckert, R. (1979): Dictionary of Stuttering and Poluttering. Munich. Fink
- Eckert, R./Zeller,G. (1979) Sprachbehinderung - Sprachtherapie - Schule für Sprachbehinderte. In: Niermann, M. (ed.): Wörterbuch der Vorschulerziehung. Heidelberg. UTB
- Eckert, R. (1980): Pfegestellenvermittlung mit Sozialisationschance? Vocational and non-vocational integration of pupils and young people from homeless families. In: Kluge, K.J. (ed.): We want to get out of here! Munich.
- Eckert, R. (1983): Ansätze einer integrierten Sprach- und Bewegungs- förderung. In: XIXth Congress of the International Association of Logopaedics and Phoniatics. and Phoniatics. Perth, Scotland.
- Eckert, R. (1985): Early intervention in speech and language - approaches to prevention and Rehabilitation. approaches to the prevention and rehabilitation of speech development disorders. In: Olbrich, I. (ed.): Frühförderung behinderter und von Behinderung bedrohter Kinder. Dortmund. Borgmann
- Eckert, R. (1985): The identity of the psychomotrician - The identity of the speech therapist. In: Olbrich, I. (ed.): Frühförderung behinderte und von Behinderung bedrohter Kinder.

Dortmund. Borgmann

- Eckert, R. (1985): Effects of psychomotor support for children with speech development disorders (5-9 years). Frankfurt, Bern, New York
- Eckert, R. (1987): Psychomotor support for children with language development disorders. In: Irmischer, T./Irmischer, E. (Eds.): Movement and language. Schorndorf. Hofmann
- Eckert, R. (1988): Newer Aspects in the Integrated Developmental and Communication and communication support for speech-impaired children. Die Sprachheilarbeit 33 (1988) 6.
- Eckert, R. (1988): Integrated development and communication support. In: Tagungsbericht zur Arbeits- und Fortbildungstagung der dgs in. Mainz
- Eckert, R. (1989): Characteristics and intervention possibilities of the educator/therapist in integrated development and communication support. In: Grohnfeldt, M. (ed.): Handbook of speech therapy. Volume 1. Berlin
- Eckert, R. A./Fichtner G. R. (1991): Fear and aggression as signposts of the the living in the pedagogical-therapeutic communication context. - A presentation from a neo-Reichian perspective. In: Lotzmann, G. (ed.): Aggression and Fears in the Voice and Speech Therapy Process. Munich, Vienna
- Eckert, R. A. (1992): Psychomotricity in development. History, present and perspectives of psychomotricity in Germany, especially with regard to work with speech impaired people. In: Lotzmann, G. (ed.): Psychomotricity in Speech, Language and Voice. Speech and Voice Therapy. Stuttgart, Jena
- Eckert, R.A. (1992): Integrated psychomotor work with children with developmentally disturbed children using the example of body experience. In: Lotzmann, G. (ed.): Psychomotricity in speech, language and voice therapy. speech and voice therapy. Stuttgart, Jena
- Eckert, R.A. (1993): Messages of the body - understanding without language. In: Lotzmann, G. (ed.): Body Language. Diagnosis and therapy of speech, language and voice disorders. Munich, Basel
- Eckert, R.A. (1995): Yoga with children. Pleasure and concentration. In: Posture and Movement, 15 / 1995, H. 3, 25-30
- Eckert, R.A. (1995): Psychomotricity - History and current development. In: Posture and Movement, 15/1995, H.4, 4-10
- Eckert, R.A. (1998): From the Swedish remedial gymnastics to the psychomotor language development. Movement and Speech Therapy from 1880 to the Present. In Frühwirth, I. and F. Meixner (eds.) : Language and Movement. Vienna 1998
- Eckert, R.A. (2000): Body energetic aspects in psychomotricity. In: Wendler, M, T. Irmischer, R. Hammer (eds.): Psychomotricity in Change. Lemgo .dakp
- Eckert, R.A./ Hammer, R. The human being in the centre. Contributions to (Eds.)(2004): Meaningful Psychomotricity and Motology. Lemgo. dakp
- Eckert, R. A. (2004): Understanding and accompanying people psychomotorically. In: The human being in the centre, see above.
- Eckert, R.A. (2003): Diagnosis ADS. Conversation with a person affected. In: The other ADS book. Eds: Doering, W./ Doering, W. Bremen
- Eckert, R.A. (2003): Bodily-scenic understanding in psychomotricity. In: Misunderstood children – difficult children. Ed: Department of Social Pedagogy. Darmstadt
https://www.researchgate.net/publication/237225808_Leiblichszenisches_Verstehen_in_der_Psychomotorik
- Eckert, R.A. (2004): Being in motion. A body-energy view of psychomotor practice. In: Psychomotricity - Approaches and Fields of Work. A textbook. Schorndorf. Hofmann
- Eckert, R.A. (2004): Psychomotricity as an approach to the child. In: Hessian Teacher's Journal 4
- Eckert, R.A. (2006): Body psychotherapy and psychomotricity. In: Movement in Education and Health. Ed: Fischer, K. et al. Lemgo. dakp
- Eckert, R.A. (2008): Trauma - Violence - Autonomy. Psychomotor violence prevention as an aid to processing experienced traumatisations. Motorik 31, 18-24

- Eckert, R. A. (2008): Development and Autonomy in the Knowledge Society. In: Arbeitsgemeinschaft Funktionelle Entspannung (AFE) Yearbook.
- Eckert, A.R (2010): Psychomotorics and Body Psychotherapy - Approaches, Connections, and separate paths. *Motorik* 33
- Eckert, A.R./ G. Fichtner (2010): "Help, my house is on fire". On dealing with children's feelings in sensory development therapy (SET) In: *astp - Bulletin*, Issue 2/2010 .
- Eckert, A, R (2010): Education and Autonomy in the Knowledge Society - On the Importance of Embodied Living and Learning. In: Kuhlenkamp, S. (ed.): *Language in Movement. Psychomotor perspectives in support, therapy, education*. Lemgo. dakp
- Eckert, A. R. (2012): "Children, you are my sunshine" Understanding old people in a psychomotor way. In: Krus, Astrid (ed.): *An eventful life. Psychomotor work with older people and people with dementia*. Lemgo. dakp
- Richter- Mackenstein, J./ Eckert, A. R. (eds.) (2014): *Psychomotricity in Families und Organisations*. Marburg. WVPM- Publisher
- Eckert, A. R. (2015): Expression of pre- and perinatal experiences in play and movement. In: Reichenbach, C. / Richter-Mackenstein, J. (eds.): *Research approaches and discussion of methods*. Marburg. WVPM
- Eckert, A. R./ Nickel, F. (2015): *Psychomotricity in Sozial Work - The Darmstadt Model*. In: Krus, A. / Jasmund, C. (eds.) *Psychomotricity in socio-educational fields of work*. Stuttgart. Kohlhammer
- Eckert, A. R. (2016): *Psychomotor trauma work - Dealing professionally with the unknown*. In: Krus, A. (ed.): *Everyone can move*. Lemgo. AKP
- Eckert, A. R. (2016): "Playing into life?" - prenatal and perinatal experiences in children's play. In: Jessel, H. (ed.): *Spiel(T)raum. Allowing play space, giving play space, having play space*. Lemgo AKP
- Eckert, A. R. (2017): On the expression of pre- and perinatal experiences in play and movement. *Motorik* 40.H.1. 4-12
- Eckert, A. R. (2017): "Help, my house is on fire". When children re-enact their traumatic experiences in play. In: *Bewegte Kindheit. conference proceedings Osnabrück*.
- Eckert, A. R. (2018): On the importance of spirituality, knowledge and non-knowledge in prenatal psychology - a plea for professional understanding. Schacht, J./ Cotiga, A. et al. (eds.): *Science and experiential wisdom in ISPPM*. Heidelberg. Mattes
- Eckert, A. R. (2019): Understanding meaning creates connectedness. Göhle, U. H./ Allkemper, S. (eds.): *Horizons of action between theory and practice. Mutual impulses in psychomotricity and motology*. WVPM Publishing House
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- Eckert, A. R. (2021): Understanding old people in a psychomotor way. *Social Magazine* 1-2, 48-54
- Eckert, A. R. (2021): Touching digitally? Corporeal empathy in psychomotor online teaching. In: Krus, A. /Jessel, H. (eds.): *Psychomotor digital*. Lemgo dakp
- Eckert, R. A. (2021): Trauma-sensitive psychomotor support for children. In: *motorik*, 44, H.2, 62-68, DOI 10.2378 / mot2021.art12d.
- Eckert, R. A. (2021): Body and health from a body psychotherapy perspective. In: Wendler, M./ Schache, S./ Fischer, K. (Eds.): *Multidisciplinary Perspectives on Body and Health*. 111-128. Wiesbaden. Springer VS. DOI: 10.1007/978-3-658-32999-0_7
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<<https://www.journalprenatalife.com/index.php/prenatal/article/view/traditionalmidwifery>>. Date accessed: 16 may 2022.

Emel GÜDEN-; Olga GOUNİ; Hakan ÇOKER; Amara Renata ECKERT; Ali Ramazan BENLİ; Nezihe Neşe KARABEKİR - Evangelia PHİLİPPAKİ (2022)

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FİRST TOUCH PROJESİ SONUÇ RAPORU 2021

<https://kayseriism.saglik.gov.tr/Eklenti/150838/0/sonuc-raporupdf.pdf>