

Basic Body Awareness Therapy (BBAT)

A daily treatment method used at the Psychiatric Unit in the Faroe Islands

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Location Band Population

- 62° north in the middle of the Atlantic Ocean.
- Population 49,000.
- 18 Islands; 17 are populated.
- Tórshavn, the Capital, has 20,000 inhabitants.

The Health Care System

- 1 National Hospital.
- 2 District Hospitals.
- 1 Psychiatric Unit for all in- and out patients.
- Primary health care system includes 8 Social centers distributed around the country.

Staff

At the National Hospital

- 800 in total.
- 14 physiotherapists.

At the Psychiatric Unit

- 200 staff.
- 2 physiotherapists.

Patients

In- or outpatients pr. year at the Psychiatric Unit

- 1000 adults and adolescences.
- 180 children.

Background

2 PT, BBAT specialists educated from the Basic Body Awareness Methodology (BBAM) College in Bergen, Norway. Both are teachers candidates in BBAT, connected to the BBAM education at Bergen University College, with prof. L. H. Skjearven as BBAT teacher and tutor.



Implementation of BBAT

- BBAT movement as individual and group treatment.
- Lecture for relatives, patients, colleagues, other professionals, students and interest organizations.
- Structured teaching plan in BBAT theory and practice for physiotherapy students in clinical practice lasting 4-10 weeks.
- Structured plan in BBAT movements for physiotherapists colleagues 2 hours a week for 6 weeks.
- BBAT introduction course for physiotherapists with prof. Liv H Skjaerven lasting 12 hours.
- Presenting BBAT on the National Radio.

BBAT as a physiotherapy method

- Since 2009 we have seen the positive impact of BBAT treatment on a large number of our patients.
- Approximately 500 BBAT treatments pr. year.
- When Movement Awareness along with Movement Quality increases; it has a positive effect both physically and mentally.

Future plan / Visions

- Ensure that the standard is maintained with respect to treatment quality through continuous tests, such as Body Awareness Rating Scale (BARS), Body Awareness Scale-Interview (BAS-I) and Motivational Analysis (MA).
- Continue BBAT movement as individual and group treatment, where movement awareness and movement quality increases.
- Continue the implementation in the secondary and primary health care system.
- Continue the implementation of BBAT through introduction courses for physiotherapists.

Introduction

- Basic Body Awareness Therapy was introduced at the Psychiatric Unit in 2009.
- Today it is a well integrated physiotherapy method in the psychiatric field.
- Is used both as individual and group treatment.

Referral to BBAT treatment

- The Psychiatric Unit is the only place in the country, where you can get BBAT treatment.
- Most frequent diagnoses are: Depression, anxiety, bipolar, eating disorder, personality disorder and schizophrenia.

