Basic Body Awareness Therapy for traumatised refugees. Refugee experiences of individual Basic Body Awareness Therapy and the level of transference into daily life. An interview study

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ABSTRACT

Purpose: The aim of the study was to investigate refugee experiences of individual Basic Body Awareness Therapy (BBAT) and the level of transference into daily life.

Method: A qualitative method using semi-structured interviews. Malterud’s version of Giorgi’s 4-step analysis was used to analyse the data.

Participants: Three traumatised refugees with PTSD who had completed 14-20 individual BBAT sessions.

Results: The participants experienced the movements in BBAT as small and simple with big effects. BBAT was found to relieve pain and tension, bring peace of mind and body, and make it easier to sleep. Regular practice was necessary, as were instructions from a physiotherapist, to get the effect from BBAT. Positive changes in the contact to oneself and others were experienced and new coping strategies were developed.

Conclusion: Traumatised refugees experienced positive effects from BBAT and transference into daily life was experienced to a great extent.

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