1. **Title**: Basic Body Awareness Therapy – changes in physical and mental health of traumatised refugees – a pilot study

2. **Status of the project**: A publication has been finalised (please see below “Dissemination”)

3. **Project period**: 01-02-2012 – 01-11-2012

4. **Investigator**: Kajsa Stade Aarønæs, MD

5. **Supervisors**
   - Signe Skammeritz, MD (CTP)
   - Jessica Carlsson Lohmann, MD, PhD (CTP)

6. **Aims**
   - To explore the compliance, acceptability and treatment satisfaction using group BBAT in traumatised refugees
   - To examine whether the BBAT treatment of traumatised refugees alter patients’ somatic symptoms, pain and quality of motion.
   - To examine whether the BBAT treatment of traumatised refugees alter patients’ symptoms of PTSD and depression, anxiety, quality of life and functional level.

7. **Number of patients**: 9

8. **Dissemination of results**
   
   “After all the traumas my body has been through, I feel good that it is still working.” – *Basic Body Awareness Therapy for traumatised refugees*