



YHTEISTYÖKOULUTUS PSYFY:N JA LAFT:N JÄSENILLE

Training your seahorse

- CHILDREN'S MENTAL HEALTH
A PHYSIOTHERAPEUTIC PERSPECTIVE

Pernille Thomsen has specialized in treating the somatic aspect of children in distress. Pernille is a physiotherapist, holds a master's degree in health education, and has taught at the physiotherapy education program for 13 years. She has specialized in the neurophysiological consequences of an overloaded nervous system.

In this course, we go through the fundamental challenges faced by children and adolescents, focusing on the bio-psycho-social perspective. We cover brain anatomy and physiology, as well as the neurophysiological factors that influence them. Additionally, we explore how physical activity, breathing exercises, and deep calming pressure can support well-being.

Lue lisää täältä: <https://xn--shestetrning-edb8v.dk/english>

Aika: 27.-28.1.2026

Paikka: Iiris-keskus, Näkövammaisten liitto
Marjaniementie 74, 00930 Helsinki www.iiris.fi

Kouluttaja: Pernille Thomsen

Hinta: 390€, opiskelijajäsenille 235€, hintoihin sisältyy lounaat ja kahvit

Koulutuksen kieli: englanti

ILMOITTAUTUMINEN ON ALKANUT
(ILMOITTAUDU 1.12.2025 MENNESSÄ):

LASTENFYSIOTERAPIA.TAPAHTUMIIN.FI