

## CALL FOR APPLICANTS

<b>Course Mode</b>	Blended Intensive Programme (BIP)		
<b>Course Title</b>	<b>Trauma and the Body</b>		
<b>Admission Profile</b>	Bachelor or Master degree students with technical training who wish to acquire a specialization or updated practical training in Psychomotricity in Trauma		
<b>Hosting Institution</b>	Windesheim University of Applied Sciences(Windesheim, Netherlands)		
<b>Participant Institutions</b>	<p><b>Organizer Institution:</b> Windesheim University of Applied Sciences (Windesheim, Netherlands)</p> <p><b>Partners Institutions:</b> University of Evora (UE, Portugal) Faculdade de Motricidade Humana (FMH, Portugal) Interkantonale Hochschule für Heilpädagogik (HfH, Switzerland) Other European partners (Finland, Murcia, Marburg)</p>		
	<p>The numbers of participants agreed by the program partners are the following:</p> <ul style="list-style-type: none"> <li>- Windesheim University of Applied Sciences <span style="float: right;">0 students</span></li> <li>- University of Evora <span style="float: right;">3 students</span></li> <li>- Faculdade de Motricidade Humana <span style="float: right;">6 students</span></li> <li>- HfH Zurich <span style="float: right;">5 students</span></li> <li>- Other partners <span style="float: right;">9 students</span></li> </ul> <p><b>Note:</b> The BIP is open to a maximum of 23 participants. In case one of the above Universities should have less students than the maximum allowed, the places left will be made available to other universities in order to reach the planned number of participants.</p>		
<b>Number of ECTS</b>	3		
<b>Language of the Programme</b>	English		
<b>Teaching Hours in Presence Mode</b>	90%		
<b>Teaching Hours in Virtual Mode</b>	10%		
<b>Start and End Date of the Virtual Part</b>	18 <sup>th</sup> Feb 2026 4 <sup>th</sup> March 2026	<b>Place</b>	Via Teams (Teams invitations will be sent to the students in time)
<b>Start and End Date of the in-Presence Part</b>	22 <sup>th</sup> - 28 <sup>th</sup> March 2026	<b>Place</b>	Windesheim University of Applied Sciences

### Introduction

The Windesheim University of Applied Sciences jointly with the University of Évora, and the Faculdade de Motricidade Humana offer their students the opportunity to participate in a Blended Intensive Program. The Blended Intensive Program is officially approved by the EU in the framework of the ERAMSUS+ 2021/2027.

BIPs are one of the new and innovative formats of student mobility introduced by the new Erasmus+ 2021-2027 Program. These programs, jointly developed by multiple higher education institutions, feature advanced and innovative pedagogical approaches that combine short-term face-to-face (physical) mobilities with virtual learning. BIPs are inherently transnational and transdisciplinary, as curricula are developed and taught together by partner institutions in different countries. The combination of in-person and virtual learning spaces allows students and professors to experience and exchange highly collaborative, challenge-based, and research-steeped methods of teaching and learning.

### Summary Program

The program covers theoretical understanding and developing of practical skills in the treatment of Post-Traumatic Stress Disorder and increase trauma sensitivity of future Psychomotor Therapists. Besides the above, there will be intercultural goals.

Content goals:

- = Increase personal skills in trauma sensitivity when working with clients
- = Learn fundamental aspects of traumatology
- = Learn current international developments and aspects in (psychomotor) trauma treatment
- = Know about specific trauma treatment methods and interventions
- = Increase awareness and importance of involvement in shared international research programs

Intercultural Goals:

- = Encouraging a sense of curiosity and responsibility to 'look across' borders and share knowledge in complex issues
- = Developing the ability to communicate effectively across various cultures
- = Creating opportunities for meaningful intercultural networks

### Contents

#### Module 1 - Body and Trauma (1 ECTS)

Number of hours (VT.- Virtual Theory, VP. - Virtual Practice, PT.- in Presence Theory, in Presence Practice)	VT	VP	PT	PP
1. Traumatology <ul style="list-style-type: none"> <li>- Psychotraumatology M1.1.1- Prof. Joana Machorrinho (UE)</li> <li>- Into designing psychomotor therapy with traumatized clients M1.1.2 - Prof. Marlies van Doorn (Wind) and Prof. Marco Mulder (Wind)</li> </ul>			X	
2. Dealing with symptoms <ul style="list-style-type: none"> <li>- Dealing with symptoms M1.2.1- Prof. Ingeborg Stroosnijder (Wind)</li> <li>- Arousal and Trauma M1.2.2- Prof. Ingrid Nissen ( )</li> <li>- Impact of trauma on a family system M1.2 - Prof. Gerald Riedstra (Wind)</li> </ul>			X	X
3. Intercultural Program	X	X		

#### Module 2 - Taking Action (1 ECTS)

1. Taking Action: <ul style="list-style-type: none"> <li>- Imaginary confrontation M2.1.1 - Prof. Marco Mulder(Wind)</li> <li>- Workshop M2.3 - Prof. Paula Lebre (FMH)</li> </ul>				X
2. Embodiment and Expressive Arts <ul style="list-style-type: none"> <li>- EXAT M2.2.1 - Prof. Graça Duarte Santos (EU)</li> </ul>				X
3. Trauma and Shame <ul style="list-style-type: none"> <li>- Lecture M2.4.1 - Prof. Marlies van Doorn (Wind) &amp; Marion Jongerius (Wind)</li> </ul>			X	X

<p>4. Trauma and Shame</p> <ul style="list-style-type: none"> <li>- Lecture M2.4.1-M2.4.2 - Prof. Marlies van Doorn (Wind) &amp; Marion Jongerius (Wind)</li> </ul> <p>5. Intercultural Program into action</p> <ul style="list-style-type: none"> <li>- Field trip 1. Visit to a local association - Prof. Marco Mulder (Wind)</li> </ul>			X	X
<b>Selection Criteria</b>	<p>To apply for this program, students must be regularly enrolled at one of the participating universities.</p> <p>Participation to the program is open to students of any discipline connected with contents related to the BIP.</p> <p>At the time of the application submission, applicants must demonstrate proof of English language competence at the B1/B2 level. This can be certified by the applicant's home University (Level B2 will be a preferential criterion).</p> <p>Selected students must communicate their <b>acceptance or withdrawal within 5 days</b> from the publication of the selection results by contacting their university program coordinator. Selected students will be contacted with further instructions upon completion of the selection procedures.</p>			
<b>How to Apply</b>	<p>Students interested in participating should fill out the application form by <b>30th October 2025</b>, as well as insert the required documents in the link: <a href="https://siue2.uevora.pt/">https://siue2.uevora.pt/</a></p> <p>The application form must contain the following attachments:</p> <ol style="list-style-type: none"> <li>1.- Copy of valid ID or passport</li> <li>2.- Transcript of Records (A certificate of enrolment at the home University with a list of passed exams and grades)</li> <li>3.- Language certificate</li> <li>4.- Motivation letter (containing, if any, experiences abroad)</li> </ol>			
<b>Selection criteria and procedures</b>	<p>An appointed Committee formed by Prof. Graça Duarte Santos, Prof. Joana Machorrinho and Prof. Ana Rita Matias (University of Évora) will carry out the selection procedures. Selection is based on the following criteria:</p> <ul style="list-style-type: none"> <li>- Academic performance</li> <li>- Motivation</li> <li>- English language competence</li> <li>- Evaluation of further qualifications and skills</li> </ul> <p>Students should expect to hear back about the result of their application by <b>7th November 2025</b>. Selected students must communicate their acceptance or withdrawal within <b>5 days</b> from the publication of the selection results by contacting their university program coordinator. Selected students will be contacted with further instructions upon completion of the selection procedures.</p>			
<b>Financial Support</b>	<p>The attendance of the Blended Intensive Program may be covered by an ERASMUS+ SMS Short Mobility Grant for all mobile students (excluding students from the hosting University). This financial support may only be guaranteed by the selected student's home University. The University of origin of each selected student is fully responsible for the management of the financial aspects of the mobilities in accordance with the provisions of the competent ERASMUS+ National Agency.</p> <p>No financial support is foreseen for University of Windesheim (hosting institution) students, as they will not be travelling for the purposes of participation in this program (non-mobile participants).</p>			

