

Lecture

## **Research in the Frame of Basic Body Awareness Therapy: Research Questions, Possibilities and Challenges**

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### **Abstract**

Although Basic Body Awareness Therapy is often applied in the treatment of patients with various mental health problems, and over the last decade more frequently also to patients with musculoskeletal disorders, research in the frame of BBAT is still scarce. This presentation will include an overview of research within the field of BBAT, present possible relevant research questions, and discuss the challenges for bringing research within the frame of BBAT further in the future.

