

**Training Title:** Body Expression for Children with Down Syndrome

**Date:** 4 July 2026

**Duration:** 5 hours

**Schedule:** 9:00 am – 2:00 pm

**Location:** SESOBEL - Ain El Rihani

**Attendance:** In person

**Training Language:** French / Arabic

**Instructor:** Yara Assaf

**Professional Biography:**

**Yara Assaf** is a psychomotor therapist, holder of a master's degree in Psychomotor Therapy from the Saint Joseph University of Beirut (USJ), with 6 years of experience working with children with disabilities.

She currently holds the position of Head of the Psychomotor Therapy Unit at SESOBEL and is also a clinical supervisor at Saint Joseph University – Beirut, where she trains and supervises future psychomotor therapists.

She acquired the Snoezelen approach with Pétrarque in 2024.

**Training Description:**

Over the years, body expression activities have shown to be beneficial among children with disabilities, specifically children with Down Syndrome (DS)

These activities aim to develop:

- **Confidence in themselves and their abilities:** By experiencing new movements, children with DS become progressively more aware of their body and its potential.
- **Freedom in body movements:** Body expression gives them the opportunity to express their gestures freely in a safe space.
- **Imagination and creativity**

This topic has shown significant importance in psychomotor therapy, as it enables non-verbal expression through body-movements.

This approach enriches not only motor abilities of children with DS, but also their social and communication skills, by promoting interactions and a better comprehension of their surroundings.

**Training Objectives:**

- General overview on the characteristics of Down Syndrome and its psychomotor semiology.
- Revealing body expression as a tool to personal development:
  - **Body expression and cognitive functions:** How body-based activities influence cognitive processes and support the development of memory, attention, and perception in young people with Down syndrome.

- **Body expression and tonic-emotional regulation:** Impact of body-based exercises on emotional regulation and relaxation
  - **Body expression and creativity:** By developing spontaneous actions, body expression aims the emergence of new ideas.
- Elaboration of a protocol of 10 sessions based on psychomotor activities that enhance body expression.

#### Methodology:

- **Interactive training:** this training juggles between theory and practice and is based on body expression exercises that will be realized by participants.
- **Case studies:** Several cases will be analyzed to better understand the importance of developing body expression with Down Syndrome children.
- **Analysis and feedback:** Participants will be invited to share some of their personal experiences with body expression.

#### Public:

**Professionals and university students:** psychomotor therapists, occupational therapists, special educators

#### Program content:

Time	Content
9:00 am – 10:00 am	<b>Down Syndrome and psychomotor semiology:</b> Definition and psychomotor semiology of Down syndrome, with a detailed overview of the specific cognitive, motor, and emotional characteristics of young people with Down syndrome.
<b>10:00 am -10:30 am</b>	<b>Coffee break</b>
10:30 am -12:00 pm	<b>Body expression: a tool of personal development.</b> Exploration of the beneficial aspects of body expression and its importance in developing cognitive functions, emotional regulation and creativity in children with Down Syndrome.
<b>12:00 pm – 12:45 pm</b>	<b>Light Lunch</b>
12:45 pm – 2:00 pm	<b>Presentation of a rehabilitation protocol</b> Therapeutic objectives

#### Certification:

An official certificate, duly signed by the Ministry of Education and Higher Education, is given to each participant.

#### Registration Fee:

Participation fee: USD 80

