

## **ABSTRACT OF BACHELOR THESIS**

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**Title of bachelor thesis:** Developmental Movement program according to Veronika Sherborne and its use in occupational therapy

This Bachelor's thesis is concerned with the topic of a movement programme called Developmental Movement according to Veronika Sherborne and its usage in occupational therapy. This programme is a very effective method focused on the advancement of movement, emotion, senses and reasoning, and is usually applied to children. Unfortunately, the programme is rarely used or heard-of in the Czech Republic, and that is why this thesis largely draws on information from international literature, as well as from the book written by the author of this programme herself. The goal of the thesis is first and foremost to familiarize the reader with the Developmental Movement and therefore raise the awareness of its existence among members of academia as well as the general public.

The thesis is divided into two parts: theoretical and practical. The theoretical part provides basic information about the Developmental Movement programme and its author and puts forth the basic goals of the method, the division of certain exercises, the basic principles of the programme and the characteristic of the diagnoses this programme is primarily concerned with. The practical part of the thesis consists of two main goals. The first goal is to map the situation of Development movement application in the Czech Republic, the second goal is to create a universally-applicable exercise unit for this particular programme. One piece of casuistry is also included in the practical part. The results of the practical testing of the exercise regime can be found at the end of the thesis.

**Key words:** Developmental Movement, Veronika Sherborne, movement programme, the method of movement development, therapy for people suffering mental disability