

Course Summary

How to Connect Body and Mind in Scoliosis

This online course offers a holistic and accessible approach to understanding scoliosis in adolescents. Created by psychologist **Elisabetta D'Agata** and physiotherapist **Kathrin Güttinger**, it explains how motivation is important in the treatment of scoliosis and how posture, pain, emotions interact.

The course is designed for adolescents with scoliosis, their parents, adult patients and healthcare professionals. Through **12 videos (about 140 minutes total)**, students learn practical tools to improve motivation, reduce fear, understand pain, and build a positive body-mind connection during treatment.

1. Motivation

These lessons explain how adolescents can find *meaningful* motivation for scoliosis treatment. One video is addressed to patients and families, another to the health professionals.

2. Pain

The pain module helps adolescents understand pain without fear and it is related also to patients with chronic pain. **Role-playing videos** show how thoughts and emotions influence pain and how visualization techniques can make pain feel more manageable.

3. Scoliosis Awareness

This section focuses on understanding the body and improving self-awareness through visualizations, playing with the posture, explore grounding and stability

Scoliosis is not as a limitation, but a chance to grow stronger physically and emotionally.