

Dance Therapy foundation course

Currently we are developing a 5 days foundation course in dance therapy which will consist of 30 hours of experiential work and lectures on the history and application possibilities of dance therapy (minimum of 8 participants, maximum of 18).

To apply for this course, please email to baliedans@codarts.nl and we will keep you informed.

Dates

Monday Feb 27 - Friday March 2, 2012; 5 days (30 hours)

Costs

€ 350, including reader(s)

For

among others professional dancers, dance teachers, arts and psychomotor therapists, psychologists, movement scientists, physiotherapists, occupational therapists etc. with dance and work experience.

The course can be taken as continuous professional education (accredited by the FVB, Dutch Federation for Arts and psychomotor therapists) and is strongly advised for people seriously considering to apply for the Master in Dance Therapy.

Goal

The foundation course provides professionals with the opportunity to experience and find out whether and how a master's in dance therapy can enrich and deepen one's own profession. The participant acquires basic knowledge of dance therapeutic methods and processes and receives information about the current professional practice. The course provides a strong basis for the Master in Dance Therapy offered at Codarts.

Participants will be asked to write a non-assessed essay of 2,000-3,000 words relating to their experience in the seminars and to keep a journal to consolidate and record their learning. You can apply for an authorized certificate of attendance on completion of the course. The certificate is not a qualification to practice, and does not guarantee acceptance to the Master Education.

Content

Preparation

Please bring an object, music, picture, poem, text which is of personal meaning to you.

Essay

You will be asked to write a non-assessed essay of 2,000-3,000 words relating to your experience in the seminars. The intent of this essay is to reflect upon your learning process related to your personal dance and movement profile.

Day 1: Inge Oosterveld

Understanding one's own dance

This first day will be an introduction to the therapeutic process of creating in dance, understanding of one's own dance and recognizing personal themes.

Day 2: Penny Best

Play and creativity in DMT

The second day will focus upon the relationships between play and creativity and how these might work within DMT. We will look at what helps or blocks play and what environments might help individual play or interactional play. The possibility of change in therapy requires the capacity to play, i.e., to take risks, to explore and experiment with ideas, behaviours, perspectives. We will make use of the objects students have brought to the course, to explore, experiment and reflect upon personal and group creativity.

Day 3: Simone Kleinlooh

Introduction in basic DMT theory and methods.

This third day we will explore the 'not knowing stance', embodied presence and empathic reflection in (therapeutic) relationships. Some basic DMT theory and methods will be discussed and explored.

Day 4: Jeannette Mac Donald

Group process in DMT

By now this group will have spent some time together working, individually, in dyads, small groups and also in one large group. Understanding about the many groups we are part of throughout our lives is an important part of our training and this day will offer a brief insight into this aspect of the course, where we learn not only about our own behavior in groups but also how to manage group processes in our work as professional DMTs. This day will be a personal adventure about moving and being moved. Please spend some time for reflection time before attending. Where do you fit in this group? What would you like to change about this group if it were possible? How do you feel about the last few days that you have spent together?

Day 5: Simone Kleinlooh

Evaluation and closure of the past week and looking forward.

During this last day one explore's (verbally and non-verbally) one's personal/professional identity (personal dance and movement profile) in relation to the past week and the DMT profession. There will be time for discussions and questions concerning the DMT profession/practice and the master programme.