



Crisis Creativity and Society

Dance Movement Therapy
embodying interdisciplinary pathways

**2nd European Association
Dance Movement Therapy Conference**

**9th > 11th September 2016
Milan, Italy**





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Body, Movement and Dance in Psychotherapy: An International Journal for Theory, Research and Practice. Taylor & Francis: UK

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Dear Conference Delegate,

The European Association Dance Movement Therapy (EADMT) and The Italian Association of Dance Therapy (APID) welcome you to this 2nd EADMT conference. We are proud with the result of our collaboration and sincerely hope you will be inspired by the conference experience.

EADMT wishes to raise awareness of a growing engagement with allied professions and encourage further interdisciplinary practice to incorporate the expressive, creative body in support of health and wellbeing of individuals, groups and communities. As global instability across social, emotional and political arenas increases, this EADMT conference has as its aims to observe how the many levels of crisis faced by communities and individuals are addressed through a bodymind perspective, and to broaden the knowledge and skills of practitioners by creating a vibrant platform for those currently engaged in research and practice.

Whether your focus is on research or the development of the notion of embodiment in practice, or both, we offer conference delegates a learning experience that embraces the mind and the body, engaging in diverse creative, psychotherapeutic and scientific perspectives. Above all, we encourage delegates to join with us in nurturing inter-professional growth through mutual exchange.

We thank the keynote speakers for their support of this conference and all those who are sharing their work with us, whether through poster presentations, workshops or lectures. We hope you will enjoy the inevitable debate and celebrate diversity of practice with us. The following themes provide the focus of all presentations:

- Dance Movement Therapy (DMT) and neuroscience, biology & psychology research
- DMT and psychotherapy, including body psychotherapy
- Embodiment and creative practice: allied fields in dialogue in clinical and social applications
- Bringing the body into education: health & social care, science and school
- Identifying the power of creativity across arts, culture, community, and health sectors
- Crisis, creativity and the bodymind: the new challenges

We thank you for your participation.

Susan Scarth
President EADMT

Mila Sanna
President APID



CONFERENCE TIMETABLE

FRIDAY, SEPTEMBER 9TH

Time	Galleria	Camplus B	Camplus C	Roof Lounge
8:30-9:30	Registration			
9:30-10:00	Opening			
10:00-11:15	Keynote lecture M. Eberhard-Kaechele			
11:15-11:45	Coffee Break			
11:45-13:15	Papers A	Papers B	Papers C	Workshop 1
13:15-14:30	Lunch			
14:30-15:45	Keynote lecture. V. Gallese			
15:45-16:15	Coffee Break			
16:15-17:45	Papers D	Papers E	Papers F	Workshop 2
17:45-18:00	Closure			

SATURDAY, SEPTEMBER 10TH

Time	Galleria	Camplus B	Camplus C	Roof Lounge
9:00-10:00	Opening - EADMT film <i>Resilient Lives: Building Strength through Dance Movement Therapy</i>			
10:00-11:15	Keynote lecture R. Madera			
11:15-11:45	Coffee Break			
11:45-13:15	Papers G	Workshop 3	Papers H	Workshop 4
13:15-14:30	Lunch			
14:30-16:00	Round Table discussion <i>Being seen and seeing others: Interrelationship between different disciplines</i>			
16:00-16:30	Coffee Break			
16:30-18:00	Papers I	Workshop 5	Papers J	Workshop 6
18:00-18:20	Ritual closing dance by APID DMTs in the garden			
20:00 -	Saturday GALA Event for all conference participants			

SUNDAY, SEPTEMBER 11TH

Time	Camplus B	Camplus C	Roof Lounge	Camplus Foyer
9:00-9:15	Opening			
9:15-10:45	Workshop 7	Posters A	Workshop 8	Poster B
10:45-11:00	Coffee Break			
11:00-12:30		Workshop 9	Workshop 10	Poster C
12:30-13:00	Closing Ceremony			



C3. *Rosemarie Samaritter and Marja Cantell*

Embodied wordings of change: how do dance movement therapists describe their interventions?

The politics of health care urge arts therapists to deliver evidence for the effectiveness of their interventions. The Dutch professional association has started to focus on the arts therapists' specific contribution to clinical guidelines and effectiveness research. On one hand, the question is how to describe and implement highly complex interventions, such as DMT within mental health care organisations. On the other hand, the question is how to match the criteria of evidence required for (psycho)therapies, while preserving the nature of creative and dance-informed processes that are at the core of DMT. In search for the DMT practitioners' implicit and explicit knowledge, we present a thematic literature review and a pilot study of the DMT working elements. The findings are structured into a format that might provide enough detail to describe DMT interventions in the context of institutional guidelines, DMT training programmes and replication of DMT clinical practice and research.

Roof Lounge Workshop 1

Chaired by L. Perrotta

Imke Fiedler

Dance/Movement Therapy takes political action

The war in Syria and the political crises in the Middle East, as well as the problems in northern Africa, have reached Europe by way of millions of refugees and migrants. They come hoping for rescue, safety, support and inclusion. The European politicians are in constant dispute about this, but what the people need are answers and ways of feeling welcomed and integrated now.

This workshop tries to give ideas and suggestions of how DMT can participate in this process. At this point the presentation cannot offer empirical findings on the subject, as various projects are in the beginning stages of analytic reflection. Here, the intent is to elicit creativity and to inspire the conference participants about how to take action in their countries and start collaboration.

13.15 – 14.30 LUNCH

The Garden

13.15 – 13.25 *Movement Sparks by APID Piemonte*

14.30 – 15.45 *Galleria*

Keynote Lecture with **Vittorio Gallese**

Chaired by R.M^a. Govoni and S. Koch

A new take on intersubjectivity: embodied simulation and a second-person relational approach to social cognition

The discovery of a mirror mechanism for action, emotions and sensations suggested an embodied approach to simulation – Embodied Simulation (ES). ES provides a new empirically based notion of intersubjectivity, viewed first and foremost as intercorporeity.

ES challenges the notion that Folk Psychology is the sole account of interpersonal understanding. Before and below mind reading is intercorporeity as the main source of knowledge we directly



gather about others. By means of ES we do not just “see” an action, an emotion, or a sensation and then understand it through an inference by analogy. By means of ES we can map others’ actions by re-using our own motor representations, as well as others’ emotions and sensations by re-using our own visceromotor and somatosensory representations. ES provides an original and unitary account of basic aspects of intersubjectivity, demonstrating how deeply our making sense of others’ living and acting bodies is rooted in the power of re-using our own motor, emotional and somatosensory resources. The notion that a theoretical meta-representational approach to the other is the sole/main key to intersubjectivity will be challenged and a second-person approach to intersubjectivity will be proposed.

15.45 – 16.15 Break

16.15 – 17.45 Parallel sessions:

Dance Movement Therapy, Somatic and Sensorimotor Psychotherapy, Neuroscience, Biology and Psychology research and practice

Galleria Paper Presentations Session D

Chaired by J. Morozova and S. Cianca

D1. Sabine Koch

What heals? What works? General and specific active factors in the arts therapies

What is it that makes the arts therapies in particular a source of healing? This contribution provides a brief overview of common and specific factors effective in the arts therapies. Common factors include the therapeutic relationship, resource activation, problem actualization, motivational clarification, and problem solving (Grawe et al, 1994). Specific factors of arts therapies next to their very medium (e.g., music, movement, visual art) include play, enactment, nonverbal communication, symbol, and the aesthetic experience. The aesthetic experience is conceptualized to encompass active and receptive aspects of beauty, authenticity, shelter, unison with another person or object, and experienced body- mind-unity. In the absence of an aesthetic model for the arts therapies in clinical psychology and cognitive sciences, that includes active art-making, a model of embodied aesthetics is introduced to ground the therapeutic factors theoretically (Fuchs & Koch, 2014; Koch et al., 2016). The model addresses the expression and the impression side (active vs. receptive side) of the aesthetic experience and is discussed regarding its explanatory value for dance movement therapy.

D2. Tal Shafir and Rachele P. Tsachor

Movement choices influence emotions: new research using Laban Movement Analysis and its application in Dance Movement Therapy

This paper summarises new research that provides and expands scientific evidence to support common practices in Dance Movement Therapy (DMT). According to Damasio, when the current state of the body is conveyed to the brain by afferent input from the body, the resulting brain activation patterns represent unconscious emotions, which are experienced as subjective feelings. This implies that deliberate control of motor behavior could help regulate feelings. Indeed, we demonstrated that execution, observation and imagination of certain movements enhance



CONFERENCE CONTRIBUTORS

AKTURAN, Elçin is a psychotherapist and holding a BA in Psychology, and in thesis making of MSc in Psychopathology. She has recently graduated from Dance Movement Therapy Certificate Program at Bilgi University and is one of the co-founders of the Turkish Expressive Art Therapies Association. She has held dance therapy groups at Istanbul Medicine University Hospital for psychiatric patients and later at Neolife Medicine Center for breast cancer survivors.

BATTISTA, Fernando, dancer, choreographer, Italian high school teacher, DMT SV-APID, Counsellor SV Trainer. Degree in economics and Master in "Peacekeeping & Security Studies" at RomaTre University. Trainer and supervisor in several schools of training in DMT, ArtTherapy and Counseling, is author of several articles and publications in scientific texts. He conducts laboratories of DMT and Counseling with migrants, asylum seekers and teenagers (UN funds), in collaboration with an Italian High School, in Rome. For this he has been invited to conduct a workshop at the University of Palermo during a Summer School. He is artistic director and choreographer of *umanDanceCompany*.

BENEDUCE, Dorotea, dance movement therapist, member of A.P.I.D., the Italian Professional Association of DMT, and A.St.Ri.D counselor (for prevention and support of parenthood). She has been working as dance movement therapist since 2002 with different populations, in group and individual settings; in particular with disabled people, children, psychiatric patients, elderly, immigrants. She has been practicing Authentic Movement for many years with Rosa Maria Govoni. Founder of the Association *Il Telaio delle Arti*.

BOCCALON, Roberto. MD, Psychiatry, Expressive Psychoterapist. Degree and postgraduate degree studies at UCSC of Rome. Group and individual analytical training. For 30 years psychiatrist in NHS Mental Health Departments of Reggio Emilia and Ferrara. Lecturer at University of Ferrara and IUS Venezia. Member of institutional research teams (UCSC, CNR, RER, University of Bologna-ATI, IUS). Member of Art Therapy Italiana and International Association for Art and Psychology. Co-director of Institute of Expressive Therapy, Bologna. Author of over 100 scientific publications, in particular: Bocalon R.: *Imago e psiche, processi creativi e processi terapeutici*, Psicoart n°2/2012 - Bocalon R.: *Creative potential, languages and identity in adolescence*, XVII° International Conference, Creativity and Innovation in Education, Riga, 2013 - Bocalon R., Mignone R., Principale C. (a cura di): *Chiaroscuri della bellezza, sguardi sul processo artistico e terapeutico*, Quaderni di Psicoart, Vol. 4/2014.-Bocalon R.: *La cucina del dottor Freud: ingredienti, ricette, degustazioni*, *Aracne-Rivista.it/2016*.

BOREHAM, Sarah. A registered dance movement practitioner psychotherapist, researcher, musician, philosopher, writer, feminist. I hold a masters in dance movement therapist and degree in philosophy. With 30 years experience in the arts, education and health. I lecture in embodied approaches to psychotherapy and work as a dance movement therapist with children whom have experienced abuse and refugees. I am on the research working group for ADMPUK helping to raise profile and support for Dance Movement Therapy research.

BORGHESE, Francesca is a freelance DMT (APID n° 184) who operates primarily in health and education settings as well as in private practice. She often works alongside other health and education professionals in particular Educational therapists, Paediatricians, Psychologists, Artists, Child and Adolescent Psychiatrists.

BRÄUNINGER, Iris, PhD., MA, researcher at the Department for Research and Development, University Hospital of Psychiatry in Zurich, Switzerland, supervisor and private practitioner. Iris was a post-doctoral researcher at the Stress and Resilience Research Team, University of Deusto Bilbao, Spain. She is a teacher and a Master thesis tutor at the DMT Masters Programme, Autonomous University Barcelona and teaches internationally in DMT, research, KMP and application of DMT. She is a registered supervisor with German (BTD) and Spanish (ADMTE) Association, registered Dance Therapist (DTR) with ADTA, KMP Notator and holds the European Certificate for Psychotherapy (ECP). Her research focuses on resilience, improvement of quality of life, stress coping strategies through DMT, intercultural competence, KMP, and development of movement assessment tools. She has published extensively on DMT, quality of life, resilience, stress and movement assessments.

BRYL, Karolina, MS, CMA, RSMT, RSME, a certified DMT psychotherapist and PhD Candidate in Creative Arts Therapies at Drexel University, is a member of the Polish Association of Dance Movement Psychotherapy, Polish Choreological Forum and American Association of Dance/Movement Therapy - Global Membership Committee. Able to work clinically in both in Polish and English, she has worked individually and in groups with children who have been neglected and abused, have difficulty adapting, or are on autistic spectrum, and with adults who have a range of psychiatric disorders such as depression, schizophrenia. She has lead dance movement psychotherapy and somatic therapies sessions in psychiatric settings in both Polish and American hospitals while also maintaining a private practice in DMT psychotherapy.



EHRENFREUND, Haguit Dr. was an accomplished dancer before she turned to DMT and academic research. Her work focuses on the metapsychology of movement, using psychoanalytical concepts to theorize body action. She has taught in various DMT programs in Europe and Israel, and has a wealth of clinical experience. She is now in Lausanne - Switzerland, where she develops her theory of conscious movement and psychosomatic balance.

FIEDLER, Imke A. M.A., BC-DMT, trained DMT at University of California Los Angeles, USA in 1988; director of an accredited DMT training institute in Berlin, Germany since 1990; certified psychotherapist with a private practice and many years of clinical experience. She has a university degree in clinical supervision and counselling; author of several articles and book chapters on DMT and supervision.

FISCHMAN, Diana is Ph.D., BC-DMT, licensed psychotherapist and educator, is founder director of Brecha- Buenos Aires DMT Training Institute (1996), is an academic advisor and professor at DMT Master at Universidad Nacional del Arte (UNA), teaches at Universidad Autónoma de Barcelona DMT Master and has given workshops at different institutes in Brasil, Colombia, Peru, Mexico, Spain, Portugal, Check Republic, Germany and China. Dr Fischman is the founder president of the Argentina Association of Dance Therapy (2000). She had published « Empatía Encarnada » and articles for DMT International Journals. Directs a research line at Universidad Nacional del Arte, Argentina.

GALASSI, Cinzia took a degree in clinic psychology at University Cattolica del Sacro Cuore in Milan (Italy) in 2002 and a diploma in psychotherapy at the Institute of Espressive Psychotherapy of A.T.I. (Art Therapy Italiana-Italy) in 2011. Since 2004 she worked as psychologist/psychotherapist in private Health Service for drug addiction and in Public Health Service in San Vittore prison in Milan.

GALLESE, Vittorio. Full Professor of Physiology, Department of Neuroscience, Unit of Physiology, University of Parma, Italy. Adjunct Senior Research Scholar, Dept. of Art History and Archeology, Columbia University, New York, USA. Coordinator of the PhD Program in Neuroscience of the University of Parma. Director of the Doctoral School of Medicine of the University of Parma. The research activity of Vittorio Gallese since the beginning focused on the relationship between the sensory-motor system and cognition in non-human primates and humans. This research along the years dealt with the way the brain represents space, the visuo-motor processes presiding over reaching-to-grasp actions and action understanding, by means of single neurons recordings in macaque monkeys, and of brain imaging techniques, TMS and behavioural and electrophysiological methods in humans. In more recent years Vittorio Gallese broadened his research interests to the field of cognitive science, investigating the neurobiological basis of intersubjectivity, empathy, language, theory of mind and aesthetics. He also applies neuroscientific methods to study Autism and Schizophrenia. Since many years he is involved in fruitful multidisciplinary collaborations with scholars of other disciplines, like philosophy of mind (collaborating with Alvin Goldman, Thomas Metzinger and Corrado Sinigaglia), cognitive linguistics (collaborating with George Lakoff and Art Glenberg), aesthetics (collaborating with David Freedberg), psychiatry and psychoanalysis (collaborating with Morris Eagle, Paolo Migone, Thomas Fuchs, and Josef Parnas) and narratology (collaborating with Hannah Wojchiehowski). The major scientific contribution of Vittorio Gallese consisted of the discovery of mirror neurons, together with his colleagues of Parma, and of the development of a unified model of basic aspects of intersubjectivity: Embodied Simulation Theory. Vittorio Gallese's scientific activity is testified by more than 217 scientific publications in peer-reviewed international scientific journals and international scientific edited books.

GARCÍA, Maria Elena. Psychotherapist, choreographer, dance movement therapist (Art Therapy Italiana) vice president of the Professional Association of Italian Dance Movement Therapists (APID) from 2008 to 2012, today is member/supervisor of this association and of the Asociación Española de DMT (AEDMT). Co-founder of the Movimento Creativo method - Garcia-Plevin (1993). Since 2005 she is on the faculty of the Masters Program in DMT, Universidad Autónoma de Barcelona. Teacher in the Music Therapy Course, la Ciudadella, Assisi, Italy, she has held courses for l'Università Roma Tre, the Catholic University of Rome, l'Accademia Nazionale di Danza and other institutions. She has held therapeutic groups at the Comunità Reverie for psychiatric patients for several years and has a private practice. Maria Elena has studied with Janet Adler (1991-1999) and guides groups of Authentic Movement. Is author of several publications.

GIANSANTE, Tiziana. Dance Movement Therapist (Art Therapy Italiana). Creative Movement Garcia-Plevin Method® trainer. Indian classical dance (Bharatanatyam) teacher and dancer. Shiatsu therapist.

GOVONI, Rosa Maria. Psychologist, Psychotherapist E.R.a388 IT, DMT, BC-DMT -705, Dmt Teacher and Clinical Supervisor, Authentic Movement Trainer, Sensorimotor Psychotherapist level 1. Introductory level KMP. Former Director DMT Training Program now Co Director Institute Expressive Psychotherapy integrating DMT at Art Therapy Italiana. Teaching past In Vienna, Austria in Germany, till now in Russia, Switzerland, since 2015 in Turkey Bilgi University, in China for Inspirees C. Founded APID in 1997.