

To come in action

Development through movement

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In a portuguese dutch cooperation the importance of movement will be emphasized in this class in two parts. The first part will invite you to 'come in action' yourself, in a dance class. The focus will be on creative movement as a potent and powerful learning tool in developing and refining relationships between thinking, actions, feelings and sensations, integrating motor, cognitive, sensorial and emotional development. We will work and deal with the elements of creative dance: the body in space with time/dynamics and relations between each element, the self and the other. The principal themes to 'reach possibilities' are: physical actions and playful body; drawing lines/shapes and shadows; creating moods/texture of feelings within imagery; sharing sensations/mapping discoveries; connecting dialogues/gathering identities, dealing with several stimuli in a creative way.

It is very important that teachers and students learn, give and use tools and other resources for creative learning through movement and dance allowing imagination, expressing themselves, and solve problems in different content areas, towards knowledge, understanding and searching for new ways of doing, acting and thinking about.

Basic safety will be a starting point in both interventions offered in this class.

The second part of the class will focus on the treatment of posttraumatic stress disorder by 'coming in action'. It concerns the treatment of ptsd as a result of physical and sexual violence. In the Netherlands psychomotor therapy is regularly involved in treatment of posttraumatic stress disorders both independently as well as in combination with psychotherapy.

We will take a look at psychomotor therapy methods of dealing with trauma symptoms and in particular exposure treatment in psychomotor therapy. This method is a variant of the existing exposure techniques in the treatment of ptsd. The method which is recently developed, exposure treatment, is supplemented with structured physical action, in which the patient can (yet) physically express himself to the perpetrator. This method has been developed in practice and has now been studied. The intervention and research will be explained. The participants are invited to give feedback and to think along about the method.

References:

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