



DANCING IN PMT

How to introduce dancing to adults who are not used to dancing/ body movement

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WHAT WE TAKE WITH US

- New knowledge / inspiration
- New idea's for exercises
- Different mindsets
- Friends & culture

DANCING IN PMT

Danisch	Swiss	Netherlands	Portugal
<p>Movement is a big part in Denmark for PMT.</p> <p>Combining body & mind through bodily reflection.</p>	<p>Feeling the rhythm of your own body, what does your body need and what does it feel what it wants to say.</p>	<p>Movement is also a big part in the Netherlands.</p> <p>Body signals and cognition is a big part in the Netherlands.</p>	<p>Connecting the body and the mind through the feeling.</p> <p>Being on the same level as your client.</p>

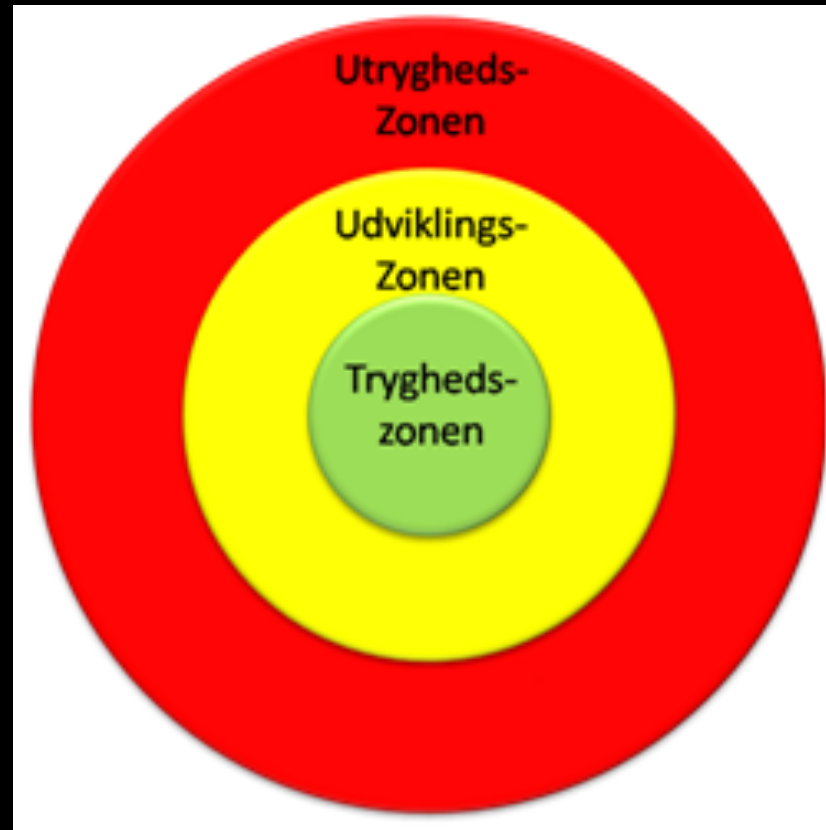
RESEARCH

- Bonnie Meekums, Vicky Karkou, E Andrea Nelson: Dance movement therapy for depression. 2015
- Alida Anderson (2015) Dance/Movement Therapy's Influence on Adolescents' Mathematics, Social-Emotional, and Dance Skills, The Educational Forum, 79:3
- Lynn Koshland J. Wilson B. Wittaker Peace through Dance/Movement: Evaluating a Violence Prevention Program
- Sarah E. Casey Moving to Prevent Child Sexual Abuse: Dance/Movement Therapy as Primary Prevention

GOAL

- Make dancing more approachable
- Target audience (cultures, disorders, kids, etc...)
- Different target groups
- Multiple ways to apply dancing (fun, therapy, alternative expression)

VYGOTSKY- THE ZONE OF IMMEDIATE DEVELOPMENT



EXERCISE ADAPTATION & PROGRESSION

- Start by moving
- Create movements that turn into dance
- Use different body parts
- Use different materials
- Turn up the music