

INTERNATIONAL DANCE MOVEMENT THERAPY WEEKEND IN LISBON



GENERAL ASSEMBLY OF THE EUROPEAN ASSOCIATION OF DANCE MOVEMENT THERAPY

**CENTRO HOSPITALAR
PSIQUIÁTRICO DE LISBOA
(CHPL)**

OCTOBER 4-6, 2019

Featuring workshops with renowned
dance therapists from all over
europe.



FRIDAY

OCTOBER 4, 2019
WORKSHOPS DAY

1:30 - 1:50 pm

Location: Entrance Hall of CHPL

Reception of the workshop's participants.

The participants will be led to the room where the workshop will take place

Workshops' Schedule

	Room A	Room B
2:00 - 4:30 pm	DMT with Children by Hilda Wengrower	DMT between East and West by Elena Cerruto
4:30 - 5:00 pm	Coffee - Break	
5:00 - 7:30 pm	DMT with Older People by Richard Coaten	DMT in Research and Education by Rosa-Maria Rodriguez

Prices

Members of PRAIA - APDMT

1 workshop 25 €
2 workshops 40 €

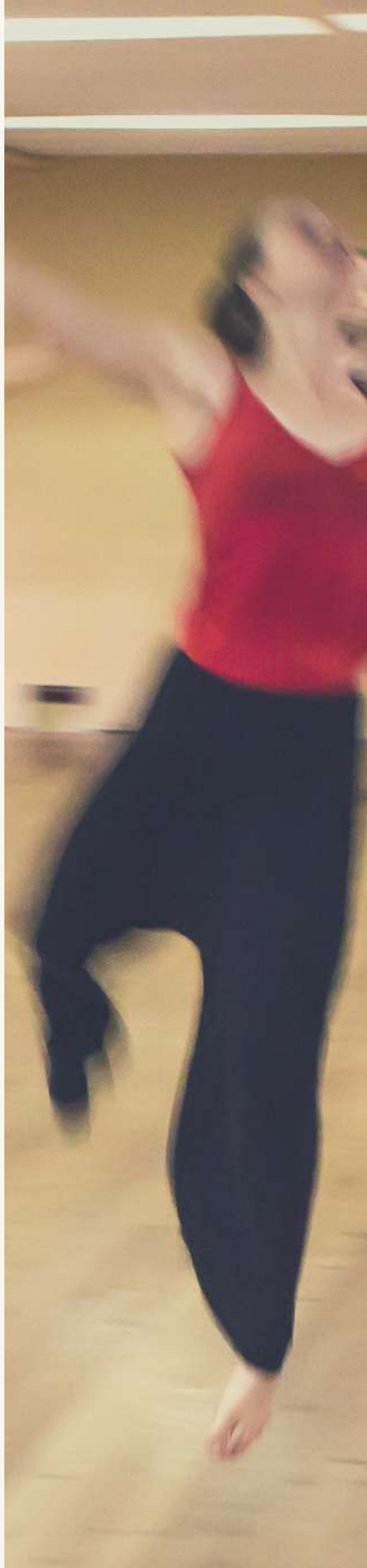
NON - Members

1 workshop 30 €
2 workshops 50 €

Registrations and informations

Please send email to workshops.lisbon.october2019@gmail.com

Registrations to the workshops are limited to the spots available.



WORKSHOPS

OCTOBER 4, 2019

LOCATION: SALÃO NOBRE OF CENTRO HOSPITALAR PSIQUIÁTRICO DE LISBOA

Av. do Brasil, 53
1749-002 Lisboa

"Dance Movement Therapy with Children 4-11 years old: Child, Therapist, Setting"
by **Hilda Wengrower**

2:00 - 4:30 pm
Room A

Working with children poses several challenges to the dance movement therapist. Some more clearly defined, others in a blurry way. This workshop will deal with the intertwined issues of:

- Adult-child relationship
- Group formats
- Style of group leadership

The workshop will be experiential and reflective.

Bibliography:

Wengrower, H. (2015). Dance movement therapy groups for children with behavioral disorders. In Elias Kourkoutas & Angie Hart (eds.). *Innovative Practice and Interventions for Children and Adolescents with Psychosocial Difficulties and Disabilities*. Cambridge/Newcastle Upon Tyne, UK: Cambridge Scholar Publications. 390-414

Short Biography

Ph.D., DMT, teaches and lectures in Israel and internationally. Has a private practice that includes supervision. Hilda has published papers and chapters on subjects related to arts therapies in educational settings, DMT with children with behavioral disorders, migration, qualitative research, arts informed research and DMT. She is Head of the DMT section at the Israeli Association of Creative Arts Therapies promoting and organizing conferences and activities. Hilda is the book reviews editor of the *International Journal Body, Movement and Dance in Psychotherapy*.



"A model of Dance Movement Therapy : "Dance Movement Therapy between East and West" by **Elena Cerruto**

2:00 - 4:30 pm

Room B

The Dance Of The 5 Phases in Traditional Chinese Medicine (TCM)

DMT between East and West is based on the integration between the West's discoveries in the fields of neurophenomenology, of neurosciences and the cosmological dimension of Chinese Medicine. An East-West reading is congruent with the non-separation between mind and body and of continuum individual-environment.

In the last 25 years, DMT between East and West has been used with different patient groups:

Elderly people; people with more severe pathologies such as anorexia, cancer, or psychiatric disorders, as well as normally neurotic people.

Short Biography

DMT APID and Supervisor. Choreographer and Dancer. Her method Dance Movement Therapy between East and West is devised within the context of the Italian DMT and it's reported in a number of publications. She studied dance/movement therapy in Italy and in Argentina with Maria Fux. Second Level Master at the Sorbonne Paris V Art-therapy faculty, Major in Dance (2013). She practices dance/movement therapy both with children and adults, blinds and psychiatric patients in various hospitals. Since 1995 she is the director of a training program of dance/movement therapy recognized from APID in 2001.

"Compassion, Creativity & Growth - the importance of improvisatory practices in DMT with older people and those with neuro-degenerative conditions" by **Richard Coaten, Dr.**

5:00 - 7:30 pm

Room A

The workshop is themed around the importance of compassion, creativity and growth in our DMT work with older people, especially those with conditions such as Parkinson's & Dementia. This is not to deny the reality that people may not feel as well in themselves, or as physically fit, or as emotionally or psychologically resilient as they used to. It is to nurture the therapeutic relationship by way of the importance of playfulness, flow and improvisatory practices, such that the person may feel more embodied and in relationship with who they are now and who they are becoming. Our DMT skills, saying "yes", being in the moment, looking for and finding 'flow', and fostering the ability to explore language, poetry, movement, music, dance, song and reminiscence are at the heart of this practice. They also help to reduce social isolation and loneliness and can help restore a sense of meaning and purpose in life.



Short Biography

PhD currently works on an older person's mental health ward in Halifax for the South West Yorkshire Partnership NHS Foundation Trust. He is committed to reducing social isolation, loneliness and human suffering caused by neuro-degenerative conditions including Alzheimer's and Parkinson's. As a Dance Movement Psychotherapist (RDMP) and his professional association's UK delegate to the European Association for Dance Movement Therapy (EADMT) he does clinical practice and research in the Arts Therapies. His other research interests include Cultural Anthropology, Neuroscience and Ageing. His most recent publication together with Sarah Williams is "Going far is returning': Dance Movement Psychotherapists find resilience and learning and call for more collaboration and dialogue'.

"Education and Research in Dance Movement Therapy - Moving towards embodiment research in education"

by **Rosa - Maria Rodriguez**

5:00 - 7:30 pm

Room B

Which aspects are important when you try to design a research project about the introduction of the embodiment concept in education? How can introduce DMT tools and make research on it? How you can choose the better method to apply? Which are the problems and difficulties you must afford? If you are teaching in DMT, how can you encourage your students to make research? On the other hand, do you think it is possible to apply research approaches and tools to your clinical practice?

The workshop offers a wide perspective about research on embodiment, with specific focus on how to design a project to implement in an educational context. The methods could be extrapolated to social or clinical contexts.

During the workshop participants will be able to:

- ü understand the different levels of depth when designing a research project in educational field (objectives, questions, resources, schedule, ...)
- ü design a proposal for researching trough mixed methods
- ü reflect about the feasibility and resources needed to carry out the research
- ü share questions and fears regarding research

Short Biography

PhD teacher and researcher. Dance Movement Therapist. European University of Madrid | UEM · Department of Science. Spanish Delegate for European Association of DMT. She is the author of numerous scientific papers in DMT.



SATURDAY

OCTOBER 5, 2019

GENERAL ASSEMBLY OF EADMT

Location: Salão Nobre of CHPL

9:00-9:30

Arrival with Coffee / Tea

9:30 - 12:00

Convenc

12:00-13:30

Lunch Break

13:30 am - 15:30

Continuation of General Assembly of EADMT

15:30 - 16:00

Coffee Break

16:00 - 18:30

Report from the working groups

8:00 pm

Dinner at Jardim Dos Sentidos (delicious vegetarian rest)

location: Rua da Mãe de Água 3, 1250-154 Lisboa. Close to Praça da Alegria/Avenida da Liberdade

Participants interested in having dinner should reserve their spot when registering for the workshops.

Dinner costs 18,50€ per person. To be paid at the restaurant.

More info about the restaurant and menu at:

<https://jardimdosentidos.com/menus-de-grupo/>



SUNDAY

OCTOBER 6, 2019

GENERAL ASSEMBLY OF EADMT

Location: Salão Nobre of CHPL

8:30-9:00

Arrival with coffee/ tea

9:00-12:00

Convenes

12:00-13:00

Lunch Break

13:00 - 15:00

Continuation of General Assembly of EADMT

15:00

End of General Assembly of EADMT

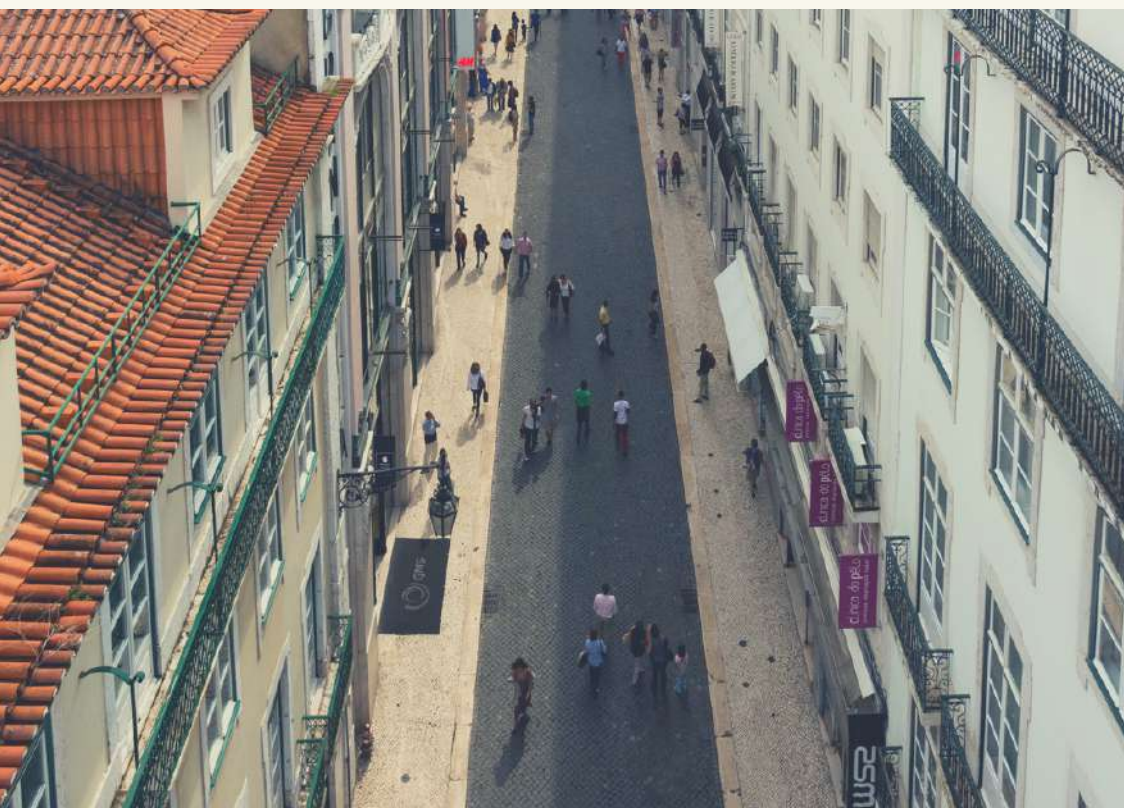
IMPORTANT NOTE:

Please send an email to workshops.lisbon.october2019@gmail.com expressing your interest to attend the General Assembly.

Seats are limited,



USEFUL INFORMATION



Walking distance subway stations, from the event venue:

Alvalade

Roma

Entrecampos

Fado Restaurants:

TYPE OF FADO	NAME OF THE PLACE	NEIGHBOURHOOD
Fado Vadio (also after dinner)	Tasca do Jaime	Alfama
	Tasca do Chico	Alfama e Bairro Alto
	A mascote da atalaia	Bairro Alto
Casa de fados (with dinner)	Luso	Bairro Alto
	Adega Machado	Bairro Alto
	Faia	Bairro Alto
	Fora de Moda	Alfama
	Nini	Marquês de Pombal (5ª feira)

USEFUL CONTACTS



For more information please email:

workshops.lisbon.october2019@gmail.com

Relevant Websites:

<https://praiapdmtblog.wordpress.com>

<http://www.eadmt.com>

<http://www.chpl.pt>

SPECIAL THANKS TO



CENTRO
HOSPITALAR
PSIQUIÁTRICO
DE LISBOA



TERAPIA OCUPACIONAL



EADMT