



Master of Arts Therapies/Dance Therapy

Dance Therapy Introduction Week

The Dance Therapy Master of Codarts offers a 5 days intensive introduction course in dance therapy which will consist of experiential work and lectures on different approaches of dance therapy. (minimum of 8, maximum of 20 participants)

Dates 2017

Monday February 27 up to Friday March 3.

5 days, (30 hours)

For

This intensive introduction week is open to anybody with an interest in dance therapy and with a willingness to physically engage and explore. The course can be taken as continuous professional education (accredited by th FVB, Dutch Federation of Arts and Psychomotor therapists) and is strongly advised for people seriously considering to apply for the Master in Dance Therapy, but is also open to everyone interested to know more about dance therapy.

Goal

The Intensive course provides professionals with the opportunity to experience dance therapy, explore whether continuing into a DT master is desirable and whether a Master's in Dance Therapy can enrich and deepen one's own profession. The participant acquires basic knowledge of dance therapeutic methods and receives and processes information about the current professional practice. The course provides a strong basis for the Master In Dance Therapy offered at Codarts, which will start with a new group of students in September 2018. Former participants experienced this course as: a way to achieve a 'deeper and clear understanding of DT which helped to make a choice about starting the Master; being intensive, powerful, inspirational, multi-faceted and also reflective for one's personal life'. The tutors in this course and programme were referred to as 'interesting, inspiring, subtle and extremely experienced'.

Day 1: understanding one's own dance

Tutor: Katharina Conradi

Understanding of dance as a creative wheel for expression and transformation will be introduced, working with one's own creative potential in dance and recognising personal themes.

day 2: introduction in basic dance therapy theory and methods.

Tutor: Simone Kleinlooh

This first day basic dance therapy theory and methods will be discussed and explored in which the importance of play, the 'not knowing stance', embodied presence and empathic reflection in (therapeutic) relationships is explored.

Day 3: The voice on the move

Renate Hoenselaar

Our voice is part of our body. Today the focus will be on the perception of your own voice in your body: where is your voice, how to bring it into space? What happens when your dance and voice come together? What happens to your body and dance as the sounds of others influence you? Through your own movement, the movement of others, with hands-on, external impulses, and playful exercises a different voice is created. And the voice creates a different body awareness and dance.

day 4: play and creativity in dance therapy

tutor: Lorna Hauff

The third day will focus upon the relationships between play and creativity and how these arise within dance therapy. 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 explore, experiment and reflect upon personal and group creativity.

Day 5: exploring professional identity

tutor: Simone Kleinlooh

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

Practical information:

- To apply for this course, please email to nwentholt@codarts.nl
- The workshop fee is € 300,- , for Codarts alumni 200€. An extensive reader is included, lunch is not. Please pay to ING Bank, account number NL 93 INGB 0000078759 of Codarts Rotterdam. For international payments also use the Bic code: INGBNL 2A. Please include your name and the following reference with your payment: '*KP-7410, intensive DT workshop February 2017*'.
- The maximum number of participants per group is twenty. Final placement will be determined by the order in which registrations are received and will only be definitive once we have received payment for the workshop. The financial administration will send you notice of received payment.
- Classes will begin at 10.00 and end at 17.00 every day, with a lunch break of an hour from 13.00-14.00
- The address is Kruisplein 26, 3012 CC Rotterdam. We are 3 minutes walking from the Central Station.
- After participation of the whole week a certificate of participation will be handed out on request. The certificate is not a qualification to practice, and does not guarantee acceptance into the master.

Tutors' biographies:

Katharina Conradi, MDaT, CMA

Master in Dance Therapy (2006, Codarts), bachelor in dance and choreography (1991, Hogeschool voor de Kunsten Amsterdam), Certified Movement Analyst (2014).

Works as a choreographer and movement teacher (contact improvisation, composition, release-technique, a.o.) in the Netherlands and abroad (1991 - on-going) and as a tutor at the Hogeschool voor de Kunsten Amsterdam and Codarts Rotterdam.

Clinical experience in Psychiatric Centre Delta, Spijkenisse and private practice. Experience in working with clients with personal disorder, severe depression, forensics and clients with body-image disorders. Coaching clients in their creative development and growth process. Runs a dance therapy group for different kind of therapists in training. Katharina's company Fresh Tracks produces Artistic and Cultural projects within and outside Holland. Some of her recent projects include: the dance film "Der Schnee und das Mädchen" with filmmaker Josje van Erkel, dance film "Horizon" with filmmaker Sergio Gridelli (<https://www.facebook.com/HORIZONthefilm>). "Leeuwenhart" a performance about courage with 8 children and a dance performance with dancer/choreographer Fabian Chyle, which was filmed in an old grain factory in Amsterdam. She is interested in artistic social-cultural projects and worked with Fabian Chyle in a prison in Stuttgart, Germany and made a project in Utrecht integrating different cultures with Sharon Varekamp in the Tweekakt Festival Utrecht GE:HE?IM! .

Lorna Hauff MA

With more than 18 years clinical DMP experience, Lorna predominantly works in the NHS in Inpatient, Community, Informal and secure settings. Within MDT's she trains; supervises; co-ordinates and facilitates therapy, working specifically with psychosis; OCD; eating disorders; combined learning disabilities & severe mental health diagnoses; depression; AHD; personality disorders and ASD. Her main areas of work are with adolescents, children, families and parents and infants and works extensively with self-harm, suicidality and survivors of abuse. Lorna has a special interest in interpersonal and inter-relational work using spontaneous movement play with groups and individuals. Her work is supported by social constructionist and systemic beliefs and principles and is underpinned by psychodynamic, attachment and developmental perspectives. Lorna teaches on MA training programmes and in complex family support services. Lorna has 16 years experience facilitating learning on DMP training courses, including Roehampton and Goldsmiths and is currently part of the teams in Poland, Rotterdam and is co-convenor in Croatia. Lorna has been on the ADMP UK council and has a small private practice.

Renate Hoenselaar MDaT, LVSC

Registered senior dance therapist with the SRVB (NVDAT), and registered LVSC supervisor.

Dance therapist and supervisor with private practice, La Capella, for 14 years, working with children, adolescents and adults. She worked for 17 years in a psychotherapeutic centre and psychiatric clinic of a general hospital individually and in groups with inpatients, part-time outpatients and patients from the polyclinic. She is a regular guest teacher at the Bachelor Psycho Motor Therapy at Hogeschool Arnhem-Nijmegen.

Member of the advisory committee Master DT since 2011, chair since 2015; board member of the FVB (Federation of Arts Therapies and Psychomotor Therapy) 2006-2010; active for the NVDAT (Dutch Association for DT) 2006 and ongoing

Simone Kleinlooh, MDaT, BC-DMT

Senior Registered Dance Therapist (SRVB) and Registered Supervisor (LVSC).

Graduated at the Rotterdam Postgraduate Programme in Dance Therapy (1998) and Master in Dance Therapy (2008). BA in Dance Education, former owner of private ballet school 1985 - 2012.

Extensive clinical experience (1998 on-going) with adults at the Boumanhuis (addiction), the PAAZ in Tilburg (crisis), Delta Psychiatric Centre in Poortugaal and MFC Spijkenisse (anxiety and mood disorders, personality disorders, post-traumatic stress disorders) and at GgzE 'De Grote Beek' Eindhoven in the Netherlands. Clinical specialty: DMT with clients with a borderline personality disorder and experienced in DMT and Cognitive Behavioural Therapy methods. Private practice in Dance Therapy, Coaching and Supervision.

Teacher, mentor and supervisor at Zuyd University in Heerlen, Faculty of Healthcare, Arts Therapy/Dance and Movement department.

Member of KenVak; research centre for the arts therapies. Guest teacher in China and offering international DMT and nonverbal communication trainings.

For more information please contact Nicki Wentholt,

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