



The artist within – Applied eMOTION

Dance and art expression in formal and non-formal education for developing entrepreneur skills – best practice sharing between sectors and methods

Hungarian Association for Expressive Arts and Dance Therapy

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Learning outcomes for the 4th training in Łódź

Learning outcomes (LOs)

General LOs

Professionals in adult education get competences to:

- accept ambiguity, flexibility in communication, in organization and project work, in working environments of helping professionals, including clinical, teaching/ learning environments
- adjust to a changing situation
- encourage to improvise, adjust and deal with unknown and unpredicted situations
- develop empathy, honesty and respect for differences
- educate knowledge of the notions and concepts of acceptance of ambiguity and change
- identify the potential of conflict and problem resolution related environment; clinical treatment environment, learning & teaching environment, group dynamics, constantly changing contexts of our existence the environment
- identify risk factors related to personal and professional environments
- train attentiveness to the safety of the learner group
- adopt an attitude of reflectiveness
- take an attitude of readiness to unlearn
- develop knowledge of the various dimensions of identity
- identify one's own emotions and relate them to a working situation
- share one's own emotions with the group in an educational/supportive way and maintain ethical boundaries
- take an attitude of openness to accept one's own unconscious behaviours/habits
- analyse learners' strengths, weaknesses and learning opportunities and plan the learning process accordingly
- develop knowledge of the concepts and methods relating to the transferability of knowledge and values to the group of learners
- improve knowledge of methods and approaches towards working with diverse groups of learners
- connect evaluation and impact assessments with relevant conclusions for further learning
- gain the recognition of the importance of evaluation and impact assessment during and after the educational/helping process
- clarify roles and responsibilities in the team
- adopt an attitude of openness to tasks that are not necessarily part of their usual role
- improve knowledge of one's possibilities and limits in the context of educational/helping activity
- foster cooperation among team members
- take an attitude of tolerance for interpersonal tensions and openness to deal with disagreements



- listen actively
- adopt non-judgmental and engaging attitude
- work with empathy in a way that allows others to learn from the experience
- take an attitude of openness in the expression of feelings, emotions and thoughts
- deal with emotions and ask for support
- adopt an attitude of readiness to confront and be confronted

Method-specific LOs

Integral expression and dance therapy

Professionals in adult education get competences to:

- use artistic expression for self development and self reflection
- be aware of own body / physical / somatic sensations, and body clues of the client
- be aware of spatial dimensions of interpersonal situations
- be aware of different modalities of expression, relying on the strengths inherent in the client

Story telling

Professionals in adult education get competences to:

- discuss and understand the essential elements of a story
- create a story as a way to express thoughts, information, emotions
- use the method of storytelling in self-reflection, self-understanding and for understanding others
- use the method of storytelling to improve communication skills
- be able to re-interpret, re-organise a story and change the narrative
- identify the potential of storytelling for solving various problematic situations (professional and personal)

Humour strategies, clowning

Professionals in adult education get competences to:

- switch/change perspective
- (stage) presence in public situations
- establish humour in working institutions and environment
- distance themselves from own work
- use relaxation in the work