

IT IS NEVER Too LATE! Reviving the hidden artist! Integral expression and dance therapy training”

Hungary, 28/02/2015 – 08/02/2015

The training was designed for helping professionals (therapist, teachers, social workers, youth workers, etc.) to help them to rediscover their creative, inner authentic being, and to experience and learn about our method, Integral Expression and Dance Therapy. Participants came from Italy, Poland, Germany and Bulgaria.

During the week program we worked in an international group using authentic, free movement and dance as a base, and interlink it with other multimodal arts and tools for expression. The program was process-oriented offering a safe and contained setting to experiment with the different artistic modalities to reach personal growth, self-knowledge and psychological recreation, increased psychological wellbeing. The method was using the resources of a group, meaning that mostly we worked in bigger and smaller groups, but there were moments for pair, trio and individual work as well. In our one-week long training we emphasize and focus each day a different artistic modality, intertwined with authentic bodily sensations and movement.

Themes

- Self-expression, communication, body language, spontaneity
- Self-awareness
- Creativity
- Freedom, trust, confidence and courage
- You in a relationship, you in a group
- Diversity of connection
- Active participation
- Improvisation

After the training the participants reflected on their experience and learning in two ways. Writing and sharing a personal reflection (with supporting images, music, etc. if needed) and realizing a local, pilot professional activity using the learned methodology (with needed adjustments and alteration). The results of these are also shared publicly after considering professional ethics.