



ICDF Networks

October 2018

Dance Movement Therapy

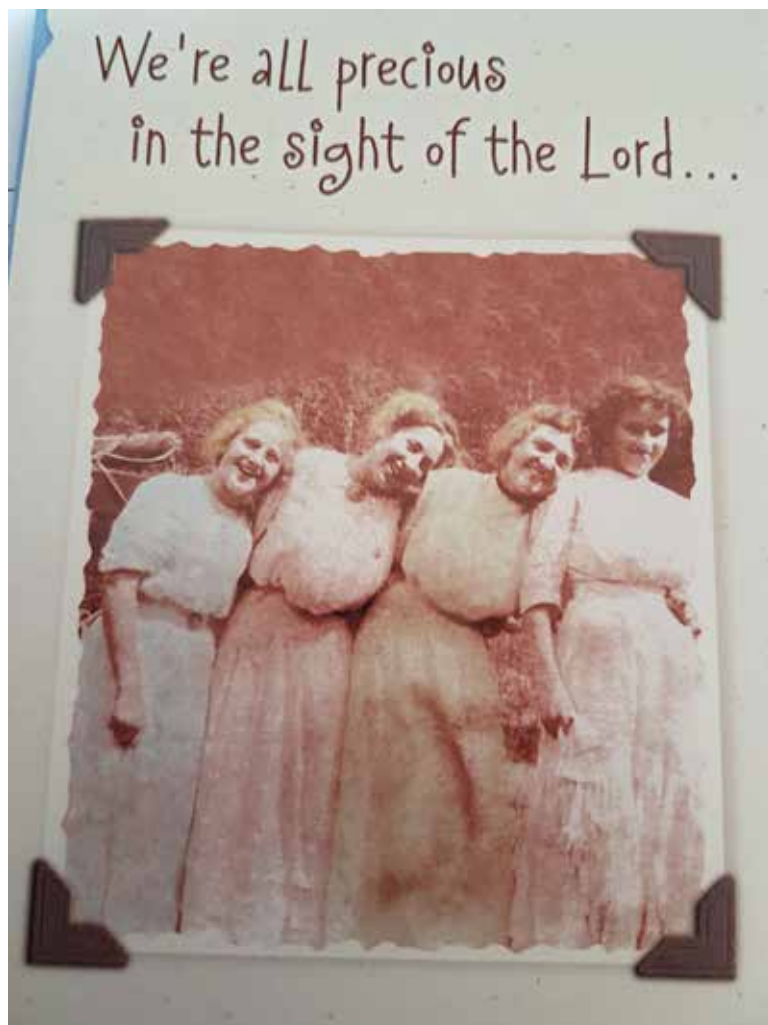


Photo: Provided by the Dance Movement Therapy Network

The ICDF Dance Movement Therapy & Healing Network is made up of people throughout the world who facilitate healing for individuals and communities through the use of dance / movement and other expressive arts.

Our members include: performers, choreographers, storytellers, dance/ music/ art and drama therapists, occupational therapists, physiotherapists, counsellors, social workers, psychologists, psychotherapists, mental health, disability, aged care, rehabilitation and community workers, nurses, teachers, pastors, missionaries, youth and children's ministry workers.

Dare To Dance

Not all of us like to dance. Some people go through all of life without ever giving it a try. Some make a lifestyle of dance and others of us pine for a time where we used to dance as a way of life.

For me, I spent much of my life watching dance, teaching dance and dancing myself. It was when I was crippled by back pain that I started pulling back from the thing I so loved. Now if I see dances and dance movies that harken back to my previous life, I find it upsetting and saddening to think back to how my body used to feel and move.



Photo: Provided by the author

Recently I was really challenged to think about King David and how he danced before the Lord. It must have been quite a show to cause the level of embarrassment that we read about, to his wife Michal. But why was David dancing so extravagantly? Was he putting on a show? Was he trying to get a rise out of the people? Was he trying to irritate his wife?! Or was he making a statement about the victory he'd just watched being won?

Clearly, David didn't drop a groove and start spinning on his head in the streets of Jerusalem, although this is what you'll find happening there today! He did something that was viewed to be undignified and shocked people because of how much he just did not care what the people thought. He danced with all his might (2 Samuel 6:14), and I think it would be fair to say that it was for an audience of One.

It isn't recorded in scripture that David was a regular dancer, or had a profession as a dancer. Maybe he was a pioneer in the dance world, and was secretly busting a move or two to entertain King Saul! But we do know that his reaction to the ark of covenant *finally* being returned to its rightful place, was to burst forth with a dance that he could no longer contain.

When my holocaust surviving grandma passed away, I played the song 'Heroes' by Amanda Cook at her funeral, because the following line spoke of what she had done in her life; "You taught my feet to dance upon disappointment". What does this mean to me as a retired, closet, wishful dancer?

We all have disappointments in our lives, things that have let us down, or ended up being a destructive force. For me, the bitter disappointment of my back pain represented so many things and directly affected my ability to literally dance. But these things can be symbolic of so many things in life. Disappointment in and of itself can be a debilitating thing that can dictate how we feel and easily master us without us noticing. It may not directly relate to our physical ability to dance, but it may represent a metaphorical (or literal) giving up of that joy that we see in David.

In Luke 10:19 we are told that we have been given authority to tread, or stand on the evil one. I love this picture of being able to crush the evil one in a release of creative movement that represents a complete abandonment to the One who brings us victory.

But David didn't accidentally stumble into a dance move (although that would explain a lot!) His dancing wasn't a mishap! It was intentional. He chose the level of energy and abandonment he put into his dance, and he chose to dance with all his might. He was intentionally choosing joy, and to press into that explosion of gratitude he felt. Years of disappointment and longing for the ark of the covenant to be returned, culminated in this beautiful expression of one man, before his God, without a care in the world.

Dare To Dance ... continued

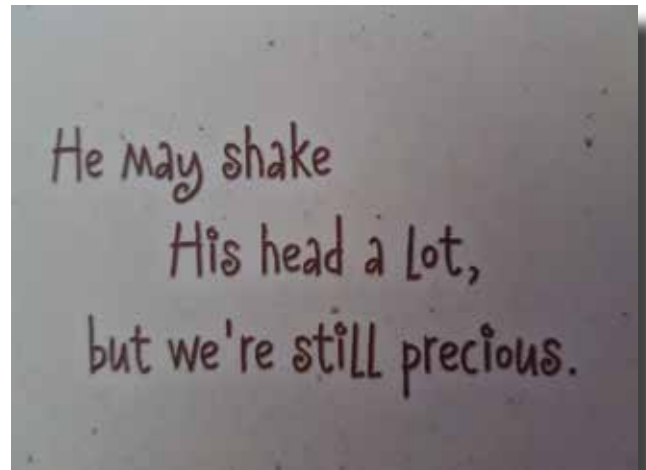
When we are intentional about dancing on our disappointments, we risk causing those around us offence or disgust at how we haven't held it together in the appropriate manner! But sometimes that enemy isn't going to be crushed fully or die completely unless you dance before the Lord with ALL your might. You can't tiptoe around the scorpion that is disappointment – you have to stamp and use your full body weight to land that victory on its head.

So dare to dance, dare to take back your joy and don't be afraid of how it looks! Own it!

Simcha Natan

Simcha has lived in Israel since January 2011 when she and her family made Aliyah from the UK. A busy mother of 3, a wife with a business 'on the side', Simcha works for Ascend Carmel worship and intercession programs, and spends much of her 'free' time song writing, and participating in worship with a team in the North of Israel.

<http://SimchaNatan.com>



Meet Renelle Snelleksz

A former TV entertainment news anchor, Renelle resigned from her last assignment after working for six years at the leading TV network Times Now to pursue her passion for dance and social change. Now, through bringing dance/ dance movement therapy into places like the slums, women's prisons, children's cancer centers, aftercare homes for girls/ young women rescued from sex trafficking, and more, Renelle is living out her passions.

Renelle is an independent dance movement therapy practitioner, and she loves using therapeutic dance as a tool for non-verbal communication and a vehicle for healing, recovery, restoration and transformation. Renelle's Dance Movement Therapy initiative is called AL!VE – Rise to Dance Again. She partners with reputed organizations like International Justice Mission, the Indian Cancer Society and Save the Children (India) among others. She has been trained and represents Kolkata Sanved, pioneers of Dance Movement Therapy (DMT) in India. In addition to this, Renelle also handles the creative production for an art therapy and vocational training project for women under trials in prison in Mumbai called AL!VE.

Renelle will be joining us in India and will be presenting a one-off workshop in Dance Movement Therapy. Read more about her work on page 5 of this newsletter. She will also be part of the Hoola for Happiness team.



Photo: Renelle Snelleksz

Yumi Schaefer - Diamonds On The Move

Meet Yumi Schaefer originally from Japan with Korean heritage. She was educated in the USA for a college degree in Social Science; followed by further education in Australia. She has been living in Astralia for the past 20 years.

Photo: Yumi Schaefer



After God restored her health from a severe burnout in late 20s, following her human rights activism for equal rights for Koreans in Japan for 10 years, Yumi became a born again Christian with a conviction to serve the Lord for the rest of her life. He changed her sorrow and grief into joy of dance. God verbally spoke to her to endeavour in “Dance Therapy.” In 1998, God led her to study at Wesley Institute to accomplish a graduate diploma in Dance Therapy - Wesley Institute was the only Christian college in the world which had a dance therapy training back then.

Yumi has an absolute passion and calling in dance therapy. For 18 years after graduation, she has been professionally running dance therapy programs mainly for people with a disability and the aged care population. The dance therapy she brings is for self-empowerment, joy discovery, social connection and freedom to be creative, to express and to increase fitness. She loves seeing her participants experience much joy - which is a

strength and nourishment to one’s life. She founded Dance Therapy forum in Sydney back in 2004. She is also a professional member of the Dance Therapy Association in Australia.

Apart from her professional work, in Christian circles she dances for praise and worship. She has danced and run worship programs at numerous churches, like Church of Christ in Sydney and Caloundra Baptist Church in Sunshine Coast. Currently she is living in Brisbane.

“We are meant to shine throughout the world as His light. As we move in praise and worship corporately, the world will illuminate” - that is her vision. Her desire is to unite the people in the world in the joy of dance and worship. Her rich multicultural background is her strength to carry on with the vision.

Yumi is an holistic health educator as well as being aligned with God’s wisdom for health and wellness. She published the book **RENEW ME; Art of Living Well** inspired by God’s leading. Yumi also teaches Pilates and Dance Exercise, and Line Dancing.

“The Joy of the Lord is our strength” is her favourite scripture.

“The Lord makes our soul and body excellent” is her belief.

God also led her to start on-line Praise Dance. Her Facebook page for it is: **DIAMONDS ON THE MOVE** where there are 5 minutes praise and worship movements to experience freedom, joy and strength in the Lord. The aim is to move our body to experience God’s presence and love in a safe, warm and supportive environment where sisters in Christ can shine individually as well as in a cluster for sisterhood and empowerment. All are welcome to join in on this unique Facebook ministry.

The ICDF Dance Movement Therapy & Healing Network:

- connections - dialogue - research - information - mentoring and resources - networking in many languages

To become part of the Network contact ... franbaletutor@gmail.com
... icdfworld@gmail.com

Knowing My Emotions Through a Dance Movement Programme

Article by Angela Leung: Dance movement therapist – DTAA (DMT Prof)



Are you aware of your feelings when you move from a familiar place to a strange environment?

Young adults with Special Educational Needs (SEN) will leave their school when they have graduated. They either enter a college for further training or get an open employment opportunity in the society. In any situation they will face a new environment. Will they be aware of their emotions and how the body feels when they are facing changes?

A study of the 1999 Office for National Statistics survey of mental health of children and adolescents in the U.K. informed that the mental health problem of those with Intellectual Disability (ID) is more severe than those of non-ID children (Emerson, 2003). Emotions can be disturbed when adolescents experience changes in times of adversity, for example, during the transition from school to post-school. Most of the adolescents with SEN had limited language in verbal expressions therefore this constraint may affect their emotional expression. There is limited study in regard to the emotional impact and emotional self-regulation for adolescents when they went through the transition from secondary school to a post-school environment.

Research studies indicates that programmes that adopt dance movement therapy (ADMP UK, 2013; Smeijsters et. al., 2011) or self-determination theory (Deci and Ryan, 1985; Wehmeyer, 2004; Sheppes, 2013) could have positive effects on emotional self-regulation. Some of the self-determination programmes were facilitated to students with SEN at the transition from school to post-school. The author was interested to understand if a dance movement based programme supported with self-determination would have positive impact on emotional self-regulation of the adolescent with SEN during the transition period from school to post-school in Hong Kong.

This research study adopted the principles of dance movement therapy and self-determination theory as the theoretical basis. The programme intended to increase participants' body awareness, emotional awareness, emotional expression and emotional regulation. The impact of this movement-based emotional self-regulation (ESR) programme was measured by both quantitative and qualitative methods. This mixed methods approach was underpinned by pragmatism (James, 1995). Standardised questionnaires, the strength and difficulties questionnaires of Goodman and colleagues (1998) was used as a tool to compare the results of experimental and control cohorts. Then focus group interviews were conducted to understand the experiences of those students going through emotional self-regulation.

This study is still in progress. It started in April 2018 and runs until November 2018. There are four experimental groups and four control groups. Preliminary findings from the focus group interviews are reflecting that students are gaining insight through the programme to handle their emotional problems - they were able to identify various emotions by describing and expressing these through the body; they could suggest ways to regulate the emotion of the adverse situation.

When the study has concluded, if findings are positive the study may give contributions to the development of an emotional self-regulation programme for young people with SEN in Hong Kong. It is hoped that the experiences of conducting the programme with self-determination and dance movement therapy, with the use of mixed methods to collect both verbal and non-verbal data, can better inform the field of education and social science research.

20 October 2018



Photo: Angela Leung

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“Being fully aware of your here and now prepares you to complete your race and reach your God-inspired dreams”

- Thea Viljoen: life coach, intercessor, dancer

Enthuse Transformational Coaching

<https://www.youtube.com/watch?v=qUUV00CY4H4&feature=youtu.be>

"DANCE MOVEMENT THERAPY" IN INDIA 2019

Storytelling Dance: Joy, Freedom & Healing through Movement

Presented by Carissa Caricato from Hoola for Happiness

Workshop description:

God desires to heal us and release joy and freedom to the world! Through this interactive movement-based workshop, you will learn how to use the 5 colors of the hoop to design therapeutic storytelling dance programs.

At Hoola for Happiness, we use the 5 colors on our hoops to tell the story of a transformed life. Based on these colors and the feelings/rhythms associated, sessions can be designed for individuals or groups to facilitate creative movement, new forms of expression, inner healing, dance exploration, and freedom of the body, mind and soul.

To learn more about this ministry go to ...

<https://www.youtube.com/watch?v=Bwu33Hxgx1E&feature=youtu.be>

While this dance is therapeutic, these creative sessions are not designed to take the place of professional counseling/therapy for issues of trauma. They are simply a tool to invite joy, freedom and healing into the body, mind and spirit through creativity, play, exercise, prayer and inspiration in a safe space.



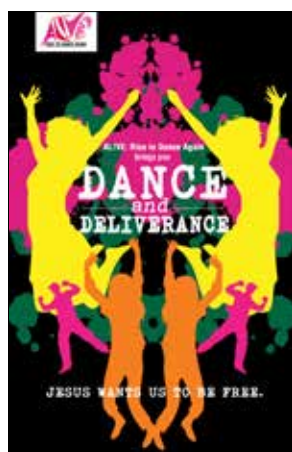
Knowing My Emotions Through a Dance Movement Programme

Presented by Angela Leung

A Dance Movement Therapy workshop based on the paper written by Angela as published in this newsletter on pages 5 & 6, will be offered in India. Delegates will gain practical insight in to her research on this theme. The paper will also be presented at the Seminar Day.

Dance and Deliverance

Presented by Renelle Snelleksz



From a brochure that describes the background to these workshops we learn: "God's desire for us is to love Him with all our heart, mind, soul and strength. But, all too often, we struggle to do this because of negative life experiences that effect our whole being. Our thoughts, feelings, emotions, spirits, even our bodies, are controlled by and manifest deep wounds of the past and issues too painful to confront.

I believe that Dance Movement Therapy is a powerful tool that Jesus can and wants to use to set people free from the bondage and trauma of their past. Through this process, a safe space is created for people to address core issues of life, self and relationships, and the power of the Holy Spirit is released to bring deep and lasting deliverance."