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Movement, dance and the imaginal: an experiential workshop

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Learning Goal:

To experience at first hand the importance of the connection between, movement, dance, altered space and time and the imaginal realm and to explore different ways to use creative body-based approaches in working with these aspect.

Abstract Text:

For the past 12 years I have danced in the acute adult mental health setting, culminating in a curiosity about the healing power of dance and its ability to reconnect. Further to this, I have been researching this work and approach at doctoral level at Durham University. This workshop provides at first-hand the experience of connecting through the dance, through rhythm, through music and how by so doing there is a reconnection between self and other. Body-based approaches help to address feelings of alienation. My work through sustained witnessing of sensation, emotion and image is to inspire and help create a sense of trust, restoring hope to people who feel alienated, broken, lost and 'torn in pieces' even.

I adopt a Jungian approach to my work as a Dance Movement Psychotherapist, which looks at the unconscious from a personal and collective view. It has a focus on depth-imagery, dreams, symbol and metaphor all of which figure in the presentation of severe mental distress.

This workshop focuses on the importance of moving together with the other. What seems to be clear concerning the outcomes from the study, is that there is a freedom that creativity brings. Being in the flow of life in this way through movement and dance, it is possible to be responsive to the images and dances which arise while moving. There is a feeling of being more physically alive, where one is more in contact with the here and now, and subsequently more in contact with the other, with the potential for sensing a different way ahead.

**ON THE HEALING POWER
OF HUMAN RECONNECTION**