



**Centre for Lifelong Learning  
Tata Institute of Social Sciences  
Deonar, Mumbai – 400 088**

**Workshop Announcement  
Therapeutic Dance Movement for Older Persons (April 24<sup>th</sup> -28<sup>th</sup>, 2018)**

The Centre for Lifelong Learning (CLL) invites you to participate in a workshop on **Therapeutic Dance Movement for Older Persons from April 24<sup>th</sup> – 28<sup>th</sup>, 2018 from 10.00 am – 5.00 pm** at the **Tata Institute of Social Sciences, Deonar.**

In the 5 day workshop, participants will gain professional skills in creative thinking, self expression and ability through dance and movement. The format is hands-on and interactive, and participants will be invited to develop new ways of engaging with their own ideas and imagination with a view to using these skills in their work with older persons.

The Workshop will be conducted by trained DMT practitioners with a qualification in a Diploma in Dance Movement Therapy conferred by TISS-Kolkata Sanved.

Workshop Fee: **Rs. 5,000/- (inclusive of all workshop material & hospitality)**

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## **Workshop Details**

### **THERAPEUTIC DANCE MOVEMENT FOR OLDER PERSONS**

**(April 24th-28th, 2018)**

#### **I. Rationale**

**Expressive Therapies** or **Creative Therapies** as the name suggests refers to a cluster of techniques that are creative and expressive in nature. The aim of these therapies is to find a form of expression beyond words or traditional psychotherapy. Therefore, the scope of creative therapy is as limitless as the imagination in finding appropriate modes of expression. Art therapy, dance/movement therapy and music therapy, play therapy and journaling therapy are the most commonly used and supported forms of expressive therapies.

At the beginning of the twenty-first century, the creative arts therapies are firmly established as an important part of complementary medicine for psychological and physiological illnesses. The arts therapies are present in every facet of medical practice in hospitals, hospices, other health care institutions, and private practice. Art, dance, and music therapy, as they now are practiced, were formally organized in the twentieth century. Before that time, art, dance, and music played an informal although continuous role in eastern and western medicine. Through the centuries, **the healing nature of these creative therapies has been primarily reported in anecdotes that describe a way of restoring wholeness to a person struggling with either mind or body illness.** Since the 1950s, however, there has been a trend toward descriptive and experimental research in all three fields. Although art, dance, and music therapy are present in all areas of health care, the literature presently shows relatively few strictly controlled research studies.

**Therapeutic Dance Movement** is a form of creative art which refers to,

- Working on a body level. The focus is purely on expression and catharsis through dance and movement and not engaging in depth work of emotion.
- Emphasis is on hope, fun and enjoyment, and positive mental health.
- Open to a larger number of participants, however any groups with more than 30 participants becomes very difficult to manage. In that case it requires 2 facilitators.

Goals are more focused on body based goals and educational goals for quality of life Therapeutic dance movement is beneficial for people as they age as it enables them to stay active and improve their quality of life. Thus, it is evident that in current times a combination of conventional interventions along with alternative approaches are being utilized to promote health and well-being as well as build capacities for engaging effectively with older persons to improve overall wellbeing. The application of creative methods as facilitative tools in the process of social development, healing and life enrichment is a growing field of practice. Hence this workshop is being proposed as a starting point to give fillip to such efforts and offer opportunities to those in people-oriented professions to integrate these into their work practice. The workshop is also put forth in the spirit of the ***Vision*** of the Centre for Lifelong Learning which is ***to provide opportunities to adult learners to maximise their potential and capacities for contributing meaningfully as citizens to create a society that promotes and protects the values of dignity, equity, social justice and human rights.***

Key to the programme is the concept that human beings are naturally inventive, with the capacity to learn and develop creatively throughout their lives regardless of age, ability or background. The interactive nature of the workshop will offer participants a number of opportunities to directly experience the therapeutic process and to explore emerging and relevant connections to personal

and professional objectives that among other things, enable the capacity to promote wellbeing among older persons. Therapeutic dance movement is beneficial for people as they age as it enables them to stay active and improve their quality of life. Thus, it is evident that in current times a combination of conventional interventions along with alternative approaches are being utilized to promote health and well-being as well as build capacities for engaging effectively with older persons to improve overall wellbeing. The application of creative methods as facilitative tools in the process of social development, healing and life enrichment is a growing field of practice. Hence this workshop is being proposed as a starting point to give fillip to such efforts and offer opportunities to those in people-oriented professions to integrate these into their work practice. The workshop is also put forth in the spirit of the **Vision** of the Centre for Lifelong Learning which is ***to provide opportunities to adult learners to maximise their potential and capacities for contributing meaningfully as citizens to create a society that promotes and protects the values of dignity, equity, social justice and human rights.***

Thus, this five-day workshop will focus on building professional skills in creative thinking, self expression and ability through dance and movement. The format is hands-on and interactive, and participants will be invited to develop new ways of engaging with their own ideas and imagination with a view to using these skills in their work with older persons.

## **II. Objectives**

By the end of the Workshop the participants will be able to :

- Explore and identify the benefits and applications of Therapeutic Dance Movement for promoting the wellbeing of older persons
- Start developing the confidence to utilise Therapeutic Dance Movement techniques to generate wellbeing among older persons

## **III. Content**

The Workshop will offer participants five days of practical interactive sessions that will explore a set of Therapeutic Dance Movement techniques and skills to encourage new ways of working creatively older persons to enhance their quality of life. In this process participants can expect to:

- \* Learn new skills
- \* Engage with the creative process
- \* Explore interactive teaching/learning methods
- \* Transform aspects of working practice
- \* Be experimental
- \* Develop their personal vision
- \* Build personal/professional capacity
- \* Build confidence in expressing ideas
- \* Learn strategies for inspiring older people to engage in creative projects
- \* Have fun, be inspired, play, open their mind

#### IV. Schedule

<b>DAY ONE: WORK ON BODY</b> <b>Tuesday, April 24, 2018</b>	
<b>SESSION</b>	<b>TOPIC</b>
10.00 a.m. – 11.00 a.m.	<ul style="list-style-type: none"> <li>• Welcome and Introduction</li> <li>• Expectations &amp; Outcomes</li> <li>• Warm-up</li> <li>• Knowing One's Body</li> </ul>
<b>TEA/COFFEE</b>	
11.30 a.m. – 1.15 p.m.	<ul style="list-style-type: none"> <li>• Experiential Process (Feedback &amp; Reflection)</li> <li>• Process work on free spontaneous movement</li> </ul>
<b>LUNCH</b>	
2.00 p.m. – 3.30 p.m.	<ul style="list-style-type: none"> <li>• Stretching</li> <li>• Experiential Process 2 (including group presentations)</li> <li>• Work on Improvisation</li> </ul>
<b>TEA/COFFEE</b>	
3.30 p.m. – 5.00 p.m.	<ul style="list-style-type: none"> <li>• Theory on use of TDM for wellbeing of Elderly</li> <li>• Free spontaneous dance</li> <li>• Relaxation</li> <li>• Feedback</li> </ul>

<b>DAY TWO: WORK ON FEELINGS</b> <b>Wednesday, April 25, 2018</b>	
<b>SESSION</b>	<b>TOPIC</b>
10.00 a.m. – 11.00 a.m.	<ul style="list-style-type: none"> <li>• Warm-up</li> <li>• Emotional Metaphors</li> </ul>
<b>TEA/COFFEE</b>	
11.30 a.m. – 1.15 p.m.	<ul style="list-style-type: none"> <li>• Understanding Feelings</li> <li>• Work on 9 Emotions</li> </ul>
<b>LUNCH</b>	
2.00 p.m. – 3.00 p.m.	Work on Stress Release
<b>TEA/COFFEE</b>	
3.30 p.m. – 5.00 p.m.	Lecture & Reflection on Body- Mind Connection

<b>DAY THREE: WORK ON TECHNIQUES</b> <b>Thursday, April 26, 2018</b>	
<b>SESSION</b>	<b>TOPIC</b>
10.00 a.m. – 11.00 a.m.	<ul style="list-style-type: none"> <li>• Warm-up</li> <li>• Work on 'Ritual' as a technique</li> </ul>
<b>TEA/COFFEE</b>	
11.30 a.m. -1.15 p.m.	<ul style="list-style-type: none"> <li>• Group Work: Developing Ritual Activities</li> </ul>
<b>LUNCH</b>	
2.00 p.m. – 3.00 p.m.	<ul style="list-style-type: none"> <li>• Concepts of Warm-up &amp; Relaxation</li> </ul>
<b>TEA/COFFEE</b>	
3.30 p.m. – 5.00 p.m.	<ul style="list-style-type: none"> <li>• Group Work: Developing Warm-up &amp; Relaxation Activities</li> </ul>

<b>DAY FOUR: WORK ON TECHNIQUES (contd.)</b> <b>Friday, April 27, 2018</b>	
<b>SESSION</b>	<b>TOPIC</b>
10.00 a.m. – 11.00 a.m.	<ul style="list-style-type: none"> <li>• Warm-up with fun Activity on Motor Skills</li> </ul>
<b>TEA/COFFEE</b>	
11.30 a.m. – 1.15 p.m.	<ul style="list-style-type: none"> <li>• Activity on Hopes &amp; Dreams</li> </ul>
<b>LUNCH</b>	
2.00 p.m. – 5.00 p.m.	<ul style="list-style-type: none"> <li>• Understanding Techniques as per the Needs of Older Persons</li> <li>• Inputs on the status of older persons: Global &amp; National Perspective</li> </ul>

<b>DAY FIVE: <i>PLANNING &amp; IMPLEMENTATION</i></b> <i>Saturday, April 28, 2018</i>	
<b>SESSION</b>	<b>TOPIC</b>
10.00 a.m. – 11.00 a.m.	<ul style="list-style-type: none"> <li>• Warm-up</li> </ul>
<b>TEA/COFFEE</b>	
11.30 a.m. – 1.15 p.m.	<ul style="list-style-type: none"> <li>• Group Work: Movement Lab-Developing a Session Plan</li> <li>• Movement Lab: Demonstration of the Session Plan through Role Plays</li> </ul>
<b>LUNCH</b>	
2.00 p.m. – 5.00 p.m.	<ul style="list-style-type: none"> <li>• Movement Lab: Demonstration of the Session Plan through Role Plays</li> <li>• Feedback</li> <li>• Evaluation</li> <li>• Implementation Plan</li> </ul>

The Workshop will be conducted by professionally trained and experienced practitioners of Dance Movement Therapy. Further the facilitators are qualified with a Diploma in Dance Movement Therapy from the Tata Institute of Social Sciences (offered in collaboration with Centre for Lifelong Learning, TISS & Kolkata Sanved). Their resumes are attached.