

Abstract for

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for Psychoanalysis (DAP) e.V., 16.04.2024 to 20.04.2024, Marrakech, Morocco
"Social Challenges - Shared Responsibility in Psychiatry and Psychotherapy"

Presentation

Workshop

Male / Female / Diverse

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Title / Position:

Country: Switzerland

Workshop title: **Life Through the Lens of Movement and Dance**

Abstract text up to 15 lines in English:

One certain thing we know is that everything moves at all times. Since everything is in motion, we have to rebalance to it constantly. Be it through vibration, rhythm or sound: literally everything is touched by it.

We might think: Either we move with it (motion) or we allow it to move us. Either way the movement will have an effect on us. Yet there is another possibility which is that we consciously create movement, thus becoming "co-movers". Doing this consciously, we will realize that we have an effect on the environment (thus also the other human beings) and the effect the environment and other human beings have on us.

In a dance, the dancers agree on a dance and the movements and then go into the flow of it with the rhythm of the music. Music added to movement creates the dance, yet a dance can also inspire a new melody. It coordinates the brain with the body, creating a trance or hypnotic state.

In this theoretical as well as practical workshop we will explore movement and music in different ways. Observe how it moves us, how we move with it, and how we move (influence) it. Thereafter we will explore on how to apply this to therapy.