

< REFLECTIONS FROM MODULE TWO OF THE 2009-11 DIPLOMA >

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Advanced Diploma Module 8: Anatomy, Movement and DMT – Principal Lecturer:
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This way into the Diploma, I am humbled by all that I don't know and excited about the life long learning that my passion of Dance as Therapy takes me on. Jane Refshauge is a beautiful example of life long learning that is so wide and deep, and so very embodied.

The four days with the Diploma group 2009-11 was a joy to deepen ourselves as a group of "organs" and bodies moving and sharing the same space and journey with each other. Within this second module we had a little more opportunity to explore group dynamics, and each other. I am honoured by journeying with such a dynamic and experienced group of women.

On this particular bend of the journey, we had Jane to guide us and, to assist, Bouthaina [Mayall, 2009 Advanced Diploma graduate], and Suzie and Sasha. My gratitude to you all. [Editor's note: Suzie Kuzmanovski and Sasha Trompf both studied in the 2004 Certificate course with Monique and continued their training in the 2005-08 Diploma.]

Holding my two very heavy readers I launched into exploring my hip joint, experientially and with coloured pencils through the Anatomy colouring book. As a student in this course, there was a lot to learn and experience, anatomy for many of us was a new dimension of moving. I move from an embodied place but often do not think of my movements, or others movements, in regards to anatomy. However, the skilled experiential learning took me on a multi-dimensional understanding through my body, which has consequently added shades and layers to my already rich understanding of the power of movement.

Our first experiential was introduced to us, in the words of Andre Bernard, “the body doesn’t know muscles, it knows movement” (1982), and in pairs we found our skin, tendons, fascia, and ligaments in our thumbs. We were introduced to the subtleties of this work, and I was desperately trying to learn how to look, feel, and experience anatomy. Bonnie Bainbridge Cohen reminded us that “all systems connect” (1993) through her beautiful and deep Body-Mind Centering®. Mabel Todd informed us that “all forces were acting upon us” (1937), and we all found our axis of gravity, and centre of gravity. Other explorations included recalling our diaphragm like a coffee plunger, and our ribs as an umbrella.

And within all of this, we had ourselves and the group to observe and be witness to, while keeping in our dynasphere the layers of Dance Therapy and the Eight Theoretical Principles of Dance Movement Therapy by Marcia Leventhal !

I am loving this learning at the moment, and look forward to sifting through my bones, fascia, two big readers, and my brain to mould an essay to describe my learnings.

Bainbridge Cohen, B. (1993) *Sensing, Feeling, Action*, Contact Editions, Northampton, MA.

Bernard, A. (1982) Class 1, Semester 1, New York University 29.9.80, New York University, NYC, USA

Todd, M. (1937). *The Thinking Body: A Study of the Balancing Forces of Dynamic Man*, Dance Horizons, Princeton Book Co., NJ.