

Thank you for booking into the IDTIA Introductory Workshops on Sundays 22<sup>nd</sup> and 29<sup>th</sup> August. The times for each workshop are: 10am to 1pm.

The Zoom link for the workshops is below and remember that the time zone is Sydney/Melbourne. If you are in another time zone, you'll need to check what the time selected will be for you.

As your facilitators, we would like to introduce ourselves:



My name is Maeve Larkin and I have a background in dance teaching with children and adults and dance therapy to adults with intellectual disability and in aged care to frail elderly with dementia in NE Victoria. Currently, I am in private practice and run small groups in my community with a focus on building confidence through embodiment. I am the convenor of IDTIA and part of the education faculty developing trainings and workshops for IDTIA.



My name is Angela Kastanis, I have an education background and work as a dance movement therapist on the Mornington Peninsula. I am also the secretary of IDTIA General Committee and part of the education faculty. I completed my training in 2016 with IDTIA and have focused on working with adults with dementia in aged care and children and adults with disability on the NDIS scheme. Currently, I am in private practice with clients dealing with grief and loss, anxiety and depression and develop trainings and workshops for IDTIA. I also run weekly Zoom classes for the general community with a focus on enlivenment and wellbeing.

We look forward to introducing you to Dance Movement Therapy.

**The workshops** will be highly experiential, supported by the theory and models of Dance Movement Therapy that underpin the work. You will have the opportunity to experience some dance therapy processes and reflect upon them. The experiential element is designed to give you some practical experience of movement and its therapeutic potential; it is not intended to be therapy during the workshops. We will also draw on examples from our dance therapy work to illustrate the application of an experiential. You will also have the opportunity to ask questions about dance therapy and training as a Dance Movement Therapist with IDTIA.

The main topics that we will be covering during the Dance Movement Therapy Introductory Workshops are:

- The evolution of Dance Movement Therapy as a healing art
- A brief description of the settings/populations where DMT is used.
- Frameworks for seeing and experiencing movement.
  - Extending range of movement using LMA
  - The Group Process (group dance)
  - developing awareness of key DMT concepts such as: empathy, attunement, movement patterns
- Exploring the difference between creative dance/performance dance and dance movement therapy
- Self-directed movement experience and formed movement experience
- Witnessing movement
- The Group Process
- Training with IDTIA in Dance Movement Therapy

## Preparation

We suggest that you make the following preparations to get the most from the workshops:

- Choose a comfortable, quiet space with room to move and away from the distractions of daily life. You may need to put a sign on your door reminding others that you are in a workshop and need no distractions.
- Dress comfortably for movement. During the experientials, you may wish to take your shoes off to have more contact with the floor.
- Set your camera up to view your full body during our experientials. Some of our experientials will be to music, so to enhance this experience you may want to connect your device to a speaker.
- Have drawing paper, colours and some writing materials available.
- Arrive a few minutes early to each workshop to check that your technology is working well and to settle in.
- Attached, you will find some readings related to the Workshops.

We look forward to meeting you on August 22nd,

*Maeve and Angela*

Zoom Link: <https://us02web.zoom.us/j/84434814015>