

DANCE THERAPY AND PSYCHOTHERAPY IN SCHOOLS COURSE

Teacher: ANTI Group

Course Duration: one week, from Monday to Saturday, 30 hours

Number of Participants: Min. 6 – Max. 20

Course location: GUIMARÃES and PORTO (Portugal)

DESCRIPTION

This course has been created for teachers who want to have a deeper understanding of what dance expression consists of and how to use movement as a way of expression in indoor and outdoor learning in schools.

There might be a lot of hesitation as to how can someone express a feeling without words or how can he/she dance without actually knowing dance moves. The answers to all these questions are about to be answered in Guimarães (Portugal). In this course, every day is going to be a challenge with new ideas, new activities, group cooperation, sharing of knowledge and most of all fun!

So in this course one of the main goals is create strategies that will help the participants to teach other teachers, the community and children in the school, the best way to express through moving the body, self-regulate their emotions and cultivate their emotional intelligence.



Participants will leave the course full of knowledge on how to make the learning process easier and more interesting based on the factors of mindfulness and artistic expression by the means of dance!

LEARNING OUTCOMES

- Deep understanding of the meaning of dance therapy in everyday life and school
- Learning how to teach students to be closer to their feelings and use non-verbal communication
- Including dynamic teaching forms and outdoor activities
- Creating innovative activities and extracurricular exercises with relaxation techniques
- Understanding the importance of the development of emotional intelligence from a young age
- Intercultural sharing and enhancing cultural differences in the learning process

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PROGRAM

Monday

- Introduction of the course, the schools and its participants, and the activities
- Bonding and knowledge games
- Goal setting for the week
- Discussion and sharing experiences about group dynamics, previous knowledge on dance and the present level of the integration of dance in schools as a therapeutic means
- Approaches to outdoor education: brainstorming about the upcoming activities
- Self-discovery on the level of emotional awareness and the ways of expression

Tuesday

- Theory about dance therapy, the history of movement and the 5 basic feelings
- Integration of dance and expression through movement in schools and examples of exercises based on the 21st century skills
- Working in groups in order to create an intervention dance program based on students' necessities and schools'/teachers' capacities
- Reflection – **What's the most important thing for students to learn?**

Wednesday

- Dance therapy and anxiety: searching an inside connection
- Anxiety in adolescence: causes, characteristics, ways of treatment
- Exercise in pairs: How the relaxation of the body relaxes the brain
- Discussion: who is the right specialist for dance therapy
- Group exercise: what should be his/her qualities

Thursday

- Emotional intelligence and dance: theory of connection
- Artistic expression and the development of feelings
- Learning efficient ways to teach students, community and also family
- Sharing experiences of emotional release through art
- Outdoor activity: Dance and constructive feedback of the dance exercise and the connection in nature

Friday

- Discovering Porto (outdoor STEAM competition)
- Evaluation of the week (reflection of the main viewpoints)
- Summary of key learning points
- Certificate ceremony

Saturday

- Rabelo boat tour of the Douro river bridges
- Port wine tasting (oenology and Portuguese culture)
- Open discussion on possible future collaborations and planning follow up activities
- Constructive feedback of the week and the course
- Validation of learning outcomes