

AD-ART

DANCE THERAPY FOR PwAD



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What is Dance?

Dance is a form of artistic and athletic expression which generally refers to the rhythmic movement of the body, according to the music. It is a way of communication through the body. So, different emotions can be expressed.



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The contribution of music

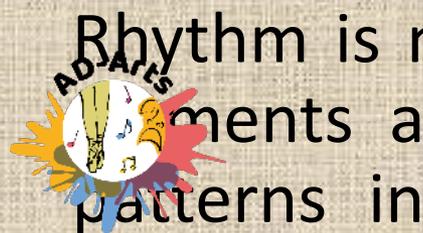
Rhythmic music in dance improves the coordination of walking and movement control of people with neuromuscular and skeletal disorders and leads to increase stability and mobility.



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What about Rhythm?

Rhythm (Greek *rhythmos*, derived from *rhein*, “to flow”), is an ordered alternation of contrasting elements. The notion of rhythm also occurs in other arts (e.g., poetry, painting, sculpture and architecture) as well as in nature (e.g., biological rhythms). Attempts to define rhythm in music have produced much disagreement, partly because rhythm has often been identified with one or more of its constituents, but not wholly separate, elements, such as accent, metre, and tempo.



Whatever other
may have (e.g.,
rhythm **is one**



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What does dance offer?



What is Dance Therapy?

Dance therapy is based on the premise that the body and mind are interrelated, and the state of the body may have adverse effects on mental and emotional health.

(Association for Dance Movement Psychotherapy, UK)

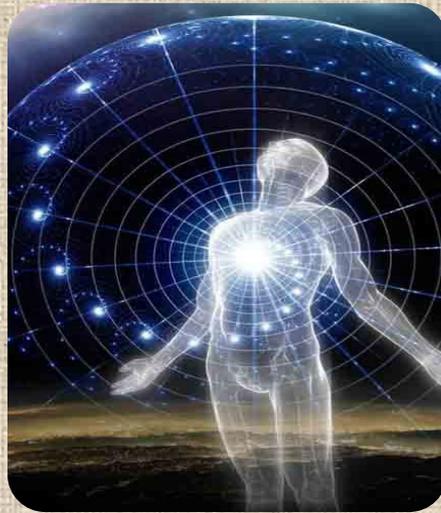


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Dance Therapy?

addresses a multidimensional body: Biological, Social, Psychological, Artistic, Religious.

- Biological: the bio tissue and mechanism of the human body like a construction
- Social: body is the human exchange
- Psychological: the expression of internal emotions
- Artistic: is to decode the phantasy with creative dance motives
- Religious: is related under a spiritual approach of the religious faith



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Function of Dance Therapy:

Dance therapy harnesses the power of motion in a therapeutic process and uses it to promote personal growth, health and wellness.

It combines rhythmic movement, personal expression and recognizing the connection of mind and body which seeks to heal through each other.



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Main Objectives of Dance Therapy:

- The body and mind are in a constant and mutual interaction, so that every change that happens, affects the whole mechanism of mind and the overall functioning of the person.
- The movement reflects the personality of the person.
- Non-verbal communication elements appear in every therapeutic relationship.
- Movement contains a symbolic function and can be an element of unconscious processes, to express thoughts and repressed emotions or to convey experiences.
- The improvisation through movement, enables the person to experiment in new ways of being.
- It is effective for people with any disability.



Main Objectives of Dance Therapy:

- It focuses on motor behavior through the therapeutic relationship.
- Expressive, communicative and adaptive behaviors within the therapeutic relationship are taken into consideration.
- The movement of the body, as a basic component of dance, provides at the same time the means of evaluation and the way of intervention for Dance Therapy.
- It is applied in mental health areas, rehabilitation centers, medicine and education areas, as well as at hospitals, day care centers, prevention of diseases, health promotion programs and private training.
- It is used in the treatment of people of all ages and cultural backgrounds in individual, group and couple sessions.



Impacts of Dance Therapy on cognitive, behavioral and emotional symptoms:

- On a cognitive level: seeks to enhance cognitive skills, motivation and memory (better oxygen flow, mind training and improvement through the specific tasks).
- On a behavioral level: facilitates and improves the communication and interaction (strength of the human connectivity, better culture knowledge-exchange and better self-esteem).
- On a physical level: provides the benefits of exercise such as improved health, wellness, coordination and muscle tone (better oxygen and cardiovascular flow).
- On an emotional level: helps people feel happier and confident to manage issues such as anger, loss and disappointment (liberation, harmonization, sustainable and healthy environment, internal balance and motivation).



Impacts of Dance Therapy on cognitive, behavioral and emotional symptoms:

Dance and nervous system:

Dance stimulates the various levels of individual. The brain synchronized with the body.

The left hemisphere of the brain contains the following activities: language, logic, critical thinking, numbers, while the right one obtains expression of emotions, music, recognition, colors, images, creativity.

Repeated physical activity such as dancing, releases large amounts of joy hormones, causing vigorous oxygenation while creating euphoria.



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Main methodologies and tools to use Dance Therapy for PwD:

Improvisation: let the person listen to the music and move the way they want to

Learn a rhythm: teach a person how to follow and engage with a rhythm

Learn a dance: learn to follow specific steps and follow the rhythm and music. This is the most complicated task for PwD, so prefer easy dances with simple to follow steps and not a lot to remember.

Remind known dances: This most usually applies to folk dances. Encourage the person to dance in an already known popular song.



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Main methodologies and tools to use Dance Therapy for PwD:

In order to be more effective, the lesson in Dance therapy, professionals must take care of the following:

- A means to play the music
- A visual memo for the steps or rhythm
- A space big enough and without obstacles to avoid any injuries and help move freely
- Comfortable clothing to allow movement
- A plan for the session allowing breaks
- A place to sit and rest between the dance



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Benefits of Dance Therapy for PwAD

- enhances motor functioning helping with balance and coordination
- synchronizes the mind with the body
- increases confidence, social and communication skills
- improves self-esteem
- stimulates memories and provides opportunities for reminiscence
- enhances emotional closeness
- increases the amount of endorphins in the brain for well-being



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Benefits of Dance Therapy for PwAD

- reduces anxiety and depressive feelings
- maintains or improves memory and cognitive functioning
- reduces feelings of isolation and body tension
- improves the perception of body image
- reduces chronic pain
- empowers motivation (optimism)
- improves the oxygen and cardiovascular intake



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Marta C. González, a former prima ballerina living with Alzheimer's, recognizes the sound of Tchaikovsky's Swan Lake



<https://www.classicfm.com/>

González performed Swan Lake countless times and the moves are ingrained in her mind. She sits in her wheelchair as the music plays and it is unable to stand or jump. Despite having Alzheimer's, the music was able to tap into that memory that was trapped in her mind. She moves her head and hands in the same way she did in her younger years.



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Benefits of Dance Therapy for Caregivers

The benefits that caregivers receive after dance therapy to PwD:

- relaxation positive energy
- reduces anxiety when participating in the therapy
- encourage the communication with the PwD
- promotes the psychological state
- better quality of communication with the PwD
- new ways of non-verbal communication
- provides better overall sense of well-being
- inspires solidarity emotions
- increases the teamwork spirit



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Expected Results of Dance Therapy:

After the process of dance therapy, the PwD will be able to:

- express their feelings
- encourage creativity and imagination
- relieve stress
- increase physical fitness and gross motion skills
- improve self-confidence and self-esteem
- improve the QoL



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Competences of Dance Therapy Professionals:

The Dance Therapists to contribute to the most efficient Dance Therapy protocol, they should have the following characteristics:

- to have the necessary knowledge, theoretical and practical training
- to be in the mood to experience, to share emotions
- to focus on helping people (self esteem)
- to develop effective communication skills
- to have a good behavior
- to create new options for solving problems
- to create an atmosphere of security and trust in which the expression of emotions is achieved through movement



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Competences of Dance Therapy Professionals:

- In the therapeutic programs, the therapist does not teach, does not indicate, but has emotional participation, has the ability to observe, understand and share the emotions, thoughts, experiences, feelings and behavior of members.
- The therapist faces specific problems in specific ways (e.g., If the PwD does not participate in the therapy, the therapist should react effectively to make PwD to participate).
- The therapist should know how to address PwD and also, they should know how to encourage and motivate and praise these people.



Guidelines for trainers: “Hints and tips”:

- Get to know the patient well by learning his/her life (family situation, education, social life, experiences etc.)
- Observe the patient continuously
- Learn precisely the symptoms of the disease
- Observe the behavioral changes
- Observe the logic behind the potential answers that patients could give (e.g., Q. What day is today? A. Good)
- Communicate with patient constantly with a smile and warmth
- Speak to patient clearly, slowly, face to face and at eye level
- Encourage every effort of the patient



Guidelines for trainers: “Rules and Expectations”:

Rules

- Choose a slow dance for starters
- Choice of dance with a few steps to begin with
- Duration of sessions 30 to 90 minutes
- Duration of interventions from a few weeks to a few months, depending on the needs of patients
- Repeat the same dance a lot of times,
- Do not lose temper, remain calm and understanding
- Allow mistakes



Guidelines for trainers: “Rules and Expectations”:

Expectations

- Music through dance therapy could offer positive effects in reducing behavioral symptoms, stimulating language skills and enhancing social and emotional functioning.
- Changes in the movements and rhythm could enhance creativity, improvisation and imagination based on motion. Creativity and improvised movements allow participants to develop new knowledge, to interact with others and to delay cognitive deterioration.
- Do not expect people to remember all the steps at once.
- Do not expect people to learn and remember a lot of different dances.



Application in domiciliary environments

- Dance therapy can be performed also at home using the tools that are available
- It is usually performed with one or two people and one caregiver
- It needs to be done in an open space. Make sure to remove furniture or obstacles and leave an open space for performing the activities
- Try to personalize the experience with dances that the person used to be familiar to
- Engage in the activity for a whole session (30-90 minutes) and do not interrupt for another household works



Application in institutional environments

- Dance therapy is very suitable for institutional environments.
- Flexible groups can be created with people having similar physical and mental capabilities or mixed groups.
- Make sure that there is enough space and that everyone can hear the music properly. For large spaces, a simple computer cannot work sufficiently.
- Adapt to the needs and preferences of the group.



Guidelines for trainers: Some ideas on how to prepare the action(s):

To plan a successful dance session is necessary to focusing on the following:

- Discuss about the meaning of rhythm
- Choose rhythm songs
- Evaluate the rhythm through training-comprehension exercises
- Movement training with rhythmic exercises
- Participation in a free dance either freely in the class or in pairs
- Selection and training of a specific dance (e.g., traditional dance)
- Alternation of dancer's (relatives & professionals) position, empowers the secure feelings and strive to communication and trust bonds so that the PwD's get more socialized and could express their feelings



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Digital tools to enhance Dance Therapy:

<https://play.google.com/store/apps/details?id=com.addicted2salsa.pocketsalsafree>

<https://www.steezy.co>

<https://play.google.com/store/apps/details?id=com.dancerealityapp.DanceReality>

<https://www.youtube.com/>

<https://play.google.com/store/apps/details?id=net.gamya.rhythm&hl=en>

<https://play.google.com/store/apps/details?id=eu.linedances.linedancestepquiz&hl=en>

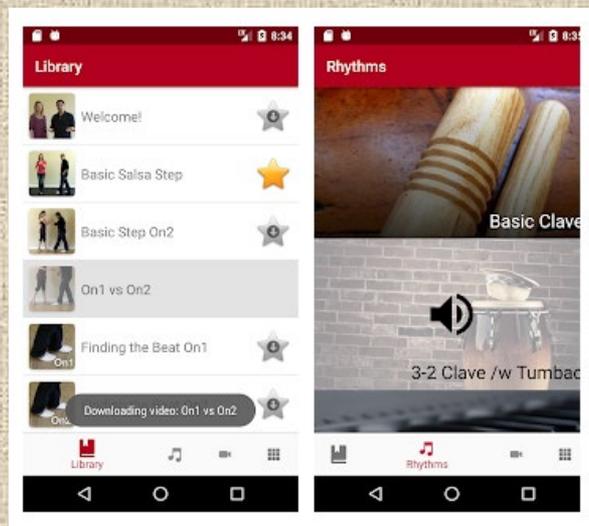


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Digital tools to enhance Dance Therapy:

Pocket Salsa: Learn to dance salsa with over 100 easy to follow salsa dance lessons videos by the famous instructors of Addicted2Salsa! The teaching methodology will make it easy to get started dancing and show you how to do fun moves with ease! Learn to find the salsa beat with our included rhythm tracks, and much more.

<https://play.google.com/store/apps/details?id=com.addicted2salsa.pocketsalsafree>

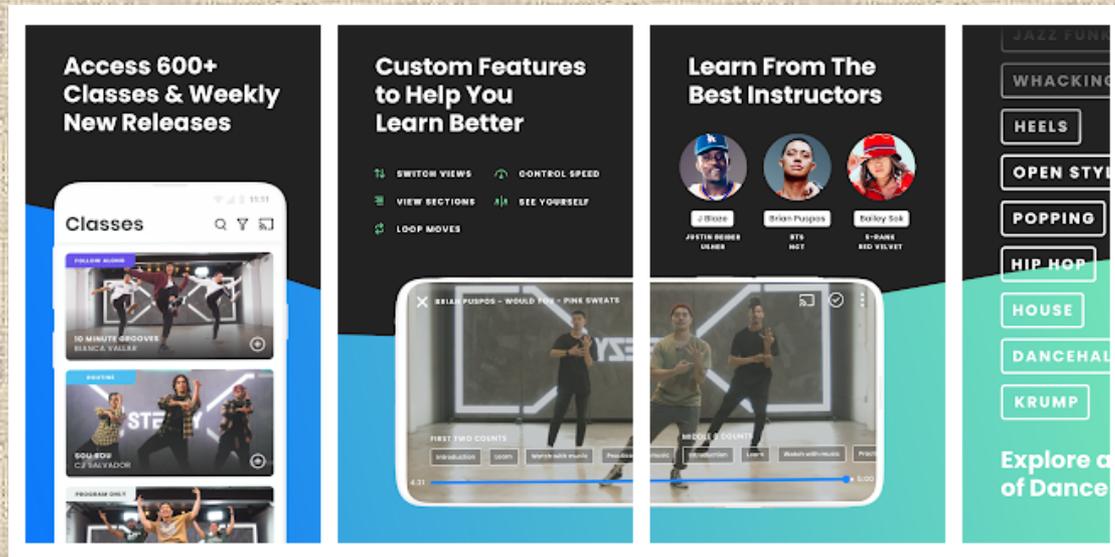


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Digital tools to enhance Dance Therapy:

STEEZY Studio: This application has listed dance lessons and tutorials with HD video quality so that one can easily play them and learn dance at home. It provides unlimited video tutorial so if someone feels lost or confused then guidance is provided.

<https://www.steezy.co/>



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Digital tools to enhance Dance Therapy:

Dance Reality: Dance Reality uses your Android device's latest augmented reality technology (ARCore) to place footprints onto the floor in front of you. You look through your phone to step on the footprints, then you follow the animation to practice common dance patterns. The app will help you practice steps and rhythm anywhere and anytime.

<https://play.google.com/store/apps/details?id=com.dancerealityapp.DanceReality>

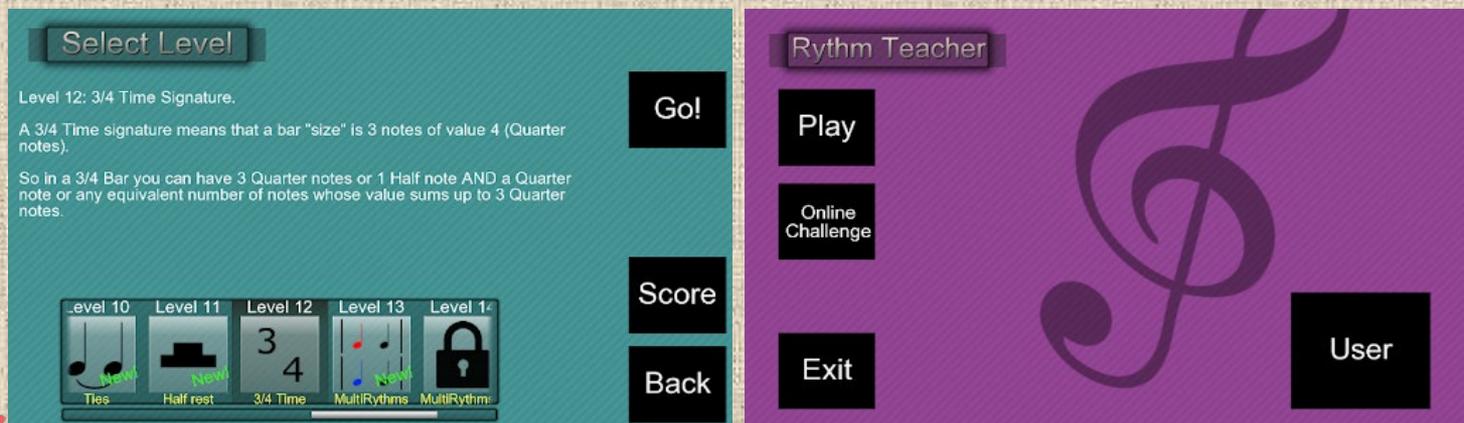


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Digital tools to enhance Dance Therapy:

Rhythm Teacher: Music beats: Learn to play any instrument and how to read music is a difficult task that requires lots of practice. But the practice doesn't have to be boring. Rhythm teacher it's the perfect tool for your music education. This rhythm game teaches you how to read music in a fun and easy way. It's perfect for your rhythm training!

<https://play.google.com/store/apps/details?id=net.gamya.rhythm&hl=en>

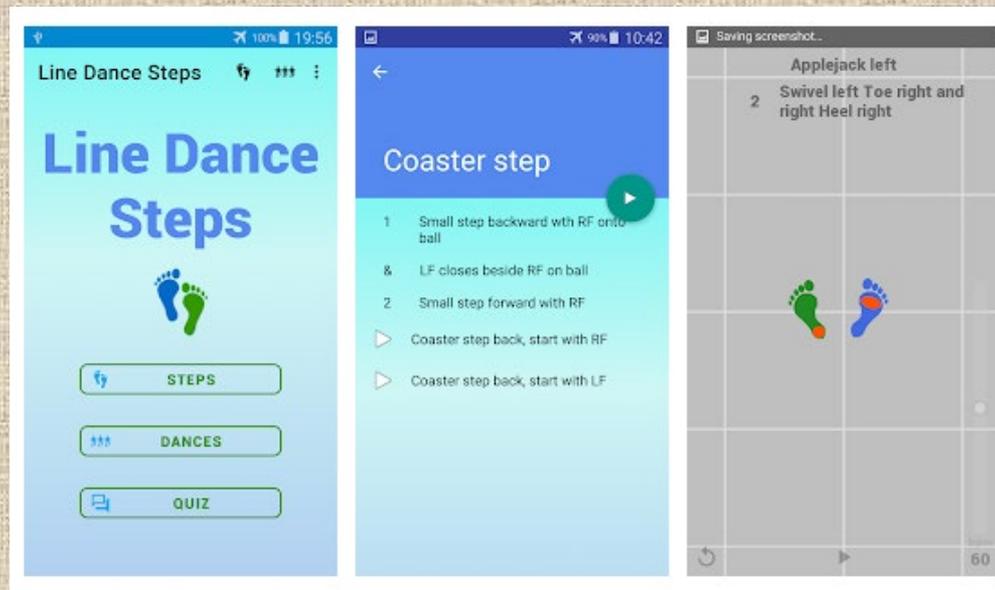


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Digital tools to enhance Dance Therapy:

Line Dance Steps: Each line dance consists of many steps with many names. Deepen your knowledge of steps in line dance. Look for an animation of a specific step. Learn the different step names in a quiz. First dances can be animated.

<https://play.google.com/store/apps/details?id=eu.linedances.linedancestepquiz&hl=en>



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Video presentation to play a song or music; songs or dances as examples for better understanding:

Joy and fun in the lessons:

<https://youtu.be/E4gVSKpLxz8>

https://youtu.be/tg4y2_yTXVA



<https://youtu.be/Wd4cVADnax8>



Dance for people with dementia - Ronia White



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Video presentations as some examples for rhythmic beats (dancing in the chair or not):

Rhythmic beats in following links:

<https://youtu.be/wjnzXqnvoyo>



dance and dementia

<https://youtu.be/2tOHhfgUEcw>



Oh Susanne Dolce Vita... Dança Sênior Portugal.

<https://youtu.be/YJmamZWPfSc>



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Video presentation as some examples for different movements in a place and in different tempos:

Movements in rhythm in following links:

<https://youtu.be/Ewqq-3xJFdI>

<https://youtu.be/dzEgghvVgo>



Five(ish) Minute Dance Lesson - African Dance: Lesson 3: Dancing on the Clock



Dancing with Dementia

<https://youtu.be/9GS1CWDIkYU>



"Can't Stop the Feeling" in my Body Chair Yoga Dance with Sherry Zak Morris



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Video Presentation with Examples (presentation of slow or fast options) for Dances and Give Some Tips to Help Choose:

The dances that will be selected have to be:

- known from the patient's early years
- in a very slow pace initially
- easy and gradually difficult

Some examples in links below:

<https://youtu.be/dsD4Q15GnwM>



SitNDance, seated cha cha

(easy and slow)

<https://youtu.be/Uljrxwe126s>



Tanzen im Sitzen - Blues-Tipp

(faster with more movements)



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Video with the basic steps of the dance (as an example basic steps of the dance Syrtos in three steps):

The basic steps of dance:

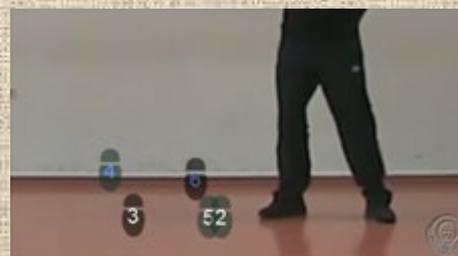
<https://youtu.be/efJrS6Sq3D4>

The basic steps with music:

<https://youtu.be/tkf8K-T1H0I>

A song for this dance:

<https://youtu.be/X0ESbFwt7hk>



2 Syrto sta tria metrima



2 Syrto sta tria mousiki



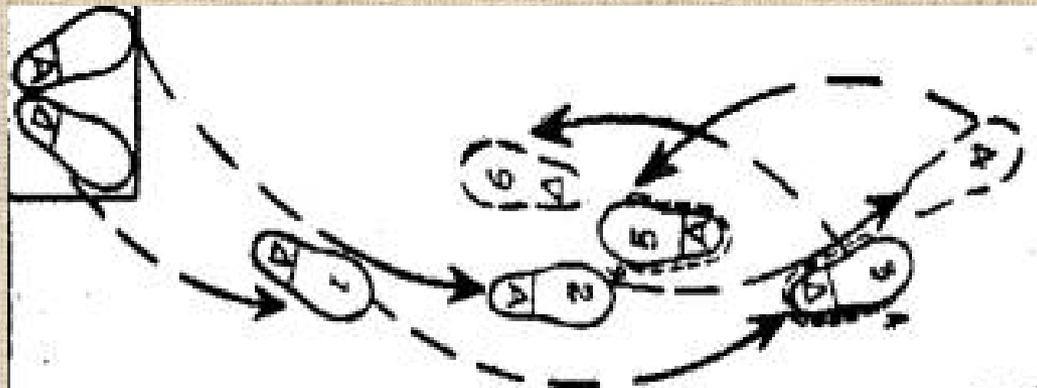
Κοντούλα λεμονιά



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STEP ANALYSIS for the dance “Syrtos in three steps”:

1. Right leg: Step right
2. Left leg: Step right
3. Right leg: Step right
4. Left leg: Cross over the right knee
Right leg: 1 slow or 2 fast beats
5. Left leg: Return from lifting, left, opposite to the direction of the dance
6. Right leg: Crosses over the left knee while the left performs 1 slow or 2 quick beats.



Comments and questions



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