

# Dance and movement therapy - opis przedmiotu

| Informacje ogólne   |                                          |
|---------------------|------------------------------------------|
| Nazwa przedmiotu    | Dance and movement therapy               |
| Kod przedmiotu      | 05.5-WP-PEDP-DaMT- 20                    |
| Wydział             | <a href="#">Wydział Nauk Społecznych</a> |
| Kierunek            | WNS - oferta ERASMUS / Psychologia       |
| Profil              | -                                        |
| Rodzaj studiów      | Program Erasmus                          |
| Semestr rozpoczęcia | semestr zimowy 2022/2023                 |

| Informacje o przedmiocie        |                                                                   |
|---------------------------------|-------------------------------------------------------------------|
| Semestr                         | 1                                                                 |
| Liczba punktów ECTS do zdobycia | 5                                                                 |
| Typ przedmiotu                  | obowiązkowy                                                       |
| Język nauczania                 | polski                                                            |
| Sylabus opracował               | <ul style="list-style-type: none"><li>dr Marek Zadłużny</li></ul> |

| Formy zajęć |                                         |                                        |                                            |                                           |                     |
|-------------|-----------------------------------------|----------------------------------------|--------------------------------------------|-------------------------------------------|---------------------|
| Forma zajęć | Liczba godzin w semestrze (stacjonarne) | Liczba godzin w tygodniu (stacjonarne) | Liczba godzin w semestrze (niestacjonarne) | Liczba godzin w tygodniu (niestacjonarne) | Forma zaliczenia    |
| Ćwiczenia   | 30                                      | 2                                      | -                                          | -                                         | Zaliczenie na ocenę |

## Cel przedmiotu

Equipping students with basic competences in the field of dance and movement therapy and in the field of choreotherapeutic methods of working with the body.

## Wymagania wstępne

Basic psychophysical efficiency.

## Zakres tematyczny

Selected concepts of choreotherapy. Exercises in the field of authentic and developing movement. Free movement expression as part of the therapy. Introduction to the concept of body work Bartenieff Fundamentals. Feldenkreis method. Body Mind Connection method. Pilates CORE method. Learning to design a choreotherapeutic workshop in specific social groups.

## Metody kształcenia

Workshops on individual methods of dance and movement therapy, as well as supportive forms. Expressive methods.

## Efekty uczenia się i metody weryfikacji osiągnięcia efektów uczenia się

| Opis efektu                                                                                                                                                                                                                                                                                                                                | Symbole efektów | Metody weryfikacji                                                                                                                                                                                                                                | Forma zajęć                                               |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------|
| The student is able to efficiently use the art therapy therapist's work, especially through the use of dance and movement therapy. Is able to analyze own activities, identify areas requiring modification and implement innovative actions.                                                                                              |                 | <ul style="list-style-type: none"><li>Discussions about choreotherapeutic group work. Assessment of workshop outline.</li></ul>                                                                                                                   | <ul style="list-style-type: none"><li>Ćwiczenia</li></ul> |
| The student has basic knowledge in the field of dance and movement therapy, understands the connection of knowledge in the field of dance and movement therapy in the design of choreotherapeutic activities. The student knows the methods used in dance and movement therapy and the possibilities of their use in working with a group. |                 | <ul style="list-style-type: none"><li>Observation of individual and group student work. Assessment of involvement in the discussion..</li></ul>                                                                                                   | <ul style="list-style-type: none"><li>Ćwiczenia</li></ul> |
| The student is ready for responsible preparation for work in dance and movement therapy and for proper / independent design of art therapy and pedagogical activities.                                                                                                                                                                     |                 | <ul style="list-style-type: none"><li>Conversation - to evaluate the activity and substantial preparation. Assessment of student's practical skills, including his work with a group. Student self-assessment. Individual conversation.</li></ul> | <ul style="list-style-type: none"><li>Ćwiczenia</li></ul> |

## Warunki zaliczenia

The basis for getting credit is active participation in classes (50%). Mastering the presented methods of dance and movement therapy (25%) and designing and conducting a workshop from a selected thematic area of the classes (25%).

## Literatura podstawowa

- Chodorow, J. (1991) Dance Therapy and Depth Psychology, London
- Levy Fran J. (1992) Dance/Movement Therapy. Reston, US
- Meekums, B. ( 2002) Dance Movement Therapy. London: Sage
- Naess Lewin, J. L. (1998) Dance Therapy Notebook, Washington D.C: Marian Chace Foundation
- Payne, H. ed. (1992) Dance Movement Therapy: Theory and Practice. London: Routledge

## Literatura uzupełniająca

## Uwagi

Zmodyfikowane przez dr Magdalena Pokrzyńska (ostatnia modyfikacja: 25-04-2022 07:52)

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