

# Dance and movement therapy - course description

General information	
Course name	Dance and movement therapy
Course ID	05.5-WP-PEDP-DaMT- 20
Faculty	<a href="#">Faculty of Social Sciences</a>
Field of study	WNS - oferta ERASMUS / Pedagogy
Education profile	-
Level of studies	First-cycle Erasmus programme
Beginning semester	winter term 2022/2023

Course information	
Semester	1
ECTS credits to win	5
Course type	obligatory
Teaching language	english
Author of syllabus	<ul style="list-style-type: none"><li>dr Marek Zadłużny</li></ul>

Classes forms					
The class form	Hours per semester (full-time)	Hours per week (full-time)	Hours per semester (part-time)	Hours per week (part-time)	Form of assignment
Class	30	2	-	-	Credit with grade

## Aim of the course

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.

## Prerequisites

Basic psychophysical efficiency.

## Scope

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.

## Teaching methods

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

## Learning outcomes and methods of theirs verification

Outcome description	Outcome symbols	Methods of verification	The class form
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>Class</li></ul>
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>Class</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>Class</li></ul>

## Assignment conditions

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%).

## Recommended reading

- 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

## Further reading

## Notes

Modified by dr Magdalena Pokrzyńska (last modification: 12-04-2022 19:49)

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