



ID

2830

Curricular Unit Dance and Inclusion

Regent

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Learning Outcomes

To relate to and deepen the theoretical and practical dance/expressive movement knowledge acquired in the former two years of the dance in the community course, and redirect them towards the promotion of social inclusion. To promote the student's awareness on the potentials and limits of inclusive, psychotherapeutic, social (re)integration, and re-educative use of movement/dance, and about their professional training requirements. To explore and outline the applicability of dance/expressive movement to problematic contexts or specific populations by detecting their psychosocial needs and to be able to approach them as being part of a broader cultural dimension.

Syllabus

Artistic, socio-cultural and disciplinar contextualization of the dance therapies emergence, and of dance as a means to promote social inclusion. Theoretical and conceptual framework of inclusive dance, dance therapies and other body mediated therapies; specificities of inclusive dance facing these therapies, conventional psychotherapies, and socio-cultural animation projects.

Methodologies and techniques of inclusive dance. Movement analysis and non-verbal communication. Contexts of intervention and auxiliary techniques. Training requirements for intervening through inclusive dance; professional skills; ethical and deontological dimensions.

To explore and deepen particular social needs in order to design a protoprogram of intervention.

Methodologies are theoretical-practical. The theoretical and conceptual dimension of the discipline is complemented with the presentation of audiovisual documents. A strong participation of students in the exploration and questioning of the psychosocial and artistic aspects involved in dance and inclusion is required, through debates, oral presentations, small group work, experiencing practical methods and techniques, and field trips.

Evaluation

The continuous evaluation requires two thirds of class attendance (attendance and participation = 20%) and a final group work (a proto-program of intervention = 80%), where the problematic, objectives, methodologies, and characterization of the target population should be defined. The process is supervised by the teacher during the semester. The final grade, 0-20, is the average between the individual and group work marks. Failing one of these components disqualifies the continuous assessment, and approval depends on positive note in Final Exam.

Gardner, H. (1973) Arts and Human Development, Londres, John Wiley.

Geoffrey, L. G. e col eds (2005) Group Work With Populations at Risk. Oxford University Press.

Kauffmann, K. A. (2006) Inclusive Creative Movement and Dance, Human Kinetics.

Holtzman, L. e col. Eds. (2003) Psychological Investigations: A Clinician's Guide to Social Therapy, N.York, B./Routlege.

Hanna, J. L. (1979) To Dance is Human. A Theory of non-verbal communication, Un. Texas Press.

Bibliography

Lovatt, P. (2011) "Dance confidence, age and gender". In Personality and Individual Differences 50: 668-672.

Moore, C. e col. (1988) Beyond Words, Londres, G. & Breach Publish.

Payne, H. (1992) Dance Movement Therapy: Theory and practice. Londres: Routledge.

Sandahl, C. e col (2005) Bodies in Commotion - disability and performance, Un. Michigan Press

Roubaud, L. (2012) "Novas paisagens demográficas nas práticas sociais e terapêuticas da dança" Seminário Internacional Descobrir a Dança, Monteiro, E. & Alves, M. J. (coords). DVD Lisboa: FMH, 607-625.