



NVDAT



**DANCE MOVEMENT THERAPY
and its Contributions to
Neurocognitive Health**



Symposium

October 2 & 3, 2021



NVDAT

Nederlandse Vereniging voor Danstherapie

Dear participant,

As the board of the Dutch Association for Dance Therapy (NVDAT), we are happy to present to you the program booklet of our international symposium:

‘The Dancing Brain, dance movement therapy and it’s contributions to neurocognitive health’.

This event is a source of knowledge about Dance Therapy in relation to Neurocognitive Health. The program is filled with interactive workshops and interesting presentations, by both national and international dance therapists, neuropsychologists and professors.

The Dancing Brain symposium is an hybrid event, organized in association with the [Dutch Dance Days festival](#). During the first weekend of October, the city of Maastricht will be all about Dance (Therapy). We are looking forward to enjoy the wonderful program together with all of you.

Event location:

**Kumulus Theater Maastricht,
89 Herbenusstraat 6211RB Maastricht**



<https://nvdatt.vaktherapie.nl/the-dancing-brain>



30 SEP 7 07 OKT
NEDERLANDSE
DANSDAGEN
— DUTCH DANCE
FESTIVAL 2021



The NVDAT board; Job Cornelissen (former chairman), Romy Heitbrink (PR & Communication), Janneke Bexkens (secretary), Kitty Veldhuis (advocate), Julia Morozova (knowledge innovation), Daniel van Tour (treasurer), Chantal van Elswijk (chairman)



Timetable day 1

Saturday October 2nd, 2021

Word of welcome

10.00

By Chantal van Elswijk, chairman of the board

10.15

Keynote

-

Dr. Beatrice Allegranti

11.15

'Moving Kinship with the More-than-Human.'

Working with the entanglements of choreography, affect and the brain.'

11.15

Short break: Switch to workshops

Workshop 1

11.15

Astrid Struijk & Katharina Conradi

-

'Total body integration through Bartenieff Fundamentals as a tool in recovery from motor impairments caused by Acquired Brain Injury.'

13.00

Workshop 2

Dr. Beatrice Allegranti

'Introduction of the Moving Kinship methodology through embodied practices including Dance Movement Psychotherapy, trauma-focused psychotherapy and neuroscience.'

13.00

Lunch break 1h

14.15

Keynote

-

Univ.-Prof. Dr. med. Hedda Lausberg

15.15

'Presenting BAST System, a diagnostic tool for the analysis of movement behaviour.'

15.15

Short break: switch to workshops

Workshop 3

15.30

Dr. Rebecca Barnstaple

-

'Movement Lab: A guided exploration of emerging research in neuroscience and dance.'

17.00

Workshop /Lecture 4

Regina Magnus & Inge Oosterveld

'Movement profile and dance therapeutic interventions with clients suffering from Korsakov Syndrome.'

End of day 1



Timetable day 2

Sunday October 3rd, 2021

Opening

10.00

By Chantal van Elswijk, dance movement therapist and chairman of the board of the Dutch Association for Dance Therapy (NVDAT)

Keynote

Prof. dr. Susan van Hooren

10.15

'The neuropsychology of expressive body movement: Moving to a stronger evidence base for dance movement therapy with neuroscience?'

-
11.15

Short break: switch to workshops

11.15

11.30

Workshop 5

Regina Magnus &

-

Marie Louise Gilcher

13.00

'How the perception and experience of 'space' differs in clients with Dementia, Korsakov Syndrome and Acquired Brain Injury.'

Workshop 6

Prof. Dr. Hedda Lausberg

'The BAST© Diagnostics comprise a movement diagnostic test, rating scales for the assessment of body movement and a questionnaire for the self-assessment of one's movement behaviour.'

13.00

Closure – Performance

-

By Angelina Deck

13.30



Abstracts

Saturday October 2nd

Welcome | 10.00

Word of welcome by Chantal van Elswijk, dance movement therapist and chairman of the board of the Dutch Association for Dance Therapy (NVDAT).

Keynote lecture | 10.15 – 11.15

Moving Kinship with the More-than-Human.

Working with the entanglements of choreography, affect and the brain.

Dr. Beatrice Allegranti

This keynote introduces *Moving Kinship* feminist new materialist, transdisciplinary choreography, psychotherapy, research and activism with people living with rare young onset dementia, their families, and the artistic team *Beatrice Allegranti Company*. I discuss the ethics and politics of the more-than-human and its implications for dementia and beyond: we are not bounded self-contained fully formed humans but porous processes - enfolding within a complex network of affect, neurocognition, kinaesthetics, environments, technologies and power structures. At this time of global health and environmental crisis we are urgently called to creatively re-conceptualise and re-engage with what we understand 'bodies', 'human' and 'diagnosis' to be and doing so, has profound implications for how we relate. As such, my more-than-human proposition tangles with, and troubles wider biological, social and political inequalities of age, loss, trauma, voice, memory, intimacy, vulnerability and care. This keynote is accompanied by the Dutch Dance Days premier screening of *Moving with the Trouble*, a new dance film that draws directly from the Arts Council England, Surrey Arts and Public Health funded *Moving Kinship* project, and the internationally touring dance theatre production *I've Lost You Only to Discover That I Have Gone Missing*.

Workshop 1 | 11.15 – 13.00

Total body integration through Bartenieff Fundamentals as a tool in recovery from motor impairments caused by Acquired Brain Injury.

Astrid Struijk & Katharina Conradi

In this workshop we will invest in the relationship between neurocognitive domains and Bartenieff Fundamentals and on how they are interrelated in working toward recovery and coping with people who deal with a major neurocognitive disorder caused by dementia, acquired or traumatic brain injury (ABI /TBI).

Dance Therapist Astrid Struijk, who has years of experience in working with people with a major neurocognitive disorder caused by dementia, ABI or TBI and is confronted with ABI herself, will share her experiences verbally as well.

'Bartenieff Fundamentals' was developed by Irmgard Bartenieff in applying Rudolf Laban's movement theories to the physical/kinesiological functioning of the human body. In developing the principles of Fundamentals, Bartenieff was concerned with support of the body to facilitate functional, expressive and efficient movement experiences. Bartenieff Fundamentals were developed to provide exercise concepts for the experience of the body in motion with an awareness of how and why the body is

moving. Astrid and Katharina will share their ideas and experiences from their own expertise on how the Bartenieff Fundamentals can be helpful in recovery/ coping from motor impairments caused by ABI. The workshop will mainly be experiential with some verbal sharing.

Workshop 2 | **11.15 – 13.00**

Moving Kinship Workshop

Dr. Beatrice Allegranti

In this workshop, Beatrice Allegranti will introduce the *Moving Kinship* methodology through embodied practices including, choreographic scores, trauma-focused psychotherapy and neuroscience. The workshop will invite participants to experience kinship beyond family ties and leach other, and with the dancing material itself. In doing so, the workshop will offer space to examine how we can cultivate an extended capacity for response-ability as a ubiquitous part of making and witnessing dance. The aim of the workshop is to introduce participants to an ethical and sustainable co-creative process of dance-making as material for everyday life.

Keynote lecture | **14.15 – 15.15**

The neuropsychology of expressive body movement

Univ.-Prof. Dr. med. Hedda Lausberg

Recent neuroscience data indicate the crucial role of the right cerebral hemisphere in the production of expressive body movement. As language is primarily generated in the left hemisphere, dissociations between verbal and nonverbal expression may occur, indicating for example unconscious conflicts. The right hemispheric production of expressive body movement is likely to be associated with other right hemispheric cognitive functions such as spatial cognition or metaphoric thinking, as well as with emotional functions. Given that body movement expresses cognitive and emotional processes opens the therapeutic option to influence - vice versa - these processes via body movement. However, taking this approach (see embodiment) is has to be considered that explicit, voluntary production of body movements differs in neural control and effects from the implicit, spontaneous production of body movements.

Workshop 3 | **15.30 – 17.00**

Movement Lab: A guided exploration of emerging research in neuroscience and dance

Dr. Rebecca Barnstaple

Research into brain-based changes related to dance practice has exploded over the last decade, in coordination with developments in neuroimaging technologies. This presentation provides an overview of recent research on dance and neuroplasticity with expert and clinical populations, before diving into a motor learning experiential based on a recent study using mobile brain-body imaging (MoBI). Participants will have the opportunity to engage as "subjects" in a science-based paradigm, providing insight into how motor learning may contribute to efficacy in dance-based interventions and the parameters of performing research in a laboratory environment.

Bridging the gaps of neurological loss – Korsakoff Syndrome and a DMT intervention to support social interaction*Regina Magnus & Inge Oosterveld*

This lecture offers a deep view at the complex and chronic disease of Korsakoff Syndrome through the eyes of Laban Movement Analysis. By using an LMA movement profile we illustrate the characteristics of Korsakoff Syndrome and give an inside on a good-practice DMT intervention which is supportive for the clients to enhance social interaction.

'*Caught in a balloon I am aimless floating around*', describes a woman with Korsakoff Syndrome her state of being. The brain damage caused by thiamine deficiency results in problems such as short time memory loss, disorientation in time and space and inability to start and stop an action. Connecting seems to be interrupted with the body; with inner motivation; with expressing emotions; with relating to others and relating to the environment. We will explain how the DMT intervention has the role of an external tool to support clients to bridge these gaps. By using LMA observations we will enlighten this specific intervention which supports social interaction.

End of day 1

Sunday October 3rd**Opening****10.00**

Word of welcome by Chantal van Elswijk, dance movement therapist and chairman of the board of the Dutch Association for Dance Therapy (NVDAT).

Keynote lecture**10.15 – 11.15****Moving to a stronger evidence base for dance movement therapy with neuroscience?***Prof. dr. Susan van Hooren*

Neuroscience is a fast developing research field resulting in abundant fundamental knowledge. What are the implications of this fundamental knowledge for clinical practice of dance movement theory? Are statements referring to the brain used in clinical practice proper? And what could neuroscience learn from dance movement theory?

In this presentation, I will go in to the value of building a bridge between neuroscience and dance movement theory, implications for clinical practice and its caveats. Results from neuroscientific studies will be presented, focusing on dance observation, comparing professional dancers with non-experienced dancers, actual dance performance, brain training using dance, and effects of dance among patients with brain pathology. Based on neuropsychological evidence, I will propose a bottom-up model for dance-movement therapy, ranging from arousal regulation, body awareness (including interoception and embodiment), emotion regulation, regulation of higher cognitive processes, and regulation of social cognition.

Workshop 5 | 11.30 – 13.00

"I feel trapped"

Exploring inner and outer space when living in a long term care institution due to neurocognitive disorders.

Marie-Louise Gilcher & Regina Magnus

The feeling of being trapped can be overwhelming for persons with neurocognitive disorders such as Korsakoff Syndrome, Alzheimer's or ABI when living in a long term care institution (LTC). Dealing with the loss of freedom can cause stress and depression. Disorientation and memory loss add to the fear of losing control. Inhabitants have to share their new home with all kinds of people, while caregivers might see the same environment as working area.

In this practice-based workshop we explore different types of space such as public space, personal space, territorium and inner space. We embody specific space related characteristics of persons with Korsakoff syndrome, Alzheimer's and ABI and focus on dance therapeutic interventions, such as finding inner space. How can we support persons in building a sense of freedom and ease within the LTC environment?

Workshop 6 | 11.30 – 13.00

The BAST Diagnostics

Univ.-Prof. Dr. med. Hedda Lausberg

The BAST Diagnostics comprise a movement diagnostic test, rating scales for the assessment of body movement, and a questionnaire for the self-assessment of one's movement behaviour (www.neuroges-bast.info). In this practical workshop an introduction is given how to use the BAST in clinical diagnostics and therapy.

Closure Performance | 13.00 – 13.30

Angelina Deck

Angelina Deck graduated from Codarts (Rotterdam Dance Academy) in 2004 and has since been working as a freelance dancer and performer with various choreographers, production houses and theatre companies, amongst others Rogie&Company, Kenzo Kusuda, Bruno Listopad, Alize Zandwijk (Ro Theater), Marta Raig Torres, Meekers Uitgesproken Dans, Fabian Chyle, Vloeistof and many more.

In 2019 Angelina graduated as a Dance Movement Therapist from Codarts Hogeschool voor de Kunsten. She currently works as a movement therapist for Praktijk voor PMT in Brabant where her dance background is more than welcome to be implemented in treatment voor youth and adults with a wide range of behavioural disorders and needs. Angelina's engagement with movement is strongly guided by her imagination which goes beyond form and straight into the experience of flow.

End of symposium

Meet the presenters

Astrid Struik

Astrid Struik, a registered Dutch Dance Movement Therapist, with a specialization in working with the elderly with dementia and people suffering from Korsakoff's Syndrome. Astrid graduated as a dance therapist from HAN University in 1990. In 2010 she got her Master's degree in Dance Therapy at Codarts' Master of Arts Therapies, Rotterdam.

Starting her career in a psychogeriatric nursing home (1991-2015), she developed her own therapy method. Since the early nineties she has been an executive Member of the Dutch Association for Dance Therapy, Board member (1996-2001) and Chair (1997-2001).

The development of the Korsakoff Knowledge Centre in the Netherlands led to an increased interest in the relationship between limited cognitive functioning and reduced emotions of people suffering from Korsakoff's Syndrome. Until her unfortunate brainstroke in 2018 she worked with people with ABI at Saffier, The Hague.



Angelina Deck

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Dr. Beatrice Allegranti

Dr. Beatrice Allegranti is an independent choreographer, filmmaker and UKCP registered dance movement psychotherapist, and Reader in Dance Movement Psychotherapy and Choreography at the University of Roehampton, School of Arts. Beatrice's choreography and film work has toured internationally (France, U.S.A, Norway, Finland, Ireland, Hong Kong, Japan, Poland), and her clinical experience includes private practice and the UK National Health System (adult mental health and dementia services), and consultancy (Arts for Peace, Irish Defense Forces, Wellcome Trust). Across her artistic, clinical, and scholarly work, Beatrice's transdisciplinary feminist new materialist focus involves an ethical re-visioning of the way we relate with/in the world through the lens of our intersectional body politics (gender, race, sexuality, age, class) in human and more-than-human ways. Beatrice is currently working on her second book (with Routledge) about the [Moving Kinship](#) project. www.beatriceallegranti.com





Univ.-Prof. Dr. med. Hedda Lausberg

As a Full professor of Neurology, Psychosomatic Medicine, and Psychiatry at the German Sport University Cologne, Dr. Lausberg is also a Dance Movement Therapist (BVT).

Her main research interest is the neuropsychology of non-verbal or movement behavior, i.e., the relation between movement behavior and cognitive, emotional, and interactive processes. She is interested in the alterations of movement behaviour associated with mental and neurological disease. Furthermore, she focuses on method development in movement analysis. She has developed the [NEUROGES-system](#) and the BAST-system (Movement behavior analysis methodology).

Inge Oosterveld

Inge is a MA Dance Therapy and Certified Movement Analyst. With a deep interest in movement and creativity she started her career as a dancer and choreographer.

After studying Laban Movement Analysis (LMA) she became a dance therapist (MA) and specialized on PTSD. She is practicing for over 25 years using LMA as an important tool for observation and diagnosis.

She has been teaching LMA at several programs for dance therapy education, like Codarts' Master of Arts Therapies Rotterdam and also gives trainings at her own [studio in France](#). Recently she is working on her filming/writing project on dance therapy and the use of LMA.



Katharina Conradi

Katharina Conradi is a Certified Movement Analyst, MA Dance Therapy and Registered Somatic Movement Educator and Therapist. She works for many years as a choreographer and dancer in the Netherlands and abroad. Her creative work includes dance movies, intercultural projects and sitespecific performances. Katharina teaches at Codarts' Master of Arts Therapies in Rotterdam and at the Academy for Dance and Theatre in Amsterdam. She also works internationally as a teacher for somatic and creative practice in different settings. She worked in clinic practice as a dance therapist in Psychiatric Centre Delta in Spijkenisse and has her

private practice where she offers dance therapy, supervision and somatic coaching to clients and artists.

Katharina is the co-founder of EMOVE Institute which is providing professional education in Laban Bartenieff Movement System. <http://www.emoveinstitute.com> and www.katharinaconradi.com

Marie Louise Gilcher

For three decades Marie Louise Gilcher has been exploring the artistic, expressive and therapeutic aspects of dance. She performed with RB Jérôme Bel, Xavier LeRoy and in own productions before moving on to teaching students, (former) dance professionals as well as elderly amateurs and people living with dementia. She founded an (amateur-)dancegroup for older dancers: De Dansgemeenschap. In 2018 she earned a Master's degree in dance therapy and started working in mental health care with a broad client base. Her therapeutic dance with the elderly focusses on group sessions for fit persons, persons with dementia and the systems/ people around them.





Dr. Rebecca Barnstaple

Rebecca Barnstaple is a Postdoctoral Fellow at York University engaged in research on the neurobiological effects of dance in health and disease. A graduate of the National Centre for Dance Therapy at Les Grands Ballets Canadiens in Montreal (NCDT 2015), she provides dance-therapy based programs for people with chronic pain, Parkinson's and Alzheimer's. Rebecca is a core instructor for IMPROVment, an organisation providing movement-based interventions for brain and body health at Wake Forest University in Winston-Salem, North Carolina (<https://improvement.wfu.edu/>). Rebecca is a member of the Certification and Accreditation committee of Dance Movement Therapy Association of Canada, the Research and Practice committee of the American Dance Therapy association, and the Groupe d'intérêt scientifique of the NCDT.

Regina Magus

Regina Magnus (1969) is a MA dance movement therapist and artist. She studied at Codarts' Master of Arts Therapies in Rotterdam and has a background as professional dancer and choreographer. Regina is an experienced therapist with people living with dementia. Recently she works with clients with Korsakoff Syndrome and Acquired Brain Injury at Saffier, The Hague. Besides her therapeutic work she dances with elderly people and creates community art projects which have the purpose to let vulnerable people participate in society. Regina's work combines her therapeutic skills with art, performance and research.



Prof. dr. Susan van Hooren

Susan van Hooren is professor at the Open University of the Netherlands and Zuyd University of applied sciences. She is Head of the research centre of arts therapies in the Netherlands, known as KenVaK. During her career, she combined practice based research with teaching activities and clinical work. She has clinical experience as (neuro)psychologist and sexologist with a broad range of psychopathological disorders (e.g. dementia, depression, ADHD, sexual disorders). Her research, supervising (PhD- & masterstudents), and teaching all focus on evaluating arts therapeutic interventions and its working factors and clinical psychology, resulting in many publications in high ranking peer reviewed journals and contributions on national and international conferences.

With special thanks to
all the presenters
and

the organization committee:

Christina Wintels-Fivian
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Julia Morozova
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Janneke Bexkens
Kitty Veldhuis
Beau Polfliet
Lianne Versteegen
Fanny Croonen
Lisa Rensing

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