

LES  
GRANDS  
BALLETS

NATIONAL CENTRE FOR  
DANCE THERAPY

# FIRST INTERNATIONAL SYMPOSIUM FOR DANCE AND WELL-BEING

Collaboratively Advancing Research, Practice and Policy

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Partners:

大成 DENTONS

Fonds de recherche  
Société et culture  
Québec 

## Day 1: Thursday, May 24, 2018

1:00 p.m.	<b>Doors open and registration</b>	1435 De Bleury St — Ground floor
2:00 - 2:30 p.m.	<b>Opening words</b> Christian Sénéchal, Director, Les Grands Ballets Canadiens de Montréal's National Centre for Dance Therapy (NCDT)	Salle rouge
	<b>Keynote address:</b> Katrine Kirk, M.Sc. <i>Denmark</i>	Salle rouge
2:30 - 3:40 p.m.	<b>Dancing on Thin Ice— A Patient's Survival Strategies</b>  <i>Medicine tends to look at the placebo effect as a source of error, but why not look at it this way: as strong evidence of a mind-body connection that has direct influence on patients' well-being? Given that our physical condition and mental state affect our physical health, why does our healthcare system not place a much stronger emphasis on supporting patients in mobilizing their physical and mental resources? Could dance therapy be a simple way to achieve better clinical outcomes for seriously ill patients?</i>  <i>Katrine Kirk tells a deeply personal story about how classical ballet training helped her pull through cancer treatment in the face of dismal odds. In this talk, Katrine uses her own experience to illustrate the importance of strengthening patients' bodies, minds and spirit to promote healing.</i>  <i>There is a growing body of evidence pointing to how most patients with serious illnesses are not encouraged by their healthcare providers to help themselves by becoming physically stronger.</i>	
3:40 - 4:10 p.m.	<b>Coffee break</b>	Atrium
4:10 - 5:10 p.m.	<b>Discussion Groups — Block 1</b>  In small groups, Symposium participants are invited to discuss various issues related to dance and well-being, exchange on their experiences and	Studios A, B, C and 1

participate in problem-solving. Each session will be oriented by one or more moderators.

1. **Towards Meaningful Methods for Assessing Dance Interventions: Quantitative Improvements**  
Christina Soriano, MFA, and  
Glenna Batson, PT, ScD, MA, mAm SAT, with guests
2. **Disambiguation of Terms in Dance Therapy, Dance Interventions, and Neurobiology**  
Rebecca Barnstaple, PhD Candidate, and  
Cecilia Fontanesi, CMA, MPhil, PhD Candidate
3. **Using Gold Standards of Scientific Research to Study Dance and Movement Interventions: A Discussion of Feasibility and Appropriateness**  
Sarah Berry, PhD, ABD
4. **Policy and Funding of Dance Intervention Projects (FR)**  
Louise Poissant, Scientific Director of the Fonds de recherche du Québec — Société et culture (FRQSC) and  
Christian Sénéchal, Director of the NCDT

5:30 p.m

Welcome cocktail

Atrium



Vendredi 25 mai 2018/ Friday, May 25<sup>th</sup>, 2018

8:00 - 9:00 a.m.	<b>Coffee and Breakfast</b>	<b>Atrium</b>
8:15 - 8:45 a.m.	<b>Morning Movement Session: Adapted ballet demo</b> Émilie Barrette	<b>Studios</b>
9:00 - 10:10 a.m.	<p style="text-align: center;"><b>Keynote address:</b> Dr Madeleine Hackney, PhD, BFA <i>Atlanta, GA, USA</i></p> <p><b>Why Partnered Dance Could Help Optimize Motor Rehabilitation for People with Parkinson's Disease</b></p> <p><i>Madeleine Hackney's work focuses on the design and optimization of creative movement/dance-based therapies to improve mobility, cognition and quality of life in older individuals with movement disorders. Dance may serve as an auxiliary therapy to pharmacology and surgery for conditions like Parkinson's disease (PD) because dance appears to have motor, social and cognitive benefits. Partner dancing is a sophisticated, yet accessible system of tactile communication that conveys movement goals between a "leader" and "follower". These roles incorporate aspects of both internally and externally guided movement.</i></p> <p><i>Hackney will present findings related to efficacy of a therapy which she designed: Adapted Argentine Tango (Adapted Tango) for improving motor, cognitive and psychosocial function in people with PD. She will discuss her ongoing data collection which explores the unique efficacy of leading versus following, and the impact of adapted tango on underlying neural mechanisms governing internally and externally guided lower limb movement.</i></p>	<b>Salle rouge</b>
10:20 - 11:20 a.m.	<p><b>Experiential workshops — Block 1</b></p> <ol style="list-style-type: none"><li><b>Sit'N'Dance</b> Jackie Mills, C.D.T.A. Fellow, B.Af</li><li><b>Argentine Tango for Balance Training Assisted by Technology</b> Ilona Posner, M.Sc.</li><li><b>Parkinson in Movement – a Unique Approach Integrating Principles of Dance/Movement Therapy into Dance Classes for People with Parkinson's Disease</b></li></ol>	<b>Studios</b>

	<p>Tetiana Lazuk, PhD, R-DMT, Joanabbey Sack, MA, BC-DMT, RDT, Maura Fisher, pht, Zuzana Sevcikova, MA, BC-DMT, RDT, CCC</p> <p>4. <b>Empowerment Through Organs: A Body-Mind Centering® Approach</b> Mariko Tanabe</p> <p>5. <b>Adapted Dance for Post-Stroke Patients</b> Lucie Beaudry, RSMT, RSME, PhD candidate, Sylvie Fortin, PhD, and Annie Rochette, PhD</p> <p>6. <b>Using accessories and mediating objects in dance therapy workshops (FR)</b> Paula Martinez-Takegami, DMT</p> <p>7. <b>Increasing Independence, Participating in Community—Dance Therapy Group Work with Young Adults with Developmental and Complex Disabilities</b> Ayana Spivak, MA, OEATA, DMTAC, Esther Rabinovitch, Neslihan Memigüven, M.Sc, ICF Certified Professional Coach</p>	
11:20 - 11:40	<b>Coffee break</b>	<b>Atrium</b>
11:40 a.m. - 12:40 p.m.	<p><b>Discussion Panel : How Artists and Cultural Organizations Use Dance Differently.</b></p> <p><b>Panellists:</b></p> <ul style="list-style-type: none"> <li>• Luca « Lazylegz » Patuelli, Montreal</li> <li>• David Leventhal, Program Director, Dance for PD®, New York</li> <li>• Philippe Bouteloup, Director, Musique &amp; Santé, France</li> <li>• Christian Sénéchal, Director, NCDT, Montreal</li> </ul> <p><b>Moderator:</b> Geneviève Guérard, ex-first soloist at Les Grands Ballets Canadiens de Montréal</p>	<b>Salle rouge</b>
12:40 - 2:00 p.m.	<b>Lunch break</b>	<b>Atrium</b>
2:00 - 3:00 p.m.	<p><b>Experiential workshops — Block 2</b></p> <p>1. <b>Building Bridges and Dancing the In-Between</b> Dr Richard Coaten, RDMP</p> <p>2. <b>An Experiential and Methodological Focus on the DWP Intergenerational Dance Project and Pikangikum First Nation Intergenerational Dance Project Models</b> Sarah Robichaud, BA, DWP Founder, Dance for PD® Certified,</p>	<b>Studios</b>

- Miriam Schacter, BA, Registered Psychotherapist, applied-dance instructor, educator, and Robin McPhail-Dempsey BFA, Dip. ExA
3. **Right to Embody: Dance/Movement Therapy and Refugee Well-Being**  
Amber Elizabeth Gray, BC-DMT
  4. **Nia—Through Movement We Find Health**  
Debbie Rosas, Founder and Creator of the Nia Technique
  5. **Beyond Handicap: An Integrated Dance Workshop (FR)**  
Cécile Martinez, inclusive dance teacher and choreographer
  6. **Intégrer la pleine conscience par la danse (FR)**  
Nadyne Bienvenue, movement and well-being pedagogue, dancer and choreographer
  7. **Mindful Motion: A Moving/Writing Workshop**  
Carol Anderson, BFA, MA, Terrill Maguire

3:00 - 3:30 pm

**Coffee break**

**Atrium**

3:30 - 5:30 p.m.

**Conferences — Block 1**

Researchers, students and clinicians present their recent work and findings in this conference session. Each presentation is followed by a 10-minute Q&A.

1. **Dance as a Window to Study Human Brain-Behavioural Interactions**  
Krista L. Hyde, PhD
2. **Phenomenologies of Healing and Justice: Land Dance in Migrant Labor Camps**  
Heryka Miranda, MA
3. **Dance and Expressive Movement Improve Quality of Life for People Living with Dementia**  
Donna Newman-Bluestein, BC-DMT, CMA, LMHC
4. **Queering Movement Therapy: Transformative Dance for Transitioning Youth**  
Stéphanie Voyer, MA candidate

**Salle rouge**



Day 3: Saturday, May 26<sup>th</sup>, 2018

8:00 - 9:00 a.m.	<b>Coffee and Breakfast</b>	<b>Atrium</b>
8:15 - 8:45 a.m.	<p><b>Morning Movement Session: Dance/Movement Therapy demo</b></p> <p>Tricia Capello, MA, BC-DMT, LCAT, NCC and Tina Erfer, BC-DMT, LCAT, NCC</p>	<b>Studios</b>
9:00 - 10:10 a.m.	<p style="text-align: center;"><b>Keynote Address:</b> Robyn Flaum Cruz, PhD, BC-DMT, LPC <i>Cambridge, MA, USA</i></p> <p><b>The Dance of Research</b></p> <p><i>The more we learn by adapting dance to enhance physiological and psychological functioning, the more it seems to be the perfect blend of art and science. Many of us come to dance because of its quality as a completely embodied art form, combining all aspects of the lived self with aesthetics. It is also this quality, as a fully embodied form engaging all physiological, affective and cognitive parts of our being, that allows dance to have so many varied applications for addressing illness and the challenges of living.</i></p> <p><i>For some, dance is communication that allows expression and understanding of what cannot be put into words. For others, dance is the key to stimulate and coordinate a body that has fallen out of sync with itself. Yet, regardless of these different meanings and uses, all of us who use dance as an intervention with others need to include research in our understanding of dance and how we apply it to our work. To do this, we must learn to dance with research, approaching it with the same mastery, openness and creativity we bring to our art form. This involves truly embracing phenomenological methods that appeal to our love of dance as an art form as well as welcoming more traditional methods that capture the workings of dance as a physical science. Marrying these two approaches and what they can reveal together creates a research “dance” that infuses our work with direction, meaning and even more exciting applications.</i></p>	<b>Salle rouge</b>
10:20 - 11:20 a.m.	<p><b>Discussion groups – Block 2</b></p> <p>In small groups, Symposium participants are invited to discuss various issues related to dance and well-being, exchange on their experiences and</p>	<b>Studios</b>

	<p>participate in problem-solving. Each session will be oriented by one or more moderators.</p> <ol style="list-style-type: none"> <li><b>An Inquiry Into Laban Movement Analysis</b> Karen K. Bradley, MA, CMA, Emeritus Associate Professor, Cecilia Fontanesi, CMA, MPhil, PhD Candidate</li> <li><b>Mechanisms of Dance in the Rehabilitation of Neurodegenerative Conditions</b> Rebecca Barnstaple, PhD Candidate, Joseph DeSouza, PhD, Dre Madeleine Hackney, Citlali Lopez-Ortiz, PhD, MA</li> <li><b>Towards Meaningful Methods for Assessing Dance Interventions: Qualitative Improvements</b> Glenna Batson, PT, ScD, MA, mAm SAT, Christina Soriano, MFA, with guests</li> <li><b>Dance, Movement, and Mental Health: Challenges and Opportunities for Research and Practice</b> Sarah Berry, PhD, ABD and Debra Rabinovich, clinical psychologist, PhD candidate</li> </ol>	
11:20 - 11:40 a.m.	<b>Coffee Break</b>	<b>Atrium</b>
11:40 a.m. - 12:40 p.m.	<p><b>Poster presentations</b></p> <p>Multiple researchers present their research projects and findings related to dance and well-being in this freestyle presentation session. Presenters will be available to discuss their projects and answer questions.</p>	<b>Atrium</b>
12:40 - 1:40 p.m.	<b>Lunch Break</b>	<b>Atrium</b>
1:40 - 3:50 p.m.	<p><b>Conferences — Block 2</b></p> <p>Researchers, students and clinicians present their recent work and findings in this conference session. Each presentation is followed by a 10-minute Q&amp;A.</p> <ol style="list-style-type: none"> <li><b>Dance and Dementia in Long-term Care</b> Rachel Bar, MA, Melissa Tafler, MSW, RSW</li> <li><b>Retrospective Reflections on Dance Programs for Children with Neurological Impairments: from Conception to Recommendations (FR)</b> Claire Chérière, PT, MSc, Sylvie Fortin, PhD, Mélissa Martel, PT</li> </ol>	<b>Salle rouge</b>



	<ol style="list-style-type: none"> <li>3. <b>Dance/Movement Therapy Leads to a Lower Cortisol Awakening Response in the Elderly — A Sign of Stress Reduction?</b> Tudor Vrinceanu, MA</li> <li>4. <b>Transformative Power of Dance on Self-Conceptions of Movement and Feelings of Connectedness with Others in People with Chronic Stroke</b> Kara K. Patterson, PT, PhD</li> </ol>	
3:50 - 4:10 p.m.	<b>Coffee Break</b>	<b>Atrium</b>
4:10 - 5:10 p.m.	<p><b>Experiential workshops — Block 3</b></p> <ol style="list-style-type: none"> <li>1. <b>Modern Dance for Elders, the Method of Dance Connects</b> Rous Floortje, MA</li> <li>2. <b>Improvisational Movement for Neurodegenerative Disease Populations</b> Christina Soriano, MFA</li> <li>3. <b>Close Contact for Couples</b> Judith Sachs, Dance for PD® Certified Teacher, Founder and Director of ANYONE CAN DANCE®, Dianna Daly, E-RYT, certified yoga instructor, Wertheimer fellow, Dance for PD®</li> <li>4. <b>The Therapeutic Alliance in Movement (FR)</b> Sarah-Catherine Magny, MSs, Ts., psychotherapist</li> <li>5. <b>Choreographic Constructions in Urban Space: Well-being and Health through Dance and Design</b> Lisa Sandlos, PhD Candidate, MA, CMA (Certified Movement Analyst), Rennie Tang, BArch, MSAUD, Svetlana Lavrentie BEd, MLA</li> <li>6. <b>PRIMED for Life: Facilitating Persistence, Resilience, Internal Motivation, and Excellence for Dancers' Transition, Health and Well-Being Through a Mindful Approach to Contemporary Dance Training</b> Jennifer M. Bolt, PhD</li> <li>7. <b>Authentic Movement — Discovering the Wisdom of the Body, Nurturing the Self</b> Tina Erfer, BC-DMT, LCAT, NCC</li> </ol>	<b>Studios</b>
5:20 - 6:20 p.m.	<p><b>Discussion panel:</b> First International Symposium on Dance and Well-Being, Future Prospects</p> <p>Symposium participants are invited to reflect on the event, its goals and objectives, and where to go from here.</p>	<b>Salle rouge</b>

	<b>Moderator:</b> Patricia McKinley, PhD	
6:30 p.m.	<b>Banquet and Dance Party</b>	<b>Atrium</b>

*Preliminary programming, may be subject to change.*