

LES  
GRANDS  
BALLETS

NATIONAL CENTRE FOR  
DANCE THERAPY

1<sup>ST</sup> INTERNATIONAL SYMPOSIUM  
FOR DANCE AND WELL-BEING

Collaboratively Advancing Research, Practice and Policy



May 24 to 26,  
2018

Les Grands Ballets  
Édifice Wilder : Espace danse  
Montreal

Une version française  
de ce document est disponible



## ABOUT LES GRANDS BALLETS

Les Grands Ballets Canadiens de Montréal has become a world-renowned creation, production and performance company, dedicated to the development of ballet in all its forms, while remaining faithful to the spirit of classical technique. It connects with audiences at home and abroad, spurring discovery, stirring emotion, stimulating the imagination and conveying the passion for dance.

Les Grands Ballets Canadiens de Montréal's National Centre for Dance Therapy (NCDT) is pleased to be presenting this international event with the support and participation of the McConnell Foundation, the Social Sciences and Humanities Research Council, the U.S. Consulate General in Montreal, Dentons, the Government of Canada (Canadian Heritage), and the Fonds de recherche du Québec – Société et culture. This conference will be focused on dance and well-being and aimed at making the latest advances in research and practice better known. For three days, participants are invited to share and expand their expertise by exchanging ideas with professionals from related disciplines.

Founded in 2013, the National Centre for Dance Therapy is a division of Les Grands Ballets Canadiens de Montréal with the mission to promote dance and movement as a springboard to therapy and well-being. The Centre's interdisciplinary approach enables individuals and communities to benefit from clinical research and training, as well as from the provision of therapeutic and adapted services, through dance and movement.

The Centre also offers intensive training intended for future care providers in addition to conducting several research projects in collaboration with academic institutions. As explained by Centre director Christian Sénéchal, **"Dance and movement often help people who are isolated by their social condition or by the state of their health to better express themselves and to socialize more than they would through traditional forms of physical activity."**

Dance/movement therapy first emerged in the United States in the 1940s. It has since been used as a standalone therapy or in complement to certain medical or psychotherapeutic treatments, and as a means to foster growth, well-being and creativity.


[DanceTherapyCentre.com](https://www.DanceTherapyCentre.com)



1<sup>st</sup> floor: Atrium and Salle Rouge

4<sup>th</sup> floor: Studios 1, 2, 3 and 4

5<sup>th</sup> floor: Studios A, B and C

 **Reduced mobility:** The Atrium, Salle Rouge, and Studios 1 and 2 are accessible to all. Please request assistance to access the other studios.

EVENT SCHEDULE

**Language:** Sessions held in the Salle Rouge will be offered in simultaneous translation (French and English). Sessions held in French are so indicated in the program (FR).

Download the *Eventsential* app free of charge to see all event details, abstracts for each presentation and real-time updates. Find the Symposium by searching for “Grands Ballets.”

DAY 1 - THURSDAY, MAY 24		
1:00 p.m.	Doors open and registration	Édifice Wilder : Espace danse
2:00 p.m.	Welcome address	Salle Rouge
2:30 p.m.	Keynote address: <b>Katrine Kirk</b> , MSc Denmark <i>Dancing on Thin Ice – A Patient’s Survival Strategies</i>	Salle Rouge
4:10 p.m.	<b>Discussion groups – Block 1</b>	
	1. Towards Meaningful Methods for Assessing Dance Interventions: Quantitative Improvements <b>Christina Soriano</b> , MFA, and <b>Glenna Batson</b> , PT, ScD, MA, mAm SAT, with guests	Studio B
	2. Disambiguation of Terms in Dance Therapy, Dance Interventions and Neurobiology <b>Rebecca Barnstaple</b> , PhD candidate, and <b>Joseph DeSouza</b> , PhD	Studio A
	3. Using Gold Standards of Scientific Research to Study Dance and Movement Interventions: A Discussion of Feasibility and Appropriateness <b>Sarah Berry</b> , PhD, ABD	Studio C
	4. Policy and Funding of Dance Intervention Projects (FR) <b>Louise Poissant</b> , Scientific Director of the Fonds de recherche du Québec – Société et culture (FRQSC) and <b>Christian Sénéchal</b> , Director of the NCDT	Studio 1
5:30 p.m.	Welcome cocktail	Atrium

DAY 2 - FRIDAY, MAY 25		
8:00 - 9:00 a.m.	Coffee and breakfast	Atrium
8:15 - 8:45 a.m.	Morning Movement Session: Adapted ballet demo <b>Émilie Barrette</b>	Studio 1
9:00 a.m.	Keynote address: <b>Dr Madeleine Hackney</b> , PhD, BFA Atlanta, GA, USA <i>Why Partnered Dance Could Help Optimize Motor Rehabilitation for People with Parkinson’s Disease</i>	Salle Rouge
10:00 a.m.	<b>Experiential workshops – Block 1</b>	
	1. Sit’N’Dance, a Way for Those With Impaired Health or Cognition to Be Able to Dance Recreationally <b>Jackie Mills</b>	Studio 1
	2. Argentine Tango for Balance Training Assisted by Technology <b>Ilona Posner</b> , MSc	Studio 3
	3. An Experiential and Methodological Focus on the Dancing With Parkinson’s Intergenerational Dance Project and Pikangikum First Nation Intergenerational Dance Project Models <b>Sarah Robichaud</b> , BA, and <b>Robin McPhail-Dempsey</b> , BFA	Studio A
	4. Empowerment Through Organs: A Body-Mind Centering® Approach <b>Mariko Tanabe</b> , RSME, RSMT	Studio B
	5. Adapted Dance for Post-Stroke Patients <b>Lucie Beaudry</b> , RSMT, RSME, PhD candidate, <b>Sylvie Fortin</b> , PhD, and <b>Annie Rochette</b> , PhD	Studio C
	6. Using Accessories and Mediating Objects in Dance/Movement Therapy Workshops (FR) <b>Paula Martinez-Takegami</b> , DMT	Studio 4
7. Increasing Independence, Participating in Community—Dance Therapy Group Work with Young Adults with Developmental and Complex Disabilities <b>Ayana Spivak</b> , MA, <b>Esther Rabinovitch</b> , BA, and <b>Neslihan Memigüven</b> , MSc	Studio 2	
11:40 a.m.	<b>Discussion panel: How Artists and Cultural Organizations Use Dance Differently</b>  Panelists: ▪ <b>Philippe Bouteloup</b> , Musique & Santé, France ▪ <b>Luca « Lazylegz » Patuelli</b> , Montreal ▪ <b>David Leventhal</b> , Dance for PD®, New York ▪ <b>Christian Sénéchal</b> , NCDT, Montreal  Moderator: <b>Geneviève Guérard</b> , ex-first soloist at Les Grands Ballets Canadiens de Montréal	Salle Rouge
12:40 p.m.	Lunch break	Atrium

<b>2:00 p.m.</b>	<b>Experiential workshops — Block 2</b>	<b>Studio 3</b>	
	1. Building Bridges and Dancing the In-Between <b>Dr Richard Coaten</b> , RDMP		
	2. Parkinson in Movement – a Unique Approach Integrating Principles of Dance/Movement Therapy into Dance Classes for People with Parkinson’s Disease <b>Tetiana Lazuk</b> , PhD, R-DMT, <b>Joanabbey Sack</b> , MA, BC-DMT, RDT, <b>Maura Fisher</b> , PT, and <b>Zuzana Sevcikova</b> , MA, BC-DMT, RDT, CCC		<b>Studio A</b>
	3. Right to Embody: Dance/Movement Therapy and Refugee Well- Being <b>Amber Elizabeth Gray</b> , BC-DMT		<b>Studio C</b>
	4. Nia—Through Movement We Find Health <b>Debbie Rosas</b>		<b>Studio 1</b>
	5. Beyond Handicap: An Integrated Dance Workshop (FR) <b>Cécile Martinez</b>		<b>Studio 2</b>
	6. Integrating Mindfulness With Dance (FR) <b>Nadyne Bienvenue</b>		<b>Studio 4</b>
	7. Mindful Motion: A Moving/Writing Workshop <b>Carol Anderson</b> , BFA, MA, and <b>Terrill Maguire</b>	<b>Studio B</b>	
<b>3:30 p.m.</b>	<b>Conferences — Block 1</b>	<b>Salle Rouge</b>	
	1. Dance as a Window to Study Human Brain-Behavioural Interactions <b>Krista L. Hyde</b> , PhD		
	2. Phenomenologies of Healing and Justice: Land Dance in Migrant Labor Camps <b>Heryka Miranda</b> , MA		
	3. Dance and Expressive Movement Improve Quality of Life for People Living with Dementia <b>Donna Newman-Bluestein</b> , BC-DMT, CMA, LMHC		
	4. Queering Movement Therapy: Transformative Dance for Transitioning Youth <b>Stéphanie Voyer</b> , MA candidate		

<b>10:20 a.m.</b>	<b>Discussion groups - Block 2</b>	<b>Studio 1</b>	
	1. An Inquiry Into Laban Movement Analysis <b>Karen K. Bradley</b> , MA, CMA, and <b>Cecilia Fontanesi</b> , CMA, MPhil, PhD candidate		
	2. Mechanisms of Dance in the Rehabilitation of Neurodegenerative Conditions <b>Rebecca Barnstaple</b> , PhD candidate, <b>Joseph DeSouza</b> , PhD, <b>Dr Madeleine Hackney</b> , PhD, BA, and <b>Citlali Lopez-Ortiz</b> , PhD, MA		<b>Studio B</b>
	3. Towards Meaningful Methods for Assessing Dance Interventions: Qualitative Improvements <b>Glenna Batson</b> , PT, ScD, MA, mAm SAT, and <b>Christina Soriano</b> , MFA, with guests		<b>Studio C</b>
	4. Dance, Movement, and Mental Health: Challenges and Opportunities for Research and Practice <b>Sarah Berry</b> , PhD, ABD, and <b>Debora Rabinovich</b> , PhD candidate	<b>Studio A</b>	
<b>11:40 a.m.</b>	<b>Poster presentations</b>		
	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 research and answer questions.	<b>Atrium</b>	
<b>12:40 p.m.</b>	<b>Lunch break</b>	<b>Atrium</b>	
<b>1:40 p.m.</b>	<b>Conferences — Block 2</b>	<b>Salle Rouge</b>	
	1. Dance and Dementia in Long-term Care <b>Rachel Bar</b> , MA, and <b>Melissa Tafler</b> , MSW, RSW		
	2. Retrospective Reflections on Dance Programs for Children with Neurological Impairments: from Conception to Recommendations (FR) <b>Claire Chérière</b> , PT, MsC, <b>Sylvie Fortin</b> , PhD, and <b>Mélissa Martel</b> , PT		
	3. Dance/Movement Therapy Leads to a Lower Cortisol Awakening Response in the Elderly — A Sign of Stress Reduction? <b>Tudor Vrinceanu</b> , MA		
	4. Transformative Power of Dance on Self-Conceptions of Movement and Feelings of Connectedness with Others in People with Chronic Stroke <b>Kara K. Patterson</b> , PT, PhD		
<b>4:10 p.m.</b>	<b>Experiential workshops — Block 3</b>	<b>Studio 4</b>	
	1. Modern Dance for Elders, the Method of Dance Connects <b>Rous Floortje</b> , MA		
	2. Improvisational Movement for Neurodegenerative Disease Populations <b>Christina Soriano</b> , MFA		<b>Studio C</b>
	3. Close Contact for Couples <b>Judith Sachs</b> and <b>Dianna Daly</b> , E-RYT		<b>Studio 2</b>
	4. The Therapeutic Alliance in Movement (FR) <b>Sarah-Catherine Magny</b> , MSs, SW		<b>Studio 1</b>
	5. Choreographic Constructions in Urban Space: Well-Being and Health Through Dance and Design <b>Lisa Sandlos</b> , PhD candidate, MA, CMA, <b>Rennie Tang</b> , BArch, MSAUD, and <b>Svetlana Lavrentie</b> , BED	<b>Studio A</b>	

### DAY 3 - SATURDAY, MAY 26

<b>8:00 - 9:00 a.m.</b>	<b>Coffee and breakfast</b>	<b>Atrium</b>
<b>8:15 - 8:45 a.m.</b>	Morning Movement Session: Dance/Movement therapy demo <b>Tricia Capello</b> , MA, BC-DMT, LCAT, NCC, and <b>Tina Erfer</b> , BC-DMT, LCAT, NCC	<b>Studio 1</b>
<b>9:00 a.m.</b>	Keynote address: <b>Robyn Flaum Cruz</b> , PhD, BC-DMT, LPC Cambridge, MA, USA <i>The Dance of Research</i>	<b>Salle Rouge</b>

<p><b>4:10 p.m.</b></p>	<p>6. 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</b>, PhD</p> <p>7. Authentic Movement – Discovering the Wisdom of the Body, Nurturing the Self <b>Tina Erfer</b>, BC-DMT, LCAT, NCC</p>	<p><b>Studio 3</b></p> <p><b>Studio B</b></p>
<p><b>5:20 p.m.</b></p>	<p><b>Discussion panel: First International Symposium on Dance and Well-Being, Future Prospects</b></p> <p>Symposium participants are invited to reflect on the event, its goals and objectives, and where to go from here.</p> <p>Moderator: <b>Patricia McKinley</b>, PhD</p>	<p><b>Salle Rouge</b></p>
<p><b>6:30 p.m.</b></p>	<p><b>Dinner cocktail and dance party</b></p>	<p><b>Atrium and Salle Rouge</b></p>

### Acknowledgements

This project was supported by the Social Sciences and Humanities Research Council of Canada  
The U.S. Department of State  
This project has been made possible [in part] by the Government of Canada (Canadian Heritage)  
Fonds de recherche du Québec - Société et culture



Social Sciences and Humanities  
Research Council of Canada

Conseil de recherches en  
sciences humaines du Canada



CONSULATE GENERAL OF THE UNITED STATES  
Montreal, Canada

Funded by the Government of Canada



The National Centre for Dance Therapy wishes to thank the sponsors who have made this first Symposium possible :

McConnell Foundation  
Dentons



Moving the world. Differently.