LES GRANDS BALLET

NATIONAL CENTRE FOR
DANCE THERAPY

1ST 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
Les Grands Ballets Canadiens de Montréal is 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.
1:00 p.m.  Doors open and registration  Édifice Wilder : Espace danse

2:00 p.m.  Welcome address  Salle Rouge

2:30 p.m.  Discussion groups — Block 1
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 Barnstable, PhD candidate, and Joseph DeSouza, PhD
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

4:10 p.m.

5:30 p.m.  Welcome cocktail  Atrium

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: Katrine Kirk, MSc
Denmark  Dancing on Thin Ice — A Patient’s Survival Strategies  Salle Rouge

4:10 p.m.  Discussion groups — Block 1
1. Towards Meaningful Methods for Assessing Dance Interventions: Quantitative Improvements  Christina Soriano, MFA, and Glenna Batson, PT, ScD, MA, mAm SAT, with guests
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8:00 - 9:00 a.m.  Coffee and breakfast  Édifice Wilder : Espace danse

8:15 - 8:45 a.m.  Keynote address: Dr Madeleine Hackney, PhD, BFA
Atlanta, GA, USA  Why Partnered Dance Could Help Optimize Motor Rehabilitation for People with Parkinson’s Disease  Salle Rouge

9:00 a.m.  Experiential workshops — Block 1
1. Sit’N’Dance, a Way for Those With Impaired Health or Cognition to Be Able to Dance Recreationally  Jackie Mills  Studio 1
2. Argentine Tango for Balance Training Assisted by Technology  Ilona Posner, 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  Sarah Robichaud, BA, and Robin McPhail-Dempsey, BFA  Studio A
5. Adapted Dance for Post-Stroke Patients  Lucie Beaudry, RSMT, RSME, PhD candidate, Sylvie Fortin, PhD, and Annie Rochette, PhD  Studio C
6. Using Accessories and Mediating Objects in Dance/Movement Therapy Workshops (FR)  Paula Martinez-Takegami, DMT  Studio 4
7. Increasing Independence, Participating in Community—Dance Therapy Group Work with Young Adults with Developmental and Complex Disabilities  Ayana Spivak, MA, Esther Rabinovitch, BA, and Neslihan Memigungen, MSc  Studio 2

10:00 a.m.  Discussion panel: How Artists and Cultural Organizations Use Dance Differently
Panelists:
· Philippe Bouletoup, Musique & Santé, France
· Luca « Lazylegz » Patuelli, Montreal
· David Leventhal, Dance for PD®, New York
· Christian Sénéchal, NCDT, Montreal
Moderator: Geneviève Guérard, ex-first soloist at Les Grands Ballets Canadiens de Montréal  Salle Rouge

11:40 a.m.

12:40 p.m.  Lunch break  Édifice Wilder : Espace danse

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.”
### 8:00 - 9:00 a.m.
**Coffee and breakfast**

**Atrium**

### 8:15 - 8:45 a.m.
**Morning Movement Session: Dance/Movement therapy demo**

**Tricia Capello, MA, BC-DMT, LCAT, NCC, and Tina Erfer, BC-DMT, LCAT, NCC**

**Studio 1**

### 9:00 a.m.
**Keynote address: Robyn Flaim Cruz, PhD, BC-DMT, LPC**

*The Dance of Research*

**Salle Rouge**

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### DAY 3 - SATURDAY, MAY 26

#### 2:00 p.m.

**Experiential workshops — Block 2**

<table>
<thead>
<tr>
<th>Workshop</th>
<th>Studio</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Building Bridges and Dancing the In-Between</td>
<td>Studio 3</td>
</tr>
<tr>
<td>2. Parkinson in Movement – a Unique Approach Integrating Principles of Dance/Movement Therapy into Dance Classes for People with Parkinson’s Disease</td>
<td>Studio A</td>
</tr>
<tr>
<td>3. Right to Embody: Dance/Movement Therapy and Refugee Well-Being</td>
<td>Studio C</td>
</tr>
<tr>
<td>4. A visionary Through Movement We Find Health</td>
<td>Studio 1</td>
</tr>
<tr>
<td>5. Beyond Handicap: An Integrated Dance Workshop (FR)</td>
<td>Studio 2</td>
</tr>
<tr>
<td>6. Integrating Mindfulness With Dance (FR)</td>
<td>Studio 4</td>
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<tr>
<td>7. Mindful Motion: A Moving/Writing Workshop</td>
<td>Studio B</td>
</tr>
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#### 3:30 p.m.

**Conferences — Block 1**

<table>
<thead>
<tr>
<th>Conference</th>
<th>Salle Rouge</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Dance as a Window to Study Human Brain-Behavioural Interactions</td>
<td>Krista L. Hyde, PhD</td>
</tr>
<tr>
<td>2. Phenomenologies of Healing and Justice: Land Dance in Migrant Labor Camps</td>
<td>Heryka Miranda, MA</td>
</tr>
<tr>
<td>3. Dance and Expressive Movement Improve Quality of Life for People Living with Dementia</td>
<td>Donna Newman-Bluestein, BC-DMT, CMA, LMHC</td>
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<tr>
<td>4. Queering Movement Therapy: Transformative Dance for Transitioning Youth</td>
<td>Stéphanie Voyer, MA candidate</td>
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#### 10:20 a.m.

**Discussion groups – Block 2**

<table>
<thead>
<tr>
<th>Discussion Group</th>
<th>Studio 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. An Inquiry Into Laban Movement Analysis</td>
<td>Karen K. Bradley, MA, CMA, and Cecilia Fontanelli, CMA, MPhil, PhD candidate</td>
</tr>
<tr>
<td>2. Mechanisms of Dance in the Rehabilitation of Neurodegenerative Conditions</td>
<td>Rebecca Barnstable, PhD candidate, Joseph DeSouza, PhD, Dr Madeleine Hackney, PhD, BA, and Citlali Lopez-Ortiz, PhD, MA</td>
</tr>
<tr>
<td>3. Towards Meaningful Methods for Assessing Dance Interventions: Qualitative Improvements</td>
<td>Glenna Batson, PT, ScD, MA, mAm SAT, and Christina Soriano, MFA, with guests</td>
</tr>
<tr>
<td>4. Dance, Movement, and Mental Health: Challenges and Opportunities for Research and Practice</td>
<td>Sarah Berry, PhD, ABD, and Deborah Rabinovich, PhD candidate</td>
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</tbody>
</table>

#### 11:40 a.m.

**Poster presentations**

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.

**Atrium**

#### 1:40 p.m.

**Conferences — Block 2**

<table>
<thead>
<tr>
<th>Conference</th>
<th>Salle Rouge</th>
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</thead>
<tbody>
<tr>
<td>1. Dance and Dementia in Long-term Care</td>
<td>Rachel Bar, MA, and Melissa Tafler, MSW, RSW</td>
</tr>
<tr>
<td>2. Retrospective Reflections on Dance Programs for Children with Neurological Impairments: from Conception to Recommendations (FR)</td>
<td>Claire Cherriè, PT, MsC, Sylvie Fortin, PhD, and Melissa Martel, PT</td>
</tr>
<tr>
<td>4. Transformative Power of Dance on Self-Concepts of Movement and Feelings of Connectedness with Others in People with Chronic Stroke</td>
<td>Kara K. Patterson, PT, PhD</td>
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#### 4:10 p.m.

**Experiential workshops — Block 3**

<table>
<thead>
<tr>
<th>Workshop</th>
<th>Studio 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Modern Dance for Elders, the Method of Dance Connects</td>
<td>Rous Floortje, MA</td>
</tr>
<tr>
<td>2. Improvisational Movement for Neurodegenerative Disease Populations</td>
<td>Christina Soriano, MFA</td>
</tr>
<tr>
<td>3. Close Contact for Couples</td>
<td>Judith Sachs and Dianna Daly, E-RYT</td>
</tr>
<tr>
<td>4. The Therapeutic Alliance in Movement (FR)</td>
<td>Sarah-Catherine Magny, MSs, SW</td>
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#### 12:40 p.m.

**Lunch break**

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

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

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

McConnell Foundation  
Dentons

GB

Moving the world. Differently.