

LES GRANDS BALLETS CANADIENS DE MONTRÉAL BREAKS NEW GROUND

the First National Symposium on Dance and Well-Being



November 4, 2016 - Les Grands Ballets Canadiens de Montréal (GBCM) is proud to announce the *First National Symposium on Dance and Well-Being: Collaboratively Advancing Research and Practice*. Hosted in Toronto by Les Grands Ballets' National Centre for Dance Therapy (NCDT), in partnership with Canada's National Ballet School (NBS), the two-day event will present recent research on dance and well-being and include workshops and discussion forums where participants can share their expertise.

This inaugural event will take place on November 4 and 5. Eight workshops, 6 discussion forums and 5 research projects will see 30 experts presenting in less than 2 days. Over 200 attendees are expected at the symposium.

“ This first symposium on dance and well-being follows on the great success that the NCDT has enjoyed since it was created three years ago. We are delighted to be able to share the results of several research studies and to speak about other major initiatives that share the aim of improving the well-being of people with health problems. These are tangible examples that demonstrate, once again, that the importance of dance goes far beyond the cultural arena. ”

- **Alain Dancyger**, Executive Director, Les Grands Ballets Canadiens de Montréal.

“ We are very proud to have brought together health and dance professionals, representatives from cultural organizations and researchers from a wide range of disciplines to work towards the same objective: advancing research on dance as a means of achieving well-being. ”

- **Christian Sénéchal**,
Director of the National Centre for Dance Therapy of Les Grands Ballets Canadiens de Montréal.

“ Canada's National Ballet School is excited to partner with Les Grands Ballets Canadiens de Montréal in the First National Symposium on Dance and Well-Being. NBS is committed to demonstrating the benefits of dance to health and well-being, recognising that dance enhances life through connecting people emotionally, spiritually and culturally. Gathering dancers, researchers and medical practitioners at this symposium will see great strides made in developing a cohesive roadmap for policy development ensuring the benefits of dance for all participants. NBS fully supports Les Grands Ballets' call to action in hosting this symposium and looks forward to sharing the outcomes from it with all Canadians. ”

- **Mavis Staines**, NBS Artistic Director & CEO

The symposium's goal is to launch a discussion about dance and well-being from a multidisciplinary perspective, focusing on the following three themes:

- **THEORY:** Influences, inspirations and interdisciplinarity
- **METHODS:** Challenges, strategies and results
- **PRACTICE:** Fields and applications

In the spring of 2016, we invited dancers and dance therapists working in various settings, health professionals from diverse fields and students and researchers in dance, health and related disciplines to submit proposals for **oral presentations, posters and experiential workshops** to help map this new interdisciplinary field of inquiry and practice.



Workshops and presentations were selected by the NCDT's External Scientific Committee, whose members are:

Louis Bherer, PhD, Scientific Director, Chair in Preventive Health Science Research, PERFORM Centre and Concordia University's Psychology Department. Researcher and Director of the Cognitive Health and Aging Research Lab (LESCA) at the Institut universitaire de gériatrie de Montréal.

Bonnie Swaine, PhD, PT, Professor, School of Rehabilitation, Faculty of Medicine, Université de Montréal. Scientific Director, Centre for Interdisciplinary Research in Rehabilitation of Greater Montreal (CRIR).

Sylvie Fortin, PhD, Professor, Department of Dance, Université du Québec à Montréal. Member of the UQAM Research Chair for the Development of Innovative Practices in Art, Culture and Well-Being.

The National Centre for Dance Therapy: A Unique Initiative

Part of Les Grands Ballets' broader vision, the National Centre for Dance Therapy (NCDT) uses dance to promote the health and well-being of individuals. Its implementation phase (2013-2016) involves pilot projects conducted in association with various partners from the health and social services sectors. The first project of its kind to be conceived and implemented by a cultural company, the National Centre for Dance Therapy is also the only one in the world offering **three interconnected services: dance/movement therapy services, clinical research, and the development of a Canadian training program in dance therapy.**

Les Grands Ballets Canadiens de Montréal would like to thank the NCDT'S organizing committee. The symposium would not have been possible without the support of:

- Canada's National Ballet School
- UQAM's dance department
- Concordia University
- Université de Montréal, CRIR
- York University
- Mark Morris Dance Group's Dance for PD® program
- The J.W. McConnell Family Foundation

**For more information about the National Centre for Dance Therapy
and the symposium: DanceTherapyCentre.com**

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PROGRAM

Friday, November 4th, 2016

12:30 p.m.	Registration
1:30-2:30 p.m.	<p>Presentation of the National Centre for Dance Therapy (NCDT) of Les Grands Ballets Canadiens de Montréal Christian Sénéchal, NCDT Director, and Alain Dancyger, Executive Director of Les Grands Ballets Canadiens de Montréal</p>
2:30-4:00 p.m.	<p>Keynote address</p> <p><i>Seeing Blind Spots in Dance and Health Partnerships</i> Sylvie Fortin, PhD Montreal, QC</p> <p><i>Interventions as a Rehabilitation Strategy: Possibilities and Problems</i> Patricia McKinley, PhD Montreal, QC</p>
4:30-5:30 p.m.	<p>Discussion groups</p> <p>A <i>Research Methods: Reconciling scientific standards of evaluation with embodied experiences of dance</i> Sarah Berry, PhD, ABD, and Rebecca Barnstaple, PhD Candidate Montreal, QC & Toronto, ON</p> <p>B <i>Matching the Dance Intervention with a Specific Group: A Reflective Journey</i> Patricia McKinley, PhD, and Sylvie Fortin, PhD Montreal, QC</p> <p>C <i>What helps and what hinders adherence to dance intervention group?</i> Lucie Beaudry, RSMT, RSME and PhD Candidate, and Élysa Côté-Séguin, Psy.D. Candidate Montreal, QC</p>
6:00 p.m. +	Welcoming Reception with Honorary Guests

PROGRAM

Saturday, November 5th, 2016

9:00-9:20 a.m.	<p>Recap of day 1</p>
9:20-10:20 a.m.	<p>Keynote address</p> <p><i>Who's Afraid of Dance...and Science? Clearing Hurdles and Moving Forward...Together</i></p> <p>Glenna Batson, PT, ScD, MA, mAm SAT Chapel Hill, North Carolina, USA</p>
10:40-11:25 a.m.	<p>Experiential workshops - SERIES 1</p> <p>1.1 <i>Chair Dance</i> Katrina Pavlovsky, BA, Dance/Movement Educator Victoria, BC</p> <p>1.2 <i>Dare to Dance: Dance/Movement Therapy with the Adult Psychiatric Client</i> Patricia P. Capello, MA, BC-DMT, NCC, LCAT Brooklyn, New York, USA</p> <p>1.3 <i>danceABILITIES® Applications of Dance in Community, Research and Rehabilitation</i> Miriam Schacter, BA, RP Toronto, ON</p> <p>1.4 <i>Dance for PD® (Parkinson's disease) demo class</i> David Leventhal, Dance for PD® at Mark Morris Dance Group, Sarah Robichaud, Founder and President of Dancing with Parkinson's (DwP), Angie Seto, Associates Program Manager and DwP@Canada's National Ballet School (NBS) teacher, and Ashleigh Powell, Community Engagement Co-Manager and DwP@NBS teacher Brooklyn, New York, USA & Toronto, ON</p>
11:30 a.m.-12:15 p.m.	<p>Experiential workshops - SERIES 2</p> <p>2.1 <i>Improvisational Dance: Brain/Body Health for Older Adults with Neurodegenerative Disease</i> Christina Soriano, MFA, and Christina Hugenschmidt, PhD Winston-Salem, North Carolina, USA</p> <p>2.2 <i>Dance Therapy for Persons with a Physical Disability</i> Brigitte Lachance, B. Sc., CMA, Chloé Proulx-Goulet, O.T., M.Sc., Frédérique Poncet, O.T., PhD, Patricia McKinley, PhD, and Bonnie Swaine, PhD, PT Montreal, QC</p> <p>2.3 <i>jeunesCONNECTÉS: Intervention Approach Applied to People Living with an Autism Spectrum Disorder (ASD) and their Support Networks (Family and Counsellors/Caregivers)</i> Rosamaria Ricart, PhD, MSS Montreal, QC</p> <p>2.4 <i>The Use of Dance/Movement Improvisation with People with Parkinson's Disease</i> Joanabbey Sack, MA, BC-DMT, RDT, Zuzana Sevcikova, MA, BC-DMT, RDT, Maura Fischer, PT, and Tetiana Lazuk, R-DMT, PhD Montreal, QC</p>

PROGRAM

12:15 – 1:45 p.m.	Lunch break and poster presentations
1:45-2:45 p.m.	<p>Discussion groups</p> <p>A <i>Outcome measures: What are we looking for?</i> Sarah Berry, PhD, ABD, and Rebecca Barnstaple, PhD Candidate Montreal, QC & Toronto, ON</p> <p>B <i>Dance interventions and research: You can't escape working with others</i> Patricia McKinley, PhD, and Sylvie Fortin, PhD Montreal, QC</p> <p>C <i>The Role Of Music In Dance Interventions</i> Rebecca Wright, RP-MTA, BMT, NMT-Fellow, and Brigitte Lachance, B. Sc., CMA Toronto, ON & Montreal, QC</p>
3:10 – 4:50 p.m.	<p>Presentations</p> <ul style="list-style-type: none"> ● <i>Effects of a Three-Month Dance/Movement Therapy Intervention in Older Adults</i> Louis Bherer, PhD, and Alida Esmail, BFA (Co-authors: Florian Bobeuf, PhD, David Predovan, M.Sc., Antony Karelis, PhD, Sébastien Grenier, PhD, Thien Tuong Minh Vu, MD, Juan Manuel Villalpando, MD) Montreal, QC ● <i>The Effectiveness of Dance Therapy as an Adjunct to Rehabilitation of Persons with a Physical Disability</i> Bonnie Swaine, PhD, PT (Co-authors: Frédérique Poncet, O.T., PhD, Brigitte Lachance, B. Sc., CMA, Chloé Proulx-Goulet, O.T., M.Sc., Élodie Brousse, Patricia McKinley, PhD) Montreal, QC ● <i>Correlating Patient Experience with EEG Output: Introducing a Novel Mixed-Methods Approach to the Evaluation of Dance Therapy as a Mental Health Intervention</i> Sarah Berry, PhD, ABD Montreal, QC ● <i>Dance in Rehabilitation Setting to Improve Balance in Children with a Hereditary Peripheral Neuropathy</i> Sylvie Fortin, PhD, and Martin Lemay, PhD, (Co-authors: Claire Chérière, M.Sc., Mélissa Martel, PT, Marie-Joanie Raymond, and Louis Nicolas Veilleux, PhD) Montreal, QC ● <i>Dance for the Rehabilitation of Balance, Gait and Functional Mobility in Neurological Patient Populations</i> Dr. Kara Patterson, PT, PhD (Co-authors: Jennifer Wong, M.Sc., Erik Prout, PhD, and Dina Brooks, PT, PhD) Toronto, ON
5:00 – 6:00 p.m.	Discussion panel: Recap of the topics discussed during the Symposium and future prospects in the field of dance and well-being
6:30 p.m. +	Closing event and networking cocktail