



## **The artist within – Applied eMOTION**

Dance and art expression in formal and non-formal education for developing entrepreneur skills – best practice sharing between sectors and methods

**Hungarian Association for Expressive Arts and Dance Therapy**

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Partners: IKTE – ARM-BG – CRN Berlin – EURO-NET – SAN – Theater Vision

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Every single movement is Dance,  
Every line we draw is a Painting,  
Every voice we form is a Song,  
Every kind of beat is Music,  
Every story told is a Tale,  
Every conversation we have is a Drama.

*Find the hidden Artist within yourself and let your creativity inspire your life.*



**IT'S NEVER Too LATE! Reviving the hidden artist!**

**“Integral expression and dance therapy training”, Hungary**

**28/02/2015 – 08/02/2015**

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# **INFORMATION LETTER**

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## **At a glance!**

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### **Join our program, if you...**

- ... are working in a helping profession (therapist, social worker, youth worker, teacher, etc.)
- ... are asking yourself: Am I at the right place? Am I the one I wanted to be? Is there a meaning for what I do?
- ... would like to unfold your personal resources,
- ... are interested in a creative intercultural exchange,
- ... are open to use creative ways to express your feelings and thoughts,
- ... are ready to dance, sing, play music, write tales with others,
- ... are interested in long-term recreation, and increased psychological wellbeing,
- ... would like to enjoy a one week long relaxing and reflective program,
- ... able to take part in conversations in English
- ... are devoted to put into practice in your local work what you experience during our program,
- ... are willing to share your learning, insights with others



**No prior artistic experience or any kind of technical skill is needed!**



The program is financed by the Erasmus+ program,  
project partners cover travel and subsistence costs for the training.  
(programme fee, travel cost, accommodation, food)!

## About the training

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### Basic concepts

At the beginning of our life it is a natural process that the child experiments with different modalities of the perception and the recognition of the surroundings: using the whole body, all of the senses to learn both about him/herself and the world around. That's where our creativity is rooted.

This creator within us never ceases to operate, it is always ready to embark on new experiments, new creations if the conditions – a safe, non-evaluating atmosphere – allow for it. They may be seen as inspirations from deep within, which guide us back to our authentic way of living, our intrinsic motivation, and basic values.

The core concept of the training generates from our long-term experience, that people reaching their midlife, a certain professional level, passing through lots of challenging situations - often re-evaluate their life, look for something beyond, new. The need of embracing a new angle, laying new foundations, discovering new inspiration – not just in relationship with others but, first of all, with themselves – is vibrant.

*“Am I at the right place? Am I the one I wanted to be? Is there a meaning for what I do?”*

In everyday life these questions often rank lower, at times even at subconscious levels. Nonetheless, they are present, often resulting in bodily symptoms, illnesses, insomnia, chronic fatigue, insatiable hunger, or depression etc. Integral Expression and Dance Therapy claims that we all have creative sources available to us that can help preserve, restore, or renew our somatic, psychic, social, and spiritual well being. In our view every human being is an artist, and everyone's life is a creation, a piece of art. In our work we focus not on the aesthetics of the artistic expression, but the process of creation itself, and the personal meaning revealing itself for the creator.

If you are working as a helping professional, facing people in needs, supporting development processes, finding solutions for challenges – you are most probably using your creativity on a daily basis. Up until the moment when you have the feeling that you had spent it all. The regeneration, renewal and a healthy personal and professional core is highly needed in these fields. Both for the professionals, and their target groups. We developed this project, and we based this training on the inherent will of reviving the original artist that resides in all of us, so that it can further support our work and recharge our “empty batteries” with experiences, inspirations, and encounters with others who are in the same (or similar) boat than ourselves. It is a great possibility to learn and meet new aspects of ourselves and the world around us.

### What is Integral Expression and Dance Therapy (IED)?

Integral expression and dance therapy is a member of the family of approaches internationally known as expressive arts therapy. The method has been present in Hungary since the mid 90's, brought to our country by the founder, a German psychologist, integral expression and dance therapist, Wilfried Gürtler (1950-2003).

A key feature of this complex, interdisciplinary approach is that it uses multimodal expressive arts processes for therapeutic goals. This feature derives from one of the basic

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assumptions of this method, i.e. the *healing power of expression*. Along with movement and dance, IED uses the integrating effect of music making, visual expression and drama, as well as 'authentic movement', imagination, poetry, personal symbols and rituals. The process helps the individual to find his/her self-healing potentials, hidden resources, and thus to improve the quality of his/her life.

You might get the idea if you **watch our video on YouTube**:

<http://www.youtube.com/watch?v=3lvdwCsYMWE>

English subtitle of the Hungarian video is available by switching on the annotation function on YouTube.

### **The goals of the training**

The goal of our training is to help the participants to find the way to their inner authentic being, and to find the expressive and learning modalities most suitable to them. To facilitate this process we use authentic, free movement and dance as a base, and other multimodal arts and tools for expression. Our approach is humanistic, accepting, offering a holding environment and a process-oriented approach.

Getting acquainted and experimenting with the different artistic modalities in a free and relaxed manner makes it easier to experience and decide what is our prefer way of expressing ourselves and learning from the world around. It can help us find the appropriate learning techniques (e.g. visual, auditory, or kinaesthetic), or ways of recreation (reading, theatre, going to swim etc.). It can even lead to finding the 'mother tongue' we can use in conversation with ourselves (e.g. writing a diary, listening to music, meditating, or dancing etc.)

All in all: In this training we offer the participants psychological recreation, but on the other hand we provide them with means to reach long-term recreation, deeper self-knowledge, personal growth, and increased psychological wellbeing.

### **Tools, techniques, methods**

In the training we adopt the tools and working methods of Integral Expression and Dance Therapy, which is a multimodal arts therapy approach that uses various means of expression, such as movement, dance, painting, music, poetry, etc. Verbal feedback rounds are an essential part of the training. The method is using the resources of a group, meaning that mostly we will be working in bigger and smaller groups, but there will be moments for pair, trio and individual work as well. Further methods that will be used to create, explore and express: learning by doing, learning through playing, playing through learning, improvisation, communication.

### **Expected results**

In our programme participants will have the opportunity to learn more about themselves through various means of artistic expression, to create different 'pieces of art' along with a deeper understanding of themselves, to learn simple but practical way of recreation, and last but not least, to have fun.

Apart from short-term psychological recreation the participants return home with far-reaching insights, and acquired techniques in artistic expressive modalities that they feel

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mostly at ease with. Using these practical applications in their everyday lives they can attain further recreation, mobilisation of creative energies, and new insights later on. Participants coming from different countries all over Europe will have a lively interaction, gathering plenty of intercultural experience and knowledge. Through these new acquaintances their supportive social and professional network will be broadened to international horizons.

### **Themes, programmes**

As earlier said, at the beginning of life perception as well as expression is multimodal. *This multimodality – in later life – makes artistic expression possible.* In our one-week long training we will emphasise and focus each day a different artistic modality, intertwined with authentic bodily sensations and movement. In line with this, there will be no rigid separation. To help the permeability among modalities we work with a multitude of types of exercises.

#### *Themes*

We will work with themes like:

- Self-expression, communication, body language, spontaneity
- Self-awareness
- Creativity
- Freedom, trust, confidence and courage
- You in a relationship, you in a group
- Diversity of connection
- Active participation
- Improvisation

### **Draft preliminary programme**

*Note: the final program will be adjusted accordingly to the expressed needs and background of the participants*

DAY 1: Exploring the hidden Dancer within – we get in touch with our own body, body parts, centre. We get to know better our movement, we work with our energy centres. We wake up our senses. *Question of the day:* Where does the Dancer live in you? How can it be revived? How does it support you?

DAY 2: Exploring the hidden Painter within – we get in touch with the different means of visual expression, with the colours, lines, and forms living in us. *Question of the day:* Where does the Painter live in you? How can it be revived? How does it support you?

DAY 3: Exploring the hidden Musician within – we get in touch with the inner rhythms and sounds, with singing and making music. We get to know the music and music styles of other nations. *Question of the day:* Where does the Musician live in you? How can it be revived? How does it support you?

DAY 4: Exploring the hidden Sculptor within – we get in touch with the 3-dimensional, tangible, graspable reality of the world. We gain experience of creating forms and shapes. *Question of the day:* Where does the Sculptor live in you? How can it be revived? How does it support you?

DAY 5: Exploring the hidden Story-teller within – we explore our relationship to our mother tongue and to English, the mediating language of the training. We work with writing poetry

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(e.g. haiku) and tales, and telling them. *Question of the day*: Where does the Story-teller live in you? How can it be revived? How does it support you?

DAY 6: Exploring the hidden Performer within – we get to know the stage, as well as our performing skills, and our feelings attached to it. *Question of the day*: Where does the Performer live in you? How can it be revived? How does it support you? – At the end of the day: Final eve, performances.

DAY 7: The hidden Artist takes shape – Integration, conclusions, evaluation – we summarize our experiences, and the lessons learned, we identify the strengths and values of the Hidden Artist within, and consolidate the resources that will aid us in everyday life, after coming home. *Question of the day*: Looking back which one of the artistic modalities is your inner Creator / Artist most connected with? How can you make use of this insight in your everyday life?

IMPORTANT: we intend to design moments within the training where professional reflection, learning will be supported, meta feedback and discussions may happen. We foresee this beneficial next to the personal experience to support participants in their methodical adaptation at their work.

### Obligations of participants

- Participating during the whole program.
- Fulfil the documentation, administration needed.
- During the following two months of the program try out any of the technics, methods, ideas learnt during the program (local pilot action) and share the experience of it
- Write a summary of the experiences of the usage of methods (8.000-10.000 characters) supported by visual elements (photo, drawing, etc.)
- Share it online with a public audience

### Dates

**Date of the Training: 28/02/2015 – 08/02/2015**

Arrival day: 28/02/2015, Saturday

Start of the programme: 01/03/2015, Sunday

End of the programme: 07/03/2015, Saturday

Departure day: 08/03/2015, Sunday

### Participants

Please note the following:

- Participants of *any age group* are welcome, who are interested in creative intercultural exchange, and personal growth via dance therapy and expressive arts therapy activities.
- Participants, representing our partner organizations coming from *5 different countries all over Europe* will have a lively interaction, gathering plenty of intercultural experience and knowledge. *4 person per organization* is supported.
- *No prior experience or any kind of dance, art and technical skill is needed.*

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- *Working language* of the training is *English*. Since we will have neither the time nor the possibility to translate, participant should be able to take part in conversations in English.
- In the selection process we pay attention to a *balanced proportion* and variety of gender, age, ethnicity, culture, geographical location, and interests.
- Since the announcement of our training repeated inquiries arrived to us from couples. Unfortunately, group work would be set back, if *married couples, couples*, participated together. Therefore it is *not advisable*.
- We are expecting all together 20-24 participants in our programme.

### Venue

The venue will be situated in Hungary, about 100-150 kms from Budapest. We are still searching for the most appropriate place that is inspiring, peaceful for our programme. We send further details later for the selected participants.

### Trainers

The training will be held by

**Tibor Cece Kiss** (pronounced: kish)  
clinical psychologist,  
integral expression and dance therapist,  
President of IKTE



&



**Gabriel Halmos**  
(pronounced: halmosh)  
dance- and art therapist  
management consultant and trainer

&

**Kriszta Zsiday** (pronounced: zidai)  
communication trainer,  
integral expression and dance therapist



## **Registration, Selection and Confirmation**

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### **Applying**

If you are interested in the training send your application (bio and motivational letter) to the partner organisation in your country **NO LATER THAN 10<sup>th</sup> February 2015.**:

**Comparative Research Network e.V. GERMANY (Berlin):**

**Bernadett Hamar-Sári, e-mail: saribetti@gmail.com**

### **Selection**

In the selection process we pay attention to a balanced proportion and variety of gender, age, ethnicity, culture, geographical location, and interests. Motivation to learning and personal growth and an ability to bring a new perspective to the programme is favourable. Formal requirement is the adherence to deadlines and a duly completed application form. Conversation level English is expected.

Our partner organisations will make the selection and it will be finalised together in the partnership to ensure balance in the group (gender, age, professions, etc.)

After the selection process there are three possible outcomes: (1) you are *selected* for our training program, congratulations and welcome!; (2) you are selected for the *reserve list*, in case of cancellation you may step forward to become a selected participant; (3) unfortunately you were *not selected* for this program, but as your application shows your interest in our activity, we will inform you about our next internationally organised programmes.

*The results will be sent to you by e-mail by 15<sup>th</sup> February 2015.*

### **Training Organizer, contact details**

Name: **IKTE**

E-mail: [info@ikte.hu](mailto:info@ikte.hu)

Contact: Tibor Cece Kiss (course coordinator)

(Phone: +36-20-3176964)