

FOR ECArTE2012 WORKSHOP PRESENTATION:

Three phased dance therapy program at mental clinics with reflective focusing.

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The author [1] has had dance therapy sessions for daycare program at mental clinics since 1999 in Japan, together with professional butoh dance activities [2] to comprehend so-called “insanity”, and has found that the combination of three different physical /mental modes is effective to create a safe and reflective dance therapy session. The three modes are following: The first phase consists of the medium or high movement strength for bodymind activation by utilizing cheering exercises, the second phase is the relaxation where the bodymind excitation calms down by introducing slow and meditative movements in the lying position, and the third phase is a preparation stage to come back to the normal bodymind state by sharing the words obtained by “focusing technique” (Gendlin,1961 [3]) with the felt-sense and the handle or descriptive words for the experiences.

The first president of Japan Dance Therapy Association, Tadayuki Umeda, a physician, combined the dynamic dance therapy with a calm and meditative mental state in order to make the dance therapy session much more effective by changing the mental state in terms of hypnotherapy [4]. The author’s three phased session was influenced by his approach, and the focusing technique was found suitable to make the transition of the participants’ bodymind smoothly to the ordinary state because the nonverbal self-reflective stage is framed by the conscious verbalizing process.

[1]Toshiharu Kasai (2011). A body psychotherapy employing delicate movements and peaceful voices.

The 20th Annual Conference of Japan Dance Therapy Association, 12. (Japanese)

[2]Toshiharu Kasai (2009). New understandings of Butoh Creation and Creative Aotopoietic Butoh - From Subconscious Hidden Observer to Perturbation of Body-Mind System. Bulletin of Faculty of Humanities, No.86 Sapporo Gakuin University 2009

[3]Gendlin, Eugene.T. (1961). Experiencing: A variable in the process of therapeutic change. American Journal of Psychotherapy, 15 (2), 233-245.

[4] Tadayuki Umeda “Dancetherapy and Hypnotherapy” Futaba shobo, 2001 (Japanese)