



Richard Coaten

Dancing the “In-Between”: moving towards health through relationship

This experiential workshop/exploratory space situates theory and practice side by side. The work is essentially Rogerian (Person-Centred) strongly influenced by DMT pioneers such as Marian Chace, Bonnie Meekums, Penny Best, Marcia Leventhal, Joanna Harris and by mentor and friend Michael Verde who runs the Memory Bridge Foundation in the USA. It is also influenced by my own experience of Jungian Analysis and research & study in the breadth & depth of Jungian thought & ideas, most notably Jung’s theory of Compensation in Neurosis (C.W.7: 187).

In practice, the workshop is a journey that weaves theory and practice seamlessly together beginning with the creation of a safe place that includes breath-based grounding & centering exercises. It goes on to self-exploration and finding different ways to create & sustain a movement based non-verbal relationship. It introduces concepts such as being “**Creatively Alert**” (from my own practice) to “**Bridge-building**” between the individual and the group, as we move and dance the “**in-between**” space.

This workshop is for those with much experience and those with very little as it goes to the heart of this values-based practice where it doesn’t matter so much ‘what’ you do, rather the ‘how’, the relational side, is of the utmost importance. Participants will experience the nature of that relational “in-between-ness”, using live and recorded music, the use of props and visual art materials that the workshop seeks to explore. It also includes DMT concepts such as “Mirroring” (Levy, 1992), “Attunement”, “Metaphoric & Symbolic Communications”, “Improvisatory and Performative approaches” and “Rhythmic Movement” (Chaiklin & Schmais, 1986). The slide below is a visual illustration of what I mean. Looking forward to your participation in this sharing.

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'Rementing' - link to seminal work of Prof Tom Kitwood (1997) – 'Dementia Re-considered'
The idea that by way of diff therapeutic approaches dementia can be both halted & reversed.



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*“The fragility of life and living processes are intimately bound up with the beauty of the body in movement. The dance helps bring us back from ‘Being lost’ (Phinney & Chesla, 2003), ‘Being a blank’ (op. cit.) and ‘Being slow’ (op.cit.), so we can celebrate life to the full; releasing riches of our deep and abiding humanity, in spite of great loss and fragility. **‘Re-menting’**, through the body, gives much hope for the future of innovative, inspiring, non-pharmacological approaches in dementia care.”*

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