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H a n d b o o k

MULTICULTURAL DANCE THERAPY

This handbook includes tutorial videos, presenting a multicultural dance therapy methodology and a case study based on this multicultural dance therapy methodology. It is a concrete result of an Erasmus+ "Small-scale partnerships in adult education" project.

Project title:

Multicultural Dance Therapy as a tool for Inclusion, Diversity, Mental and Physical Health

Acronym:

MULTIDAT

Erasmus+ project code:

2021-2-DE02-KA210-ADU-000050730

Participating organisations:

- Theater Schiessbühne e.V. (Germany)
- Etaireia Symvouleftikis Ypostirixis kai Politistikon Drastiriotiton EN ARMONIA (Greece)
- Association Act'DEM (Actions Diversité Echanges Mixité) (France)

Through the implementation of the MULTIDAT project, a methodology has been created, which includes circular dance movements stemming from traditional and popular dances from all over the world, with an emphasis on African, Middle-Eastern, Latin American and South European dances which use circular dance elements.

This multicultural art training tool aims to be used by adult trainers in psychology (psychotherapy, dance therapy) and in art and culture (dance and theatre) in order to help their trainees through the emotions and feelings arising from the learning process to advance their mental and physical health and to become familiar with different cultures, reduce xenophobia and develop fairness and respect for inclusion and diversity.

Many psychotherapists and dance therapists have referred to circular dance elements as a therapeutic tool for physical and psychological health. Many ancient religions have used circular dance elements for meditation, prayer and therapy.

The tutorial videos are the following:

- **Warm-up**

2 warm up videos:

Warm-up 1, which presents circular movements inspired by different traditional dances, taught by staff members in the blended training activity TA2 of the MULTIDAT project.

Warm-up 2, which presents a case study including circular movements appropriate for a warm-up, taught by a professional dancer who explains the movements analytically.

- **Traditional dances**

9 videos of traditional dances from many parts of the world, which use circular movements that can be used as an inspiration for creating circular dance choreographies, taught by staff members in the blended training activity TA2 of the MULTIDAT project.

- **Choreographies**

5 videos with 5 different case studies which present 5 different choreographies (combinations of circular dance movements), which can be part of multicultural dance therapy lessons. These choreographies are presented by 2 professional dancers.

- **Improvisation**

Two videos which present improvised movements inspired by the training workshops that have been taught in the blended training activity TA2 of the MULTIDAT project, using the created multicultural dance movement methodology as a tool. The improvised movements are implemented by the participants in the blended training activity TA2.

- **Work-out**

A work-out video which includes exercises for muscular endurance and flexibility, based on circular dance movements. The work-out is separated in 3 different levels and it is taught by a professional dancer who explains the exercises analytically. This work-out can be part of multicultural dance therapy lessons.

- **Recovery**

A cool-down video with an emphasis on flexibility, based on circular dance movements, taught by 2 professional dancers. This video can be part of multicultural dance therapy lessons.

Links to the tutorial videos:

WARM-UP



Warm-up 1: <https://youtu.be/ftoDbZfns1U>



Warm-up 2: <https://youtu.be/oEicJPeRldE>

TRADITIONAL DANCES

Colombian



<https://youtu.be/UdPwyZdFWWhY>



<https://youtu.be/j-x8ryaIPqQ>

Greek



https://youtu.be/ZpXj_EChhQ

Indian



<https://youtu.be/623bM9SORx4>



<https://youtu.be/QJ6YVLY47Zk>

Ivory Coast



[https://youtu.be/08D -ZumIAk](https://youtu.be/08D-ZumIAk)



<https://youtu.be/9AxV7d9WGFc>

Togo



<https://youtu.be/JI9M8PuqoU0>



<https://youtu.be/bN1PJlbuGdg>

CHOREOGRAPHIES



<https://youtu.be/nVThDIDPTTA>



<https://youtu.be/yJdqQ1Kk5FU>



<https://youtu.be/o30LdSpyzuE>



<https://youtu.be/D6WcyutXO8o>



<https://youtu.be/WRmMgnBgKUg>

IMPROVISATION



<https://youtu.be/SP6iKskb-ac>



<https://youtu.be/9Yw5-YnKO1k>

WORK-OUT:



<https://youtu.be/LVKA9ukq9rU>

RECOVERY:



<https://youtu.be/2SMW6TQSmJU>

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