**THE USE OF METAPHORS IN DANCE MOVEMENT PSYCHOTHERAPY**



invited lecture and experiential workshop

ROSEMARIE SAMARITTER

ZPGPS PROFESSIONAL DAY 2022:

**12th November 2022, 9 AM–1.30 PM CET**

(Zoom)

* **SCHEDULE**

**9.00–9.30** speech by the president of the ZPGPS, presentation of the development of the ZPGPS and the vision of the development of the field of dance-movement psychotherapy in Slovenia;

**9.30–9.45** announcement of the first honorary members of the ZPGPS: **Assoc. prof. dr. Breda Kroflič** (holder of the former specialist program Arts therapy at UL PEF) and dance-movement psychotherapist and supervisor **Céline Butté** (R-DMP, ADMP UK);

**9.45–10.00** movement warm-up;

**10.00–11.30** Movement metaphor in DMP, lecture by **Rosemarie Samaritter**;

**11.30–11.45** break;

**11.45–13.15** Movement metaphor in DMP, experiential workshop by **Rosemarie Samaritter**;

**13.15 –13.45** final discussion.

* **LECTURER**

**Rosemarie Samaritter** is a professor and researcher at the Department of Art Therapy at Codarts University in Rotterdam and the author of numerous professional publications in the field of dance-movement psychotherapy. In parallel with her teaching and research work, she also maintains a private practice of dance-movement psychotherapy, and also works as a supervisor. Upon registration, participants will also receive one of her publications, which is directly related to the topic of the ZPGPS Professional Day 2022: Samaritter, Rosemarie (2009). "The use of metaphors in dance movement therapy". Body, Movement and Dance in Psychotherapy, 4:1,33 — 43.

* **CONTENT**

Metaphors occur in human communication in everyday life as spontaneous expression of feelings, perceptions, or experiences. They communicate complex or layered phenomena in a contained way and with a powerful immediacy that allows for direct understanding even without knowing the full narrative. In analytical psychotherapy, attention to client’s metaphors has been longstanding tradition. In other psychotherapy schools, metaphors are also used to co-create a shared language between client and therapist. This webinar will explore the specific potentials of working with metaphors in the context of dance movement therapy.

The first part of the webinar will offer some examples of theoretical conceptualizations for the psychotherapeutic work with metaphors. Models from linguistics, the cognitive sciences, philosophy, and psychology will be presented and discussed for their applicability in the context of psychotherapy. A specific focus will be on conceptual models on metaphors from an aesthetic and dance-informed perspective. A specific focus will be on conceptual models on metaphors from an aesthetic and dance-informed perspective. Aspects of metaphoric agency and metaphoric hermeneutics will be presented and discussed for their specific characteristics and applicability in dance movement therapy.

The second part of the webinar will focus on experiential dimensions for the use of metaphors in dance movement therapy. Metaphors allow to access, articulate, and explore the layers of experience that are contained within the symbolic structure. The role of metaphors for self-actualisation and self-expression will be explored in some dance movement experientials. Participants will be invited to create personal movement structures. This material will be used as base to explore the potential therapeutic application of dance/movement-informed work with metaphors. The applicability for the clinical practice with clients as well as for the therapist’s self-care will be discussed. There will be space to share and discuss methodological structures and procedures for specific professional settings.

* **SUGGESTED LITERATURE**
* Samaritter, R. (2009), The use of metaphors in dance movement therapy. *Body, Movement and Dance in Psychotherapy, 4*:1, p.33-43
* Samaritter, R. A. (2019). Dance Movement Therapy: Building resilience from shared movement experiences. In Payne, H., Koch, S. & Tantia, J. (Eds.). *Embodied perspectives on psychotherapy,* London: Routledge.
* Samaritter, R.A. (2018). The Aesthetic Turn in Mental Health: Reflections on an Explorative Study into Practices in the Arts Therapies. *Behavioral Sciences*, *8*(4), 41. https://doi.org/10.3390/bs8040041
* Samaritter, R. A. & H.L. Payne (2016). Being Moved: kinaesthetic reciprocities in psychotherapeutic interaction and the development of enactive intersubjectivity. In: Hauke, G. (ED.) *European psychotherapy, 13,* 2016/2017**.**
* **WORKING CONDITIONS**

The ZPGPS Professional Day 2022 will be conducted using the Zoom application. Participants need a computer, comfortable clothes and a suitable space that allows movement and ensures privacy for active participation (experiential exercises, reflection of the experience). The working languages will be Slovenian and English (without simultaneous translation).

* **APPLICATIONS**

The registration fee for the ZPGPS Professional Day 2022 is 50 EUR, registration is valid after payment of the registration fee. Send the completed application form to our e-mail address **(info@zpgps.si).** Based on the submitted application form, we will send you an invoice. Registration is possible until vacancies are filled. For all additional information, write to us: **info@zpgps.si**

**The Slovenian Association of Dance Movement Psychotherapists (ZPGPS)** is the umbrella national professional organization for the field of dance-movement psychotherapy. The association takes care of the development of the professional field of dance-movement psychotherapy in Slovenia: it designs and develops professional and ethical standards in the field of dance-movement psychotherapy and organizes various forms of continuous professional development. It keeps the register of dance-movement psychotherapists in Slovenia. All full members of the association meet the conditions prescribed by ZPGPS, EADMT and SKZP for performing dance-movement psychotherapy activities.