



**AIM OF THE COURSE** (*acquired skills & learning outcome*):

After completion of the lessons students will know the timeless use of rhythm and movements as therapeutic medium, ecstatic dance therapy "technique" as presented in traditional societies, the theoretical principles and foundations of dance therapy, will know the relationship between movement and mental health, will understand the use of movements a means of communication and the expressive potential, learn to observe and analyze the human movement and understand the impact of dance therapy methods in specific populations.

**COURSE CONTENTS** (*outline – titles of lectures*):

1. Dance as timeless and global therapeutic tool.
2. The theoretical basis of dance therapy.
3. The ecstatic technique of dance therapy.
4. The dance therapy in traditional societies (monotheistic).
5. The dance therapy in traditional societies (polytheistic).
6. Introduction to principles and theories of therapy through arts.
7. The psychoanalytic approach to dance therapy.
8. Observation and analysis of human movement.
9. Expression and nonverbal communication.
10. The use of improvisation in dance therapy.
11. Psychoses and dance therapy.
12. The dance therapy for specific populations and diseases. Case study.
13. The technique of "primitive expression".

**TEACHING METHOD** (*lectures – labs – practice etc.*):

1. Lectures supported by audiovisual media.
2. Practical training.

**ASSESSMENT METHOD(S):**

1. Individual work.
2. Progress test.
3. Final exams.

**LEARNING OUTCOMES:**

After completion of study in this lesson, students will be able to:

1. Determine the conceptual definition of dance therapy, the fundamental theoretical principles and the dance therapy as a global and timeless phenomenon.
2. Know the ecstatic technique of dance therapy (the monotheistic and polytheistic societies).
3. Analyze and observe the human movement.
4. Understand the principles of modern dance therapy techniques, the role of improvisation and the role of dance therapy in special populations.

**RESULTS OF LEARNING – CONTINUE:**

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load ( hours)</i>
Knowledge of the conceptual definition of dance therapy, the fundamental theoretical principles and the dance therapy as a global phenomenon and timeless.	Lectures, demonstrations and commentary of digital material, study, individual work.	Intermediate checks with written tests of cognitive evaluation.	10
Knowledge of the ecstatic technique of dance therapy (the monotheistic and polytheistic case of societies).	Lectures, demonstrations and commentary of digital material, individual work, study.	Oral or written tests of cognitive evaluation.	10
Ability to analyze and observe human movement.	Practical exercises, training.	Kinetic tests.	10
Understanding of the principles of modern dance therapy techniques, the role of improvisation and the role of dance therapy in special populations.	Practical exercises, lectures, demonstrations and annotation of digital material, individual work, study.	Evaluation of a paper, final exam.	30
		<b>TOTAL</b>	<b>60</b>

**OBLIGATORY & SUGGESTED BIBLIOGRAPHY:**

<ol style="list-style-type: none"> <li>1. Billmann, Sc. (1997). When dance cures. Athens: Greek Letters.</li> <li>2. Loring M.D. (1995). The anastenaria of St. Helena: pyrovasia and religious therapy. Athens: Plethron.</li> <li>3. Billmann, Sc (1995). Dance therapy with primitive expression. Athens: Lifestyle.</li> <li>4. Payne, H. (1992). Dance movement therapy: theory and practice. New York: Routledge.</li> <li>5. Bernstein, P. (1988). Theoretical approaches in dance-movement therapy. Dubuque, Iowa: Kendall / Hunt Publishing Company.</li> <li>6. Meekums, B. (2002). Dance movement therapy: a creative psychotherapeutic approach. Thousand Oaks, CA: SAGE Publications.</li> </ol>
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