



BODIOGRAPHY
DANCE MOVEMENT THERAPY SYSTEM

**THE HEALING POWER OF DANCE
AND MOVEMENT FOR EVERYBODY**

BDMTS Facilitator Training

The Bodiography® Dance Movement Therapy class celebrates the interface between dance, choreographic processes, and therapeutic methodology. It is focused on translating each participant's stories and viewpoints on particular topics into gesture and movement that is descriptive of their most intimate experiences. The facilitator works to weave the gestures and movements of the group into longer physical phrases throughout the class, and the group engages in this newfound dance that has been created. Following this physical celebration the group shares how the experience has shaped and changed them both physically and emotionally through a period of group reflection concluding with a final group exercise.

The facilitator training is an in depth program to prepare dancers, non-dancers, psychologists, physicians, clinicians, social workers, or interested participants in the community to lead the Bodiography® Dance Movement Therapy class. By becoming a trained and licensed facilitator, individuals are able to lead the course in an organization without institutional licensure. The maintenance of the facilitator's registration and their annual compliance is the only necessary commitment to utilize Bodiography's trademarked dance movement therapy system.

Cost: \$350.00

Testimonials

“The resident are responding so well to Bodiography® Dance Movement Therapy! What I am most amazed to see is how many of our resident with cognitive impairment who usually can only follow 1-2 step direction with cueing can follow an entire dance-story-sequence with up to 17 movements, and some without cueing! They remember the movement based on the life stories of the group members. And as one resident said, ”This makes me happy!”

Denise Calkins, Vincentian Collaborative System

“The expressive arts have always been seen as transformational. The experience of Whispers of Light proved just how deeply transformational the arts can be when coupled with this perspective. Using gesture to reflect and explain someone's life and experience is very powerful, and very healing. From this unique perspective, the ballet helped members of the Pittsburgh and Erie communities understand what it means to be a child and to have lost someone you love.

For the Caring Place families who were involved, it was termed, “life-changing.” Members of the audiences in both Pittsburgh and Erie called it “inspiring.” For both performers and audience members, Whispers of Light remains a poignant exploration of human loss, the strength to move forward, and the undeniable power of human connection.

“Of course, Maria didn't stop at ,‘just’ creating a successful, never-been-done-before ballet. Since that time, she has developed a dance therapy system that has been funded to help patients at a rehabilitation center and has written a book about it. Because that's what Maria does: she transforms an idea into tangible and ongoing ways of helping people.”

Terese Vorshak, Executive Director of Highmark's Caring Place

Body Language - With Feeling

by Greg Jena

There was a lot of movin' and groovin' going on this summer in Wilkinsburg, at Milestone's Specialized Partial Hospitalization Program for people who are deaf.

Jennifer Macioce, LCSW, Milestone's Director of Day Treatment and Deaf Services, was looking for a way to inject some variety into the expressive therapies offered to Milestone clients. The solution is a new phenomenon known as "Bodiography Movement Therapy," which teaches emotional expression through movement.

"I received the Bodiography newsletter," said Macioce, "and I felt this would be a perfect compliment to our other activities."

Macioce reached out to Bodiography founder Maria Caruso, who offered to work with Milestone. The result was a test run of four weekly sessions this summer.

Bodiography movement therapy facilitator Holly Kepins said she finds working with Milestone clients "rewarding, because it helps them expand ways they express themselves – and lets them know they are not alone in their feelings."

During the course of one recent session, clients focused on the topic of depression, using movement to personify terms such as lonely, frustrated, tired and confused.

In concluding the session, Kepins asked participants how they felt.

One client responded "This helps me to think positively." Smiles were visible throughout the room.

Macioce's plan is to have members of her staff get certified in movement therapy, so this program may be

implemented on an ongoing basis.

"Anything can be choreography when people inject their own ideas," Kepins explained.

Indeed. Milestone's expressive movement sessions are creating a whole new outlet for those we serve.

Clients who partake in Milestone's program also have the opportunity to engage in wellness initiatives, expressive art and group social support.

"The Deaf community is so used to communicating through sign language," Macioce explained. "It's wonderful to watch our clients build upon each other's ideas to take their communication to deeper level and create meaningful movement."

To learn more about Milestone's Day Treatment and Deaf Services, please contact Jennifer Macioce at 412-473-8059.

Contact Information

For more information regarding the Bodiography® Dance Movement Therapy System, contact the Director, Maria Caruso at maria@Bodiography.com, or visit our website at <http://bodiography.com>.

Bodiography
5824 Forbes Avenue, Floor 3
Pittsburgh, Pennsylvania 15217



Copyright © 2014 by Bodiography, Inc.

ALL RIGHTS RESERVED BY THE PUBLISHERS.
NO PART OF THIS DOCUMENT MAY BE REPRODUCED OR USED, HARD COPY OR ELECTRONICALLY, FOR ANY REASONS WITHOUT THE
AUTHORIZATION OF THE PUBLISHER OR THE BODIOGRAPHY CORPORATION.