

Borges da Costa, Ana ORCID: <https://orcid.org/0000-0003-1124-0694> and Cox, Diane ORCID: <https://orcid.org/0000-0003-2691-6423> (2018) Circle dance as a teaching tool in occupational therapy. In: WFOT (World Federation of Occupational Therapists) Congress 2018: Connected in diversity: positioned for impact, 21-25 May 2018, Cape Town, South Africa. (Unpublished)

Downloaded from: <http://insight.cumbria.ac.uk/id/eprint/3955/>

***Usage of any items from the University of Cumbria's institutional repository 'Insight' must conform to the following fair usage guidelines.***

Any item and its associated metadata held in the University of Cumbria's institutional repository Insight (unless stated otherwise on the metadata record) may be copied, displayed or performed, and stored in line with the JISC fair dealing guidelines (available [here](#)) for educational and not-for-profit activities

**provided that**

- the authors, title and full bibliographic details of the item are cited clearly when any part of the work is referred to verbally or in the written form
  - a hyperlink/URL to the original Insight record of that item is included in any citations of the work
- the content is not changed in any way
- all files required for usage of the item are kept together with the main item file.

**You may not**

- sell any part of an item
- refer to any part of an item without citation
- amend any item or contextualise it in a way that will impugn the creator's reputation
- remove or alter the copyright statement on an item.

The full policy can be found [here](#).

Alternatively contact the University of Cumbria Repository Editor by emailing [insight@cumbria.ac.uk](mailto:insight@cumbria.ac.uk).



# Circle Dance as a Teaching Tool in Occupational Therapy

 Dr Ana Lucia Borges da Costa, Lecturer in Occupational Therapy

ana.borgesdacosta@cumbria.ac.uk | @analubcl

 Prof Diane L. Cox, Professor of Occupational Therapy

## 1. Circle Dance

It derives from the tradition of folk dances and is practised worldwide. Participants hold hands in a circle and repeat a pattern of steps, following the rhythm dictated by the music and related to specific dances.<sup>1</sup>

## 2. Teaching tool

Circle dance has previously been introduced to the OT curriculum of the University of São Paulo by the first author.<sup>2,4</sup> It has recently been introduced to BSc (Hons) and MSc Occupational Therapy programmes at the University of Cumbria as a tool for working with groups.

## 6. Conclusion

The students perceive circle dance as a potentially valuable tool for working with groups in various settings. However, they highlight the need for further training which would give them the necessary skills and confidence to apply circle dance in a therapeutic way.

## 3. Objectives

Students learn the dances, reflect on their experience and consider the therapeutic use of circle dance in an OT setting. Self-expression is not the primary aim and the process of learning movements and positions takes place within a social and cultural context.<sup>3</sup>

## 5. Evaluation

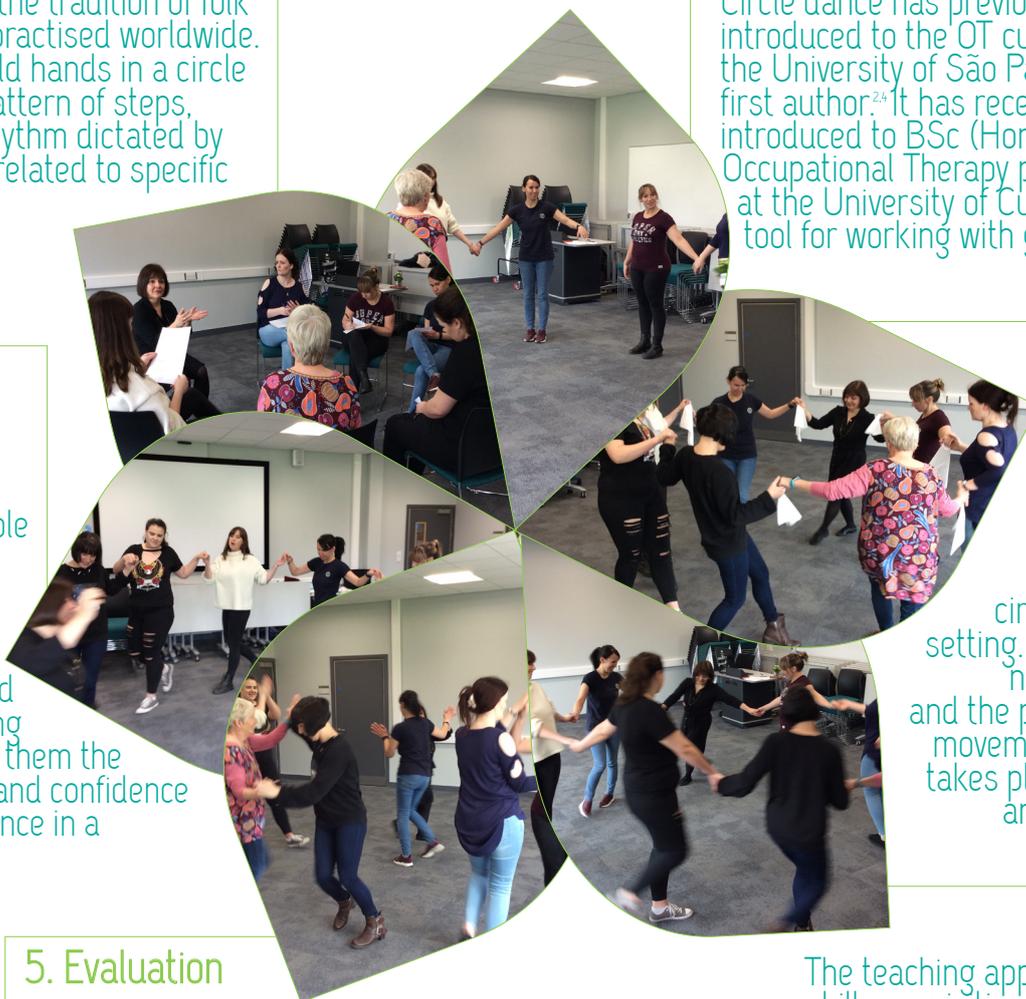
It suggests that circle dance is perceived as a unique and enjoyable occupation, which provides an opportunity to connect with others through movement, whilst promoting well-being.

*"Inspiring! It has opened my eyes as to how dance can have a therapeutic effect on my body, mind and soul".*

*"Very good experience! I am not a person who would volunteer to dance but I felt confident and included".*

## 4. Approach

The teaching approach focuses on skills acquisition and develops the students' ability to perform the dances in a collective way, whilst teaching the cultural and historical background of the dances.<sup>4</sup>



### References

- Borges da Costa, A.L., Cox, D.L. (2016) The experience of meaning in circle dance. *Journal of Occupational Science*, 23(2):196-207.
- Borges da Costa, A.L. (2012) Occupational therapy, circle dance and well-being: the need for research. *British Journal of Occupational Therapy*, vol. 75, no. 2, pp.114-116.
- Norris, R. S. (2001) Embodiment and Community. *Western Folklore*, 60 (2-3):111- 124.
- Borges da Costa (2014) *An investigation of circle dance as a medium to promote occupational well-being*. PhD Thesis, University of Bolton, U.K.

### Acknowledgments

All images reproduced with permission from students and staff. Special thanks to Julia M. Costa, Digital Designer, and Ross Hayes, Social Media Marketing Assistant, for their professional expertise.





# Circle Dance as a Teaching Tool in Occupational Therapy

 Dr Ana Lucia Borges da Costa, Lecturer in Occupational Therapy

ana.borgesdacosta@cumbria.ac.uk | @analubcl

 Prof Diane L. Cox, Professor of Occupational Therapy

## 1. Circle Dance

It derives from the tradition of folk dances and is practised worldwide. Participants hold hands in a circle and repeat a pattern of steps, following the rhythm dictated by the music and related to specific dances.<sup>1</sup>

## 2. Teaching tool

Circle dance has previously been introduced to the OT curriculum of the University of São Paulo by the first author.<sup>2,4</sup> It has recently been introduced to BSc (Hons) and MSc Occupational Therapy programmes at the University of Cumbria as a tool for working with groups.

## 6. Conclusion

The students perceive circle dance as a potentially valuable tool for working with groups in various settings. However, they highlight the need for further training which would give them the necessary skills and confidence to apply circle dance in a therapeutic way.

## 3. Objectives

Students learn the dances, reflect on their experience and consider the therapeutic use of circle dance in an OT setting. Self-expression is not the primary aim and the process of learning movements and positions takes place within a social and cultural context.<sup>3</sup>

## 4. Approach

The teaching approach focuses on skills acquisition and develops the students' ability to perform the dances in a collective way, whilst teaching the cultural and historical background of the dances.<sup>4</sup>

## 5. Evaluation

It suggests that circle dance is perceived as a unique and enjoyable occupation, which provides an opportunity to connect with others through movement, whilst promoting well-being.

*"Inspiring! It has opened my eyes as to how dance can have a therapeutic effect on my body, mind and soul".*

*"Very good experience! I am not a person who would volunteer to dance but I felt confident and included".*

### References

1. Borges da Costa, A.L., Cox, D.L. (2016) The experience of meaning in circle dance. *Journal of Occupational Science*, 23(2):196-207. 2. Borges da Costa, A.L. (2012) Occupational therapy, circle dance and well-being: the need for research. *British Journal of Occupational Therapy*, vol. 75, no. 2, pp.114-116. 3. Norris, R. S. (2001) Embodiment and Community. *Western Folklore*, 60 (2-3):111- 124. 4. Borges da Costa (2014) *An investigation of circle dance as a medium to promote occupational well-being*. PhD Thesis, University of Bolton, U.K.

### Acknowledgments

All images reproduced with permission from students and staff. Special thanks to Julia M. Costa, Digital Designer, and Ross Hayes, Social Media Marketing Assistant, for their professional expertise.