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Session S60

Circle dance as a tool for working with groups

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Aim: This workshop will provide an opportunity for the delegates to experience circle dance and to reflect on the therapeutic use of this form of dance.

Background: Circle dance is a revival of a very ancient art form, which for thousands of years has allowed different cultures and peoples to express themselves through the language of movement and dance. The circle dance repertoire includes traditional dances from different countries and cultures in addition to contemporary choreographies. Participants hold hands in a circle and repeat a pattern of steps, following the rhythm dictated by the music and related to specific dances.

The author has been using circle dance since 1995, both in Brazil and the UK, in a clinical setting as well as in non-institutional and community settings. The author completed her PhD in 2014, investigating circle dance as a medium to promote occupational well-being. Academically, this study was informed by a contemporary trend in occupational therapy and occupational science and the need for sound evidence-based practice.

Session plan: The author will provide an overview of the session and relevant background information. Delegates will learn and practise simple circle dances; all the dances will be fully explained. There will be time at the end for participants to reflect on their experience and to ask questions.


Resources: access to PA system/projector, electricity. Space for participants to form a circle holding hands so they can dance in a circle.

Keywords
Dementia, Occupational therapy, Older people

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Author Biographies
Sarah Mattock qualified in 1986 and specialised in older adults’ mental health. Working with people with dementia and their carers triggered this research, completed as part of an MSc in Occupational Therapy in 2011. BJOT published the study in 2016. Sarah remains involved in research alongside an active caseload.

Dr Anne McIntyre qualified in 1980 and left practice to join Brunel University London in 1997. She is a senior lecturer and MSc Occupational Therapy (pre-registration) programme lead. Anne is an active researcher, with expertise using qualitative methods with people with dementia, falls, and carers. She publishes widely.

References

