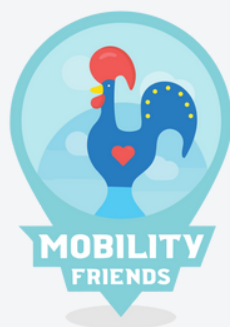


WELL-BEING AND
MENTAL HEALTH

INTRODUCTION TO DANCE THERAPY



Your Mobility Partner

COURSE OVERVIEW

This course offers an introductory exploration of dance therapy as a holistic approach to health and well-being. Participants will learn about the principles and techniques of dance therapy, understanding how movement can support emotional expression, physical rehabilitation, and social connection. The course combines theoretical knowledge with practical exercises, enabling learners to experience the healing potential of dance and its application in diverse settings. Suitable for all levels, this course encourages creativity, self-awareness, and mindfulness through movement.

TARGET AUDIENCE

This course is designed for individuals interested in exploring the therapeutic benefits of dance and movement. It is suitable for beginners, caregivers, educators, and health professionals who want to understand how dance therapy can promote physical, emotional, and social well-being.

REQUIREMENTS

To take part in the course, participants must meet the following requirements:

- Have at least a B1 level of English (independent user);
- Complete and submit the registration form before the start of the training;
- Bring a laptop or tablet to use during the sessions;
- Commit to active participation and attend at least 80% of the course.

COURSE OBJECTIVES

The objectives of the course are:

- Understand the foundational concepts and history of dance therapy.
- Recognize the physical, emotional, and social benefits of therapeutic movement.
- Explore basic dance therapy techniques for self-expression and healing.
- Apply movement exercises to promote relaxation and body awareness.
- Identify settings and populations where dance therapy can be beneficial.
- Foster creativity and emotional connection through guided movement.

CONTACTS AND REGISTRATION

For registrations, additional information, or budget requests, please contact our team by email at trainingcourses@mobilityfriends.org or visit our website at www.mobilityfriends.org.

LEARNING OUTCOMES

Upon successful completion of this course, learners will be able to:

1. Describe the fundamental principles and historical development of dance therapy.
2. Identify the physical, emotional, and social benefits associated with therapeutic movement.
3. Demonstrate basic techniques of body expression and therapeutic movement in both individual and group contexts.
4. Apply simple movement exercises to promote relaxation, body awareness, and stress management.
5. Recognize various settings and populations where dance therapy can be effectively implemented.
6. Explore creative strategies to foster self-expression, emotional connection, and well-being through movement.
7. Reflect on personal experiences during practical activities, promoting self-awareness and personal development.

METHODOLOGY

The course is structured around a rigorous methodology that combines theoretical exposition, practical work, and applied demonstrations. This approach ensures a thorough understanding of the subject matter and its direct application in real-world contexts.

Theoretical sessions provide essential foundations, while practical work and demonstrations facilitate the development of technical skills and familiarity with the specific tools and procedures relevant to the course.

Continuous monitoring through individualized feedback allows for tracking learners' progress and ensures the achievement of the set objectives, preparing participants to face professional challenges with competence and precision.

ASSESSMENT

Assessment is carried out continuously throughout the course, using a holistic and learner-centered approach that reflects both participation and performance. Each participant is evaluated based on their overall engagement, regular attendance, punctuality, interest in the topics covered, ability to apply knowledge during practical tasks, and interaction with peers in individual and group activities.

The evaluation process includes a variety of classroom-based tasks (oral and written), short daily assignments, role-plays, and simulations. Trainers provide ongoing, individualized feedback to support progress and encourage active learning.

A Certificate of Participation is awarded to participants who attend at least 80% of the sessions and demonstrate consistent involvement and commitment during the training.

DURATION

The standard duration of our course is 20 hours (5 days), designed to ensure comprehensive and effective learning. However, this duration can be adjusted, in specific cases, to meet the particular needs of each group, in order to optimize outcomes and better suit the training context.

For further details or to discuss a customized schedule, please get in touch with us.

PRICE AND FUNDING

Each quotation is personalized and depends on several factors, such as the number of participants, the number of training hours, the location of the course, and any additional services requested (accommodation, transport, meals, cultural activities, etc.).

To receive a tailored quotation for your group, please get in touch with us.

The training can be funded through programs such as Erasmus+ (KA1 – Learning Mobility), among other European support mechanisms. For more information about funding, participants should contact their sending organization or their country's National Agency directly.

LOCATION AND COURSE LANGUAGE

We have training rooms in several cities in Mainland Portugal, such as Barcelos (headquarters), Braga, Póvoa de Varzim, and Porto. We also have spaces in the islands of Madeira (Funchal) and the Azores (Ponta Delgada). Additionally, we have facilities in Valencia, Spain.

The course is delivered in English.

CERTIFICATION

A Certificate of Participation is awarded to participants who attend at least 80% of the sessions and demonstrate consistent engagement and commitment throughout the training. Upon completion of the course, a formal certification ceremony will take place, during which the certificates will be presented to the participants.

OTHER SERVICES

To enrich the training experience, Mobility Friends offers a range of additional services, subject to availability and additional cost, which can be arranged for individual participants or groups.

Services include:

- Accommodation in partner residences or hotels
- Meals (lunch and/or dinner)
- Transfers between the accommodation and the training room
- Airport transfers
- Cultural visits

All services are subject to availability and must be requested in advance. For more information and personalised quotes, please contact our team.

COURSE CONTENTS

MODULE 1: INTRODUCTION TO DANCE THERAPY

- What is Dance Therapy? Definition, Scope, and Applications.
- Brief History and Contemporary Approaches.
- The Role of the Dance Therapist: Skills and Qualities.
- Setting Personal Intentions for the Course.

MODULE 2: BODY AWARENESS AND SOMATIC INTELLIGENCE

- Techniques to Enhance Body Awareness and Presence.
- Exploring Posture, Breath, and Body Alignment.
- Mind-Body Connection: Sensing, Listening, Responding.
- Introduction to Movement Observation and Self-Reflection.

MODULE 3: EMOTIONAL EXPRESSION AND REGULATION THROUGH MOVEMENT

- Understanding the Relationship between Movement and Emotion.
- Safe Spaces: Trust-building and Emotional Safety in Practice.
- Guided Improvisation: Expressing and Transforming Emotions.
- Tools for Emotional Regulation through Dance.

MODULE 4: CREATIVE TOOLS AND THERAPEUTIC TECHNIQUES

- Fundamental Dance Therapy Techniques (Mirroring, Leading, Following).
- Use of Music, Props, and Imagery.
- Working with Space, Levels, and Dynamics.
- Introduction to Structured and Free-form Movement.

MODULE 5: GROUP DYNAMICS AND LEADERSHIP

- Group Process in Dance Therapy: Roles and Interactions.
- Creative Collaboration: Building and Facilitating Group Choreographies.
- Leadership and Facilitation Skills through Movement.
- Peer Feedback and Constructive Reflection.

*Please note that program content may be subject to change based on input from our trainers.

COURSE CONTENTS

MODULE 6: DANCE THERAPY FOR WELL-BEING AND STRESS MANAGEMENT

- Movement for Relaxation, Grounding, and Mindfulness.
- Techniques for Coping with Academic and Social Stress.
- Building Resilience and Confidence through Body Work.
- Creating Personal Well-being Routines with Movement.

MODULE 7: APPLICATION IN REAL-LIFE CONTEXTS

- Dance Therapy in Education, Health, and Community Settings.
- Working with Various Populations: Children, Youth, Adults, Elderly.
- Adapting Exercises for Online and In-person Environments.
- Planning and Leading a Simple Dance Therapy Session.

MODULE 8: PROFESSIONAL DEVELOPMENT AND ETHICS

- Ethical Principles and Boundaries in Dance Therapy.
- Self-care for Future Practitioners.
- Professional Pathways: Further Training and Certification in Europe.
- Reflective Practice and Ongoing Learning.

MODULE 9: INTEGRATION, REFLECTION, AND FINAL PROJECT

- Group Sharing: Reflecting on Personal and Group Progress.
- Designing and Presenting a Mini Dance Therapy Project.
- Feedback, Evaluation, and Celebration.
- Action Plan: Integrating Dance Therapy Skills Beyond the Course.

MOBILITY FRIENDS TRAINING CENTER



Certified by DGERT - Directorate General
for Employment and Labor Relations

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