



כתוביות בתנועה

דרכים לדעת את שוררות הנפש בתנועת הגוף

קורס מבוא ללימודי תנועה - באמצעות גישתו של לאבאן -
למנחי קבוצות, מטפלים ואנשי חינוך

המרכז הישראלי להנחיה אינטגרטיבית בקבוצות בשיתוף עם המוסד לחקר התנועה של לאבאן-ברטנייף ניו-יורק- LIMS מזמינים את קהל המנחים והמטפלים בקבוצה להשתלמות ייחודית בגישה אינטגרטיבית של תנועה בקבוצה.



The Language of Movement

an integrative, holistic, mind-body approach to
empowerment for groups and individuals

The Introduction to Laban Movement Studies

- * ההשתלמות תונחה בעברית ובאנגלית
- * פרטים על LIMS תוכלו למצוא באתר הבית:
<http://www.limsonline.org>

המנחה

רחל פלניק-צחור חוקרת בכירה במוסד האמריקאי לחקר התנועה של לאבאן וברטנייף - מדריכה, מטפלת ומנחה בקבוצות את גישת התנועה הסומאטית לצורכי בריאות, חינוך והעצמה.

קהל היעד

הקורס הוא לעזר לכל מי שמתעניין בלמידה על מהות התנועה, לשואפים להכיר מקרוב את התנועה של עצמם, למטפלים המעוניינים לעבוד בתנועה בעבודה פרטנית, למורים הרוצים ללמד ולמנחי קבוצות שמעוניינים להשתמש בעבודת התנועה ככלי להעלאת מודעות הגוף והנפש בתהליך קבוצתי: אפשר ליישם את חומרי הקורס והכלים שיוקנו בו בכל התחומים העוסקים ברווחת האדם והקבוצה.

אנחנו מזמינים להשתלמות את כל הרואה בעצמו מנחה קבוצה/מטפל /מדריך/מורה שיש לו עניין בעבודה המשלבת תנועה אינטגרטיבית.

אין צורך בניסיון קודם בתנועה.
ההשתלמות תועבר בעברית ובאנגלית.
חומרי ספרות מקצועית ינתנו למשתתפי ההשתלמות.

מתי, היכן ועלויות

ההשתלמות תערך במכללה האקדמית בווינגייט בין התאריכים 27-23 באוקטובר 2011.
עלות ההשתלמות היא: 1150 ₪
למשתתפי תכנית הבית של המרכז תינתן הנחה של 20%
ניתן לפרוס את התשלום ל - 4 תשלומים

הכרה ותעודה

למשתתפי ההשתלמות תינתן תעודת השתתפות מטעם המכללה האקדמית בווינגייט, ומטעם LIMS.
ההשתלמות מוכרת על ידי LIMS לצרכי שעות "השתתפות או צפייה בתנועה" לסטודנטים בתהליך ההכשרה לטיפול בתנועה.

הרשמה

1. אפשר להירשם בטלפון 050-5621283
2. אפשר להוריד את טופס ההרשמה מאתר הבית של המרכז בכתובת:
www.icgroups.co.il לשלוח אותו לפקס מספר: 09-7724858

התאריך האחרון להרשמה 16 באוקטובר

**לפרטים והתייעצות ניתן לשוחח עם מילי שטוקפיש וד"ר תמיר רוטמן, מנהלי המרכז
בטלפונים: 0505621283, 0545953234**

או למייל info@icgroups.co.il

The Language of Movement: an integrative, holistic, mind-body approach to empowerment for groups and individuals.

The Introduction to Laban Movement Studies A five-day immersion in the transformative power of movement

From our first moments, we experience our world and communicate our needs to others through movement. Our emotions are often experienced physically, and our agency takes place through action. In our relationships with others, a vast majority of our communication is non-verbal. Research also shows that movement is a key component in change and transformation—that the power of movement goes both ways: changing our movement patterns can affect our relationships, our experiences and our emotions.

While the power of movement in our lives is both evident and well-documented, many of us yearn for systematic vocabulary empowering us to use what we see and experience.

Laban Movement Studies provides this comprehensive approach to understanding human movement, expanding our expressive and communicative range and deepening our experiences. Just as spoken language communicates through its grammar, Laban Studies teaches the basic components (or “grammar”) of non-verbal communication, empowering us to name our experiences, identify our patterns, and facilitate transformation through a holistic experience.

We'll explore how the language of movement can be used for conflict resolution, group dynamics, group cohesion and alignment, team building, and embodied leadership so participants will begin to integrate this powerful transformative language into their group work.



Workshop dates and schedule

October 23 – 27, 2011

Oct. 23, 14:00 – 18:00 (14:00 – 15:45, Introductions, expression and group process, 16:00 – 18:00 pm, experiential introduction to the language of movement)

Oct. 24 – 27, 09:00 – 17:15

Daily schedule:

09:00 – 10:45 Bartenieff Fundamentals, 11 – 12:45 Laban Movement Analysis, lunch, 13:30 – 15:15 BF/LMA/Observation , 15:30 – 17:15 Integration and application.

Closure and celebration, 15:30, October 27

Workshop content details:

Bartenieff Fundamentals™

Bartenieff Fundamentals will be introduced as a methodology to working with individuals and groups somatically. The developmental underpinnings of movement will be explored through Bartenieff Fundamentals, with experiences in body awareness, breath support, grounding, dynamic alignment, and how initiation and sequencing of movement become coordination that can be used to provide a physical experience of change. Participants learn use BF to see developmental patterns in relationships and how empowerment and growth are developmentally supported.



Participants will learn how the principles from BF are used in assessment and planning treatment, some guidelines for listening and communicating about movement, including the use of touch, and how to work with groups using these skills. Learn how movement re-patterning works differently than “exercise” as we constantly return to the flow of connections through the whole body based upon sound understanding of anatomy and physiology principles. Somatic work is based upon the principle that the body has the ability to heal, balance and reorganize itself through developmentally sequenced movement: using BF, we learn not to “fix”, but instead to listen more deeply, and provide experiential change.

Movement Analysis

Laban Movement Analysis teaches us to experience the vocabulary of expressive movement and non-verbal communication. These movement factors are: Effort, the energetic, qualitative, emotional and expressive elements of movement and Shape (how our posture and gesture relate to ourselves, others and our environment) and the dynamic organization of movement in space.

Laban looks at how these elements change over time, allowing us to see patterns in context, and understand the rhythms of change. We'll explore how the movement factors are phrased in inner/outer, exertion/recuperation, function/expression and mobility/stability rhythms, to open our consciousness to the flow of change and transformation in live.



Participants will learn and experience these basic language elements of movement, practice reflective observation of self, others and the group with this knowledge, and explore ways for using this in your field, for example, to help your clients support the change they desire. LMA facilitates deep change because the mind-body connection is a two-way street—how we move both reflects and affects what we feel. As clients and the groups we work with are able to expand the range of their movement choices, they discover a physical way to support their own embodied change, create shared experience and intimacy.

Workshop experience

each session will begin with the group connection to process the flow of knowledge and experience together, flow easily into the introduction of new concepts, then provide time for authentic, individual exploration of them in movement and a return to the group to experience the concept in relationship of self to others.

Class practice will consist of movement experiences, visualization, teaching touch, skilled movement/activities in your field, observation and discussion and perhaps a field trip.

Non-judgmental insight

As a comprehensive, internationally accepted system describing the organization of human movement potential, Laban Movement Studies is non-judgmental, allowing us to name what patterns exist, to gain insight into why they exist, and to provide an opportunity for seeing how they serve our identified goals, as well as the possibility for finding other approaches to serve our needs. A system is flexible enough to be used by therapists, actors, anthropologists, dancers, musicians, psychologists, sociologists, business leaders and politicians, Laban Movement Studies provides a way to understand the scope of varied human experiences of groups as well as a tool as personally responsive as your own uniqueness and values.

Studying Laban teaches critical observational skills practical to many fields and particularly useful, where honesty of expression calls for a keen ability to perceive and respond to subtle changes taking place in real time.

Somatic Movement Education and Therapy

Somatic Movement Education and Therapy addresses individual and group needs primarily from the perspective of movement and the body, providing a physical means of facilitating desired change and expanded options. It teaches psychophysical awareness and enhances functioning through movement learning. The workshop will introduce participants to ways to use movement to deepen somatic awareness in clients and groups, how to listen from a somatic perspective, set goals together, use movement observation to choose where to begin work, and how to work through movement towards these goals, empowering clients and groups with somatic skills. The SOAP method of charting notes to track changes and growth will be introduced. (Self, Observed, Action, Plan)



Rudolf Laban

(1879-1958), approached movement in the same way that Darwin and Freud approached their subjects: as phenomena that can be observed, analyzed and explored for meaning. A Hungarian philosopher/scientist, he was educated in the fine arts--architecture and theatre, but his fascination with movement led him to begin developing a framework of basic principles for the understanding of movement structure and purpose. In fact, he was an early multi-culturalist. Throughout childhood he traveled widely with his diplomatic family, thus he was determined to develop an approach able to describe the qualities of movement from around the globe.

Irmgard Bartenieff (1900-1981)

applied her Laban training to the field of physical therapy, developing her own approach to body education, now called Bartenieff Fundamentals. Bartenieff applied developmental principles and Laban's theories to her work with polio patients and dancers, originating a physical reeducation method we now call the Bartenieff Fundamentals (BF). Bartenieff was also a cross-cultural movement researcher, dancer, notation expert and pioneer in the field of dance therapy.

Rachelle Palnick Tsachor

is a certified Laban Movement Analyst, a Registered Somatic Movement Therapist, and group facilitator for Mind-Body Medicine Skills groups. Rachelle works with individuals and groups on a wide range of personal goals, such as mind/body connections, personal expression, non-verbal communication, and skills for coping with pain, chronic conditions, and developmental challenges. A certified Teacher of the Alexander Technique, Rachelle earned her BFA in dance at Juilliard, her MA in Dance/Movement Research at CUNY. She developed and teaches somatic movement and mind-body courses at the University of Iowa and is senior research faculty at the Laban/Bartenieff Institute of Movement Studies in New York City, where she developed the program to train Somatic Movement Therapists.

**נשמח לראותכם.
כילי ותמיר**