

Exploring how LMA can be used to communicate our work and evidence outcomes within Education, Health and Social Care

In the workshop we will focus on Laban Movement Analysis (LMA) as a way to validate our ability to observe, assess, set goals, as well as measure and document progress in our clients/patients. This will enable Clinical Commissioning Groups (CCGs) and other stakeholders to understand the benefit of the work we do.

We will review the four basic pillars of LMA: Body, Effort, Shape, Space (BESS) as well as the Effort Elements: Weight, Space, Time, Flow. After doing so, we will explore case studies through the lens of LMA and practice our ability to integrate the language in the way we share/document our observations. This can provide tangible evidence and substantiate our findings, goals, interventions, and observable progress. By doing so, we may be able to educate/communicate with other medical professionals more productively so that they gain a more a clear understanding and respect for the positive impact Dance Movement Psychotherapy can have in physical and mental health care.

Time 1.30 – 4.30 pm

- I. Introduction
 - a. Familiarity with LMA
 - b. Reasons why LMA can be beneficial to our profession
- II. What is LMA?
 - a. BESS
 - i. Effort elements/motion factors
- III. How do we apply this knowledge/language in our work?
 - a. Integrating our knowledge within multi-disciplinary teams within education, health & social care.
 - i. Utilising LMA in note-taking/reports/working with others
 1. Observation/Assessment
 2. Goal setting
 3. Note taking
 4. Reporting/relating to other professionals
- IV. Case study exploration/practice
- V. Reflection/Conclusion

Close 4.30pm