

GROUNDING OUR EPHEMERAL STATE: DANCING AMONG BLACKBERRY BRAMBLES AND UNSTABLE ICE CUBES. AN ARTISTIC STORY TELLING ABOUT DMT.

What is Dance Movement Therapy? It always takes a while to offer a convincing verbal explanation of what DMT is. Even though all our professional efforts aim at finding the best definition, it often remains a words' lack. Moving offers the non-verbal shape to our story telling. From silently moving speeches raises awareness of our body/mind connection with the environment. We are seen, we are felt. DMT takes a form. Here and now, and then it vanishes. Nevertheless the sensory memory will remain and will connect to the core of its explanation. Awareness raises in a slow and silent process towards grounding.

**As DMT's we may facilitate this flow being the proactive junction among population, institutions, arts and technology.
How to be an effective junction?**

Introduction

Global issues: sanitary crisis, war crisis, climate changes
Needs: new perspectives, global answers, new paradigms to connect communities

Arts: pioneer's visions from different points of view, a basis for future communities in the management of critical issues.

Integration's needs between scientific, traditional and artistic data.

2019 WHO report What is the evidence on the role of the arts in improving health and well-being? A scoping review
2022 WHO's guidelines A toolkit on how to implement social prescribing

2023 WHO Traditional Medicine Global Summit 2023 "Towards health and well-being for all"

Generative time: from a sectors' perspective towards a globally open and connected perspective.

Arts therapies: solid support to empower connection between body and mind focusing on experience.

The inexpressible becomes expressible through a movement, a drawing or a sound. The creative process leads to forgotten or new resources. It stimulates new associations, it releases energy to make a choice and to take actions. It offers tools to get and to maintain intrapersonal, interpersonal and transpersonal health promoting unexpected skills. This dynamic encourages actions towards well-being, increasing the capacity to recognize states of emotional distress and body tensions.

From the larger perspective of nationwide services, this approach may promote basic changes towards a more holistic bottom-up vision of care management in favor of responsible self-engagement to support individual and social cohesion and well-being through virtuous practices in the community.

As DMT's, we are still suffering on professional recognition, while we are conscious of the bottom-up perspective from now on. How may we engage to enhance awareness on the above mentioned process and on our profession?

Conclusions

Using a paradox, environment issues as well as our profession go through ephemeral states: it is still needed to feel the undetectable to establish a familiar grounding. Our profession may help to become aware of the changes and feel them proactively,

DMT: active junction in this process.

Urgency to finally show this concrete shape of our profession in the institutional and social community.

Creating the conditions to an open dialogue for DMT dissemination considering both scientific and attractive aspects in its story telling.

Research and events where DMT meets other professions or arts.

Experiences in museums and health centers are an innovative story telling. DMT through itself, sculpture, 3-D printers, the ephemerality of memories and nature moving across landscapes, mindscapes and dancescaping for new social paradigms.

Future goals

To promote DanceMovementTherapy and social prescribing.

Objectives

Dancing connects the body to the earth's body. Gestures resonate landscapes. Body cells move according to fine threads with the nature. Inner and outer steps to create a silent nonverbal dialogue, to feel the essence of being part of a whole.

The investigation of the personal space (the kinesphere) and the landscape's changes shows the body through its relationship with the territory. It is not a magical transfer, it is a real connection between bodies on earth. **Empowering body awareness and body/mind connection with nature may increase proactive attitudes towards environment issues such as climate changes.**

Methodology

Site specific cross-generational workshops were offered in public spaces to connect with landscape's changes.

The two spaces were: the Pinacoteca G. Levis in Chiomonte and the public medical center ASL in Oulx Piemonte – Italy.

Connection 2: climate change – dancing among ice or playing with efforts

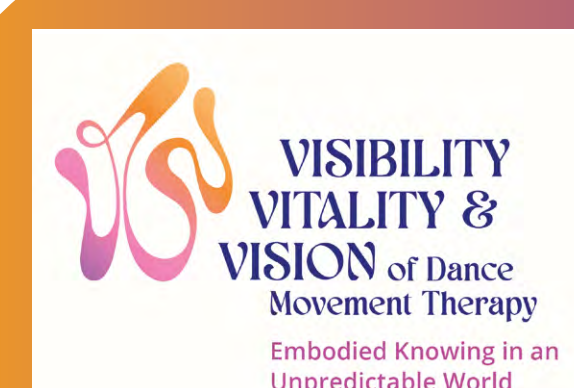
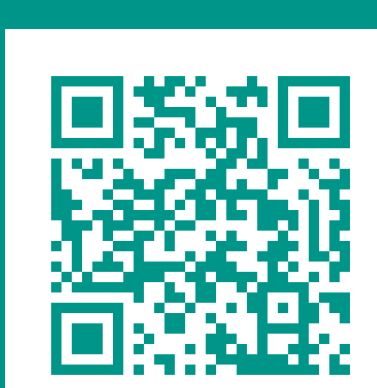
Connection 3: technology – dancing in 3-D colors or exploring kinesphere

Connection 1: history – dancing with Annibal and his elephants or body awareness

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