

Janka Kormos

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Certified KMP Analyst,

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## ***Introduction to the Kestenberg Movement Profile - 30 hours Module I.***

### **Course Description**

The Kestenberg Movement Profile (KMP) is a systematic and in-depth movement assessment tool which offers dance/movement therapists and clinicians a refined language as well as a psychological interpretation for what is seen in the body. In this 30 hour module, students will learn the basic layout of the KMP, the movement patterns contained within it, and the developmental and psychological significance of the patterns. Clinical applications will be explored and discussed throughout the course. Through didactic, experiential, and creative processes, student and practicing clinicians will come to know the depth, wholeness, and vision the KMP has to offer.

### **Learning Objectives**

The participant will

- become familiar with the movement patterns contained in the KMP and understand the developmental progression and the psychological significance of these patterns
- have an understanding of the unique concepts which underlie the KMP and the theoretical frameworks which can be applied
- begin applying the KMP to clinical work (in areas such as assessment, treatment planning, therapeutic intervention, and evaluation of treatment progress)

### **Required reading:**

Kestenberg, Loman, Lewis, Sossin (1999): *The Meaning of Movement, Developmental and Clinical Perspectives of the Kestenberg Movement Profile*, Gordon Breach, Netherlands / Routledge, London-New York pp. 1-20

Stern, D. (1985): *The Sense of a Subjective Self: II Affect Attunement, The Interpersonal World of the Infant*, 138-161. NYC: Karnac Books,

Kestenberg J. A. (1985): *Development of the Young Child as Expressed Through Bodily Movement I, Sexuality, Body Movement and the Rhythms of Development*, London, Jason Aronson Inc, pp. 189-195

Kestenberg J. A. (1985): *Attunement and Clashing in Mother-Child Interaction, Sexuality, Body Movement and the Rhythms of Development*, London, Jason Aronson Inc, pp. 157-171

Bernstein, L. P: *The Unconscious Choreographer: The Use of Movement Patterns in Dance/Movement Therapy with Young Children and Their Families*

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**Session 1:** 8 hours + 1 hour break

3 hours - Introduction to the concept of the KMP, reviewing the theoretical foundations of Kestenberg's work - psychoanalysis, self-psychology, ego-psychology, object relations theory, psychophysiology and movement studies

2 hours - Overview of the KMP - 8 movement categories and their substituting movement patterns - reviewing the psychophysiological developmental progression and relation between movement patterns of the different categories

2 hour - Movement exploration into the different developmental patterns and reflection on personal movement experiences

1 hour - Discussion, possible ways of application into personal development and practice

**Session 2** - 8 hours + 1 hour break

2 hours - Tension - Flow - Shape Flow systems - reviewing the temperamental, affective basis of movement patterns relating drives- discharge and needs satisfaction/structural expression of affects, learning styles and coping mechanism

2 hour - Vertical and horizontal relationship between these patterns and their possible interpretation

2 hours - Shape - Flow- Shaping Systems - reviewing the structural base of expression, self-feelings, object relationships and patterns of complex social relationships

1 hour - Movement exploration of Tension- Flow-Shape Flow systems and movement observation exercises

1 hour - Discussion, personal reflection on the personal movement experience

**Session 3** - 8 hours + 1 hour break

1 hour - Reviewing the individual patterns of bipolar and unipolar shape flow and their developmental progression

2 hours - Reviewing the structural base of expression, self-feelings, object relationships through Bipolar and Unipolar shape flow patterns

1 hour - Discussion, reflections and possible application of the Shape-Flow-Shaping Systems

1 hours - Reviewing the structural base of simple and complex relationships, defenses and cognitive patterns of learning through the Shaping system

1 hours - Discussion on the clinical and practical applications, integration and overview of the whole profile

1 hour - Interpretations and limitations of the KMP + Movement exploration - embodying the whole profile, progressing through movement developmental phases

1 hour - Questions, discussion, short presentations and closure

**Method of Evaluation**

Class participation

25%

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(e.g. participating in movement experientials & observations and the verbal processing/discussion that occurs daily as well as learning and practicing attunement based tension flow writing)

Daily assignments

25%

(e.g. maintaining a movement reflection journal and writing entries in it related to the KMP patterns we're learning that day and gathering movement observations of a toddler for the final paper)

Final paper: Observation/Assessment of a toddler (who has been video-taped) 25%

(this is a 3-5 page paper which involves writing up the movement observations that were made of the toddler for each KMP pattern—tension flow rhythms, tension flow attributes, pre-efforts, efforts, bipolar shape flow, unipolar shape flow, directional shaping, and shaping in planes—and then assessing if the child is on track developmentally or not; lastly, based on the observations/assessment, what interventions and/or activities might be implemented with this child)

A brief oral presentation on a clinical application of the KMP 25%

(a 10-15 minute presentation on the last day of class; requires identifying a child or adult, discussing/presenting their dominant movement patterns and possible meaning of their movement and one or two interventions that could be implemented)