

## **Introduction to the Kestenbergs Movement Profile - 30 hours**

### **Module I.**

#### **Course Description**

The Kestenbergs 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 participants will

- become familiar with the movement patterns conceptualised in the KMP, understand the developmental progression and the psychological significance of these patterns
- have an understanding of the psychoanalytic base and interdisciplinary approach which underpins KMP theory
- begin applying the KMP to clinical work (in areas such as assessment, treatment planning, therapeutic intervention, and evaluation of treatment progress)

#### **Required reading:**

- Kestenbergs, Loman, Lewis, Sossin (1999): *The Meaning of Movement, Developmental and Clinical Perspectives of the Kestenbergs 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,
- Kestenbergs 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
- Kestenbergs 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*

**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

**Session 4** - Online session

2 hours - Further discussion on interpretation and application of the KMP in clinical practice based on assignments sent by the participants in previous week

1 hour - discussing issues around movement observation and personal movement assessment

1 hour - overview of the KMP in embodied research and discussion about certification process and closure

### **Method of Evaluation**

Active participation - 25%

- Active engagement in movement experientials, verbal reflections and group discussions

Daily assignments - 25%

- Creating a movement reflection journal for documenting relevant movement patterns, practising movement observation

Final paper assignment on video-taped movement record of a toddler - 25%

- Max 6 page long paper on the movement patterns observed in each KMP category
- Assessment of the child's developmental track and potential areas of further support
- Creating a brief proposal for possible movement interventions and activities informed by the KMP for the child

Oral presentation on possible application of the KMP - 25%

- Presenting a case of a child or an adult chosen by the participant with their most and least dominant patterns in all KMP categories and the possible psychological and developmental interpretations of these
- Proposing activities and interventions for this particular case

## **Constructing Kestenberg Movement Profiles I. Online** **- KMP training Module II. (30 hours)** **Tension Flow Rhythms, Bipolar and Unipolar Shape Flow**

---

### Syllabus

#### **Course Description**

This 30 hour course will focus on tension flow rhythms (developmental issues & personality), bipolar shape flow (comfort with self/environment), and unipolar shape flow patterns (attraction/repulsion to stimuli in the environment and in relationships). The course will provide teaching and practice of movement observation, free-hand tracing technique of tension flow writing, labeling, notation and constructing diagrams. Clinical interpretations, application of the findings will be explored. At the end of the course constructing diagrams of TFRs, BS, US, analysing findings and proposals for clinical intervention will be an objective of completion (for those who intend to pursue certification).

#### Session 1 (5 hours)

- Overview of the KMP as a whole, interpretation and applications
- Reviewing TFRs, BSF, USF categories and their innate qualities
- Reviewing movement patterns of TFRs and Shape Flow through movement
- Practice of movement observation and distinguishing between TFRs
- Practice to observe for Shape Flow patterns

#### **Required reading:**

#### Session 2 (5 hours)

- Learning tension flow writing, practice of free hand tracing, kinesthetic attunement
- TFRs labeling and notation
- Practice of labeling based on video then group sharing
- Discussing pure and mixed TFRs

#### **Required reading:**

#### Session 3 (5 hours)

- Constructing TFRs diagram
- Interpreting the diagram findings
- Learning the lay out of a KMP case document

**Required reading:**

Janet Kestenberg Amighi, Susan Loman, Mark Sossin (2018): *The Meaning of Movement Embodied Developmental, Clinical, and Cultural Perspectives of the Kestenberg Movement Profile* Second Edition, Routledge, New York,

Section I: Chapter 1-2

Section II: Chapter 11

Section III: Chapter 13

Session 4 (5 hours)

- Reviewing Shape Flow patterns and their interpretations
- Exploring the difference between BS and US patterns through movement
- Learning to observe BS patterns
- Learning to notate BS patterns
- Constructing the BS diagram

**Required reading:**

Janet Kestenberg Amighi, Susan Loman, Mark Sossin (2018): *The Meaning of Movement Embodied Developmental, Clinical, and Cultural Perspectives of the Kestenberg Movement Profile* Second Edition, Routledge, New York,

Section I: Chapter 5-6

Section II: Chapter 11

Section III: Chapter 13

Session 5 (5 hours)

- Reviewing US patterns and their interpretations
- Movement practice of US patterns
- Learning to observe US patterns
- Learning to notate US patterns

**Required reading:**

Janet Kestenberg Amighi, Susan Loman, Mark Sossin (2018): *The Meaning of Movement*

Embodied Developmental, Clinical, and Cultural Perspectives of the Kestenberg Movement Profile Second Edition, Routledge, New York,

Section I: Chapter 5-6

Section II: Chapter 11

Section III: Chapter 13

Session 6 (5 hours)

- Constructing diagram of US
- Interpreting the the BS and US diagram findings
- Placing the interpretations into the lay out of a final KMP case document

**Required reading:**

Janet Kestenberg Amighi, Susan Loman, Mark Sossin (2018): The Meaning of Movement Embodied Developmental, Clinical, and Cultural Perspectives of the Kestenberg Movement Profile Second Edition, Routledge, New York,

Section I: Chapter 5-6-7

Section II: Chapter 11

Section III: Chapter 13

### *Learning Objectives*

The participant will

- become familiar with free hand tracing technique, kinesthetic attunement in practice
- Acquire skills of
  - movement observation, tension flow and shape flow writing, notation and labeling
  - calculation and quantification of movement
  - Constructing diagrams
  - clinical interpretation

### *Evaluation*

Class participation

25%

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

Assignments for each session

25%

**Janka Kormos**

*KMP Analyst & Trainer*

*PHD candidate - Theoretical Psychoanalysis Dance-Movement Psychotherapy, MA*

*Email: [dancetherapy@kormospractice.com](mailto:dancetherapy@kormospractice.com) [www.kormospractice.com](http://www.kormospractice.com)*

*Tel.: +31685774873*

- maintaining a movement reflection journal,
- gathering movement observations,
- labeling tasks and diagrams, submitted or shared before or on each session

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

25%

- a 4-6 page paper which involves writing up the interpretations based on created diagrams in the lay out of the final KMP case document for each KMP pattern—tension flow rhythms, bipolar shape flow, unipolar shape flow - assessing all aspects of the diagrams adding intervention proposals or indications for focus of therapeutic work)