codarts
rotterdam

Master of Arts Therapies
Open Research Day 2021
Time structures in Dance and Music Therapy Research

Programme

10:00 Welcome note
Dr Rosemarie Samaritter
Dance Therapy and Music Therapy
Room 6.41
Livestream

10:15 Parallel keynotes

Dance Therapy
Ilona van der Meent| Rhythm is a dancer: Translation of dance movement therapeutic insights into research topics
Room 6.41
Livestream

Music Therapy
Dr Katrien Foubert | Rhythm as design of interpersonal trust in music therapy
Room 5.22
Livestream

11:15 Break

11:30 Research Market
Alumni presentations
Moderation: Simone Kleinlooh and Dr Kathinka Poismans
Dance Therapy: Erin Harty and Anke Michiels | Room 6.41
Music Therapy: Rita Kárpáti and Louise Ubbels | Room 5.22
Livestream

12:30 Lunch break

13:30 Workshop
Presenter: Dr Chris Müller
Dance Therapy and Music Therapy
Room 9.2

14:45 Keynote
Dance Therapy and Music Therapy
Dr Katerina Kandylaki | Rhythm works: a brain-body perspective for music and dance therapy
Room 6.41
Livestream

15:45 Performance followed by panel discussion
Marika Meoli and Joost Vrouenraets | In presence of an embracement
Panel discussion | Moderator: Rosemarie Samaritter
Dance Therapy and Music Therapy
Room 6.41
Livestream

16:30 Closure
Drinks and bites

The programme in detail

Codarts faculty will moderate the programme:
Dr Rosemarie Samaritter, *Associate Lector Arts and Health*
Simone Kleinlooh, *Programme Leader Dance Therapy Programme*
Dr Kathinka Poismans, *Lecturer Music Therapy Programme*

Keynote | Rhythm is a dancer: Translation of dance movement therapeutic insights into research topics.
Ilona van der Meent
Clinical and Experimental Neurosciences program, University Medical Centre Utrecht

Many dancers have a so-called qualitative movement vocabulary. Dance movement therapist are often trained to use this vocabulary for specialized movement interventions in mental healthcare. They can quickly generate full body movement profiles, which offer insight in the organization of movement within the body. Especially in dancing, the body and the brain are encouraged to complete a movement task successfully and efficiently. All body parts are required to collaborate and coordinate to find an optimum in posture as well as balance between body parts, direction in space and timing. Oftentimes 'time' appears to be an indicator of disorganisation in the body.
Our research team combines parts of the LBMA with motion capture to quantify to the observed movements as well as determining the reliability of the observations. Quantifiable and reliable observations, such as the response to rhythm, form the basis for developing evidence-based DMT practical interventions in the field of psychiatry. In turn the application of these interventions may lead to new DMT (intervention) research topics.

Ilona van de Meent is a Dance Movement Therapist at the psychiatry department of the University Medical Centre Utrecht. Currently she is following the Clinical and Experimental Neurosciences program at the Utrecht Graduate School of Lifesciences as a PhD student. Ilona is trained in applied psychotherapy and specialized in the observation of body- and movement characteristics with analysis frameworks such as, Laban/Bartenieff Movement Analysis (LBMA). Based on her expertise, Ilona's mission is to gain a better understanding

of movement profiles linked to psychiatric diagnoses in order to develop personalised movement interventions for a healthier mental and physical lifestyle.

Keynote | Rhythm as design of interpersonal trust in music therapy
Dr Katrien Foubert
LUCA School of Arts, department Music & Drama
KU Leuven, Faculty of Medicine
University Psychiatric Centre KU Leuven

In our society today, rhythm often counts as aesthetics, but the power of rhythm as structure of social dynamics is largely underestimated. The dynamic of attunement, balancing, and sharing of rhythm is found everywhere in human society. And it is to this original level of encounter in time and space that music therapists remind us. During the COVID-19 period, everyone experienced a new range of rhythms, in which, embedded in a technologically mediated environment, we were affected in our most fundamental capacity as social being: our capacity of resonance. This presentation will explore how disruptions of rhythm on a bodily-affective level have an impact on our mental wellbeing. Video fragments will be used to illustrate how music therapists are able to reconnect with the lost rhythms of patients suffering with a mental disorder. More specifically, how do patients regain their love for the power of a rhythmic polemic via music therapy improvisations, which moves us through its unexpected variations, and shapes the development of interpersonal trust.

Prof. Katrien Foubert has obtained a master in music (violin) and music therapy and a PhD at the KU Leuven. She is a music therapist at the University Psychiatric Centre KU Leuven on a unit for clients with a personality disorder. Foubert is professor in the Bachelor/Master training course of music therapy at LUCA, School of Arts (Belgium) and in the Master training course at the University of Applied Sciences, Nijmegen (the Netherlands). She is researcher at the medical faculty KU Leuven. Her research is focused on the application of clinical improvisation for patients with a mental disorder.
Katrien.foubert@luca-arts.be

Workshop | Experimental design for time strutures in movement and music
Dr Chris Müller
Erasmus University College

In this workshop, we will explore some possibilities of quantifying movement synchronisation behaviour. Synchronisation of movement has been implicated in many important aspects of music and music- and dance therapy, but has been difficult to integrate in daily practice. We will design an experiment(s) (based on some general preprepared paradigms/procedures) in which we will use several tasks (e.g. humans synchronising body movements to each other, or to music). Using a smartphone's accelerometer we will register and be able to analyse movement data to see if we are able to predict aspects like synchronisation quality. In principle we will use an app called Physics Toolbox Sensor Suite Pro and some custom written analysis software in Matlab to test our hypotheses, but we may deviate from this if desired.
No previous technical knowledge is required. All we need is some feasible ideas to experiment with. The workshop will start with a brief introduction of the approach and will then dive into a hands on experiment.

Chris Muller holds a PhD from VU University in Human Movement Sciences which focused on 3D visual perception, and has spent 4 years as a Post-Doctoral researcher at Ghent University at the Institute for Psychoacoustics and Electronic Music where he worked on musical agency, dance & synchronisation, and cognitive load in music performance. He is currently a senior lecturer at Erasmus University College where he teaches Systematic Musicology, Neuroscience and Computer Science. His main interest are (interpersonal) synchronisation, delayed auditory feedback, musical agency, sensori-motor integration and designing quantitative experiments on these topics.

Keynote | Rhythm works: a brain-body perspective for music and dance therapy

Dr Katerina Kandylaki
Maastricht University, Faculty of Psychology and Neuroscience
Dance, Movement, & Breathing

Rhythmic patterns occur all around us. From daily rhythms such as the sunrise and sunset to groovy songs such as Stevie Wonders' "Superstition", or even the rhythm behind a catchy slogan. The human body and brain have their own rhythms, such as the heartbeat, the breathing, and neural oscillations. Based on the person's engagement with an external signal (e.g. music), the brain and body rhythms may synchronise with the music. What is the optimal synchronisation and what can be achieved with it? This talk will show evidence for the brain and body rhythms synchronising with and optimising behavior. This evidence inspires a new theoretical framework on a dynamic system of brain and body rhythms. This framework will produce interesting research questions to be studied in music and dance therapy.

Katerina Kandylaki is a cognitive neuroscientist, dancer, and dance teacher. In 2016 she completed her PhD in the neurobiology of language and continued to study rhythm perception in language and music. In 2017 she completed her teacher training in "Margaret Morris Movement" and has been teaching dance for the past 4 years. In 2021 she started her own company "Dance, Movement, & Breathing", in which she is developing her own method combining neurophysiological knowledge with dance exercises. Combining the researcher and dance teacher perspectives, she aims to bring her knowledge on the neurobiology of rhythm into dance therapy and performance.

Relevant links:
The current lab: https://band-lab.com/
The company: https://www.dancemovementbreathing.eu/

Performance | In presence of an embracement
Marika Meoli and Joost Vrouenraets
Choreography and dance

Two bodies in a perpetual embracement; skin to skin, bones entangle and muscles interweave each other in one persisting movement. Since the global pandemic outbreak in 2020, our approach to physical contact in society has changed radically. Embracing each other has become a scarce physical act, solely allowed in private space amongst people from the same household. With this work, we are aiming to highlight the importance of the simple but -in our view- vital act of an embracement. The piece is a choreographic score performed by two bodies in the act of an uninterrupted

embracement in a single restricted emplacement. The duet is a work that is the first outcome of a choreographic research on partnered dance and the act of embracing. Supported by Fondspodiumkunsten #balkonscenes

Marika Meoli (1992) began her career as a dancer at the Accademia Nazionale di Danza in Rome. In 2015 she graduated from Codarts as a professional dancer. Since then, she has been working around Europe and more closely with Joost Vrouenraets (NL) and the collective of Alexis Blake (USA). She is currently attending a master programme in Dance Movement Therapy at Codarts and creating her own work.

Joost Vrouenraets (1979) works as a choreographer, performer and director in Europe, America and Asia. His interdisciplinary work is situated in the zone where both the vulnerability and the virtuosity of man show their face. The universe of Vrouenraets is explicitly visual, physical and is always a celebration of life, in the light and in the darkness.

Panel discussion | Time structures in Dance and Music Therapy Research
Moderatoration Dr Rosemarie Samaritter

The final panel discussion is meant to offer the opportunity to reflect on de presentations and discuss questions that participants would like to address.