



## **Authentic Movement Plus**

### **Year long Training Program for Therapists**

#### **Authentic Movement with Bodywork and Dance Improvisation**

#### **With Martina Mückler and Sabine Parzer**

Authentic Movement (AM) is a method originated from dancetherapy used in dancepedagogy and psychotherapy as well as in different artistic processes. It offers an insight and experience into deeper layers of our self, new possibilities of developing our physicality, exploring and integrating emotional states and the possibility to honour spiritual aspects of ourselves through movement.

Authentic Movement (AM) is a practice of listening and moving from inner impulses, images and stories.

There are two roles: the *mover* and the *witness*. The *mover* has a set amount of time where he/she moves, dances, listens, voices and interacts with closed eyes. He/she can freely choose where her sensations and movements take her/him in the dance. The mover is “contained” by a single person or a group of witnesses, who in turn are “tuning in” into their own inner sensations, impulses, feelings, stories and images. In the sharing, both the mover and the witness exchange these inner sensations verbally free of interpretation. There are specific guidelines how to use language in the sharing.

*Authentic Movement facilitates a descent into the inner world of the psyche through natural movement. Through the process we are reconnected with deeper instinctual resources and spiritual intelligence that dwell in the molecular structure of the cells, and recover un-lived parts of our nature on intrapersonal, interpersonal and transpersonal levels. The practice develops a sense of embodied presence, of being ‘at home’ in the body. During a time when many of the patriarchal power structures that have given meaning to our existence for thousands of years are crumbling, Authentic Movement allows practitioners, within the context of a healing relationship, to discover a new paradigm that offers guidance from an inner source. Physical, psychological, spiritual, social, affective and aesthetic dimensions are included in this holistic practice. Authentic Movement is used in individual and group settings, is effective within the context of psychotherapy, medicine and meditative practices, and is a potent source for artistic expression.* (Tina Stromstead)

### **Methods:**

Authentic Movement as used in a therapeutic and self exploration setting can:

- Develop a link between the subconscious and conscious body
- Further a persons ability to embody and express their life experiences
- Help to grow people fully into their creative and professional potential
- Establish forms of nonverbal communication
- Clarify and sharpen verbal communication skills
- Develop an attitude of non-judgment towards themselves and others

- Learn to trust ones body
- Develop new bodyimagery, selfawareness and selfacceptance

Improvisation exercises based on contemporary dance allow for

- articulation of movement
- strengthening physical awareness
- development of movement vocabulary
- playful grounding
- awareness for space, time and force
- experience and acceptance of physical boundaries
- play with the connections of sound and body
- simply to have fun together

Bodywork based on the elements of *Systemische und Integrative Bewegungslehre®*, an extended Feldenkrais® method helps to

- relieve physical tension
- regenerate
- foster sensibility in connecting with a partner
- develop touch qualities
- open up our senses and receptivity
- integrate embodiment on a cellular, somatic level

## **What do you get?**

This year long training offers the possibility to

- experience the depth and lightness of Authentic Movement (AM) in a consistent group over a longer period of time
- to learn the various structure of moving:
  - dyad (one to one)
  - triad
  - groupstructures: breathing circle and long circle
  - transition time
  - creative variations according to the needs and themes of the group
- experience the various aspects of witnessing
  - speaking witness
  - moving witness
  - groupwitnessing
  - gesture witnessing
  - recall
  - „I see, I feel, In my story...“
- differentiate the various professional applications of AM:
  - therapeutic application
  - self development settings
  - groups
  - single clientel.

- to experience and develop a peergroup in AM
- to develop a personal approach which can be integrated into one's own professional context
- to receive individual counselling and supervision

## Structure:

### 1. Beginning from the Body *3 day weekend, Martina and Sabine*

In this weekend we will give you the possibility to experience the forms of AM, define roles of mover and witnesses, practice sharing as a mover and witness, learn some of the dance improvisation elements, define a personal training goal, work on group development, help to organize and define the peergroup, explain bodybook and readinglist

### 2. Bodyawareness *1, 5 Days Martina*

We will be focusing our attention on our perception of the body from the inside and the outside (feeling and seeing). We practice awareness in motion and in stillness. We will work with the breath, touch, spatial awareness, movement qualities and expression. Can I hear my organs, sense my blood, taste my bones and feel the color of my skin?

### 3. Impulses, voice *1, 5 Days Sabine*

What is an impulse? How does it travel through my body? How do I become aware of it, how do I express it? How can I dance with my feelings connected to the impulse, what happens if I move into something new, ugly, scary, funny, beautiful or powerful? How do I express my voice as part of my movement (animal sounds, baby sounds, singing,...)

### 4. Development into the therapeutic aspect *5 day Retreat Martina and Sabine*

The „meaty“ part of the training is devoted to the depth of the experience when practicing AM over a longer period of time and to the possible applications and use of the method in your single client and group work:  
We will:

- be practicing AM many times in different forms
- practice being in silence and in nature (letting nature be our witness, witnessing nature)
- develop a sense of spiral consciousness (moving with aspects of ourselves from the past/present/future),
- be giving and receiving bodywork
- explore the teaching possibilities and applications of AM
- Have sharing times and give single talks with each participant
- have time for regeneration

5. Language Sharing  
1, 5 Days *Martina*

In this workshop we have the special focus on the way we use our language in describing our moving experience and our witnessing. The sharing in the moving experience benefits from detailed, clear descriptions of movement and interactions, as well as feelings and images that arise from the unconscious. The sharing in the witnessing experience most importantly needs a non-judgmental language. „I see, I feel, in my story“ are guidelines along the way of witnessing.

6. Theme/ Focus/ Issues Specificity  
1, 5 Days *Sabine*

We will be experiencing AM with a topic or focus, specific (i.e. a bodypart) or more general themes (i.e. relationship, space).  
We will work with the difference between moving from a question and moving from the body, finding answers (or more questions) through the body and possible solutions and manifestations in form.

7. Overview - Group/Single Clients  
3 day weekend *Martina and Sabine*

This will be another practice time, deepening our knowledge personal process with the method of AM and a personal review over the year long process. In addition we will find time to define the application in my own/ therapeutic work. What are my next steps? Practicing additional AM forms (drawing witness, moving witnesses, artistic structures). We will end with a group ritual and feedback sessions for participants and workshop leaders.

## **Requirements for Participation**

- professional education as a therapist (i.e. Dance/Arttherapists, Gestaltherapists, bodyoriented Psychotherapy....)
- professional training and experience in a therapeutic context (i.e. holistic dancepedagogues, coaches, physiotherapists, bodyworkers, artists who work in a therapeutic setting,...)
- basic experience in dance, movement and somatic practices
- selfexperience in psychotherapeutic processes
- answering of questionnaire

## **Requirement for Certificate**

- Participation in all workshops
- Attendance and fulfillment of the required hours in a Peergroup
- 20 hrs of teaching AM with protocols
- Fulfilling 3 writing or drawing assignments
- keeping a bodydiary

We will provide a **Readinglist**



## **Martina Mückler**

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- Born 1966 in lower Austria
- dancetraining since age of 15 in different styles between ballet, afro, flamenco, modern dance and contact improvisation
- formed a Jazzdance performing group at the age of 16 and taught Jazzdance for several years for children and adults.
- Occupational Therapist (VEÖ, 1988) ,
- specialisation in Sensory Integration Therapy
- Dance-Movement Therapist (tiefenpsychologische Tanz- und Ausdruckstherapie - InTAT, BTA, 2001)
- integrative and interpersonal children`s (psycho)therapy
- (IIK – integrative und interpersonelle Kinder- und Jugendlichenpsychotherapie, ökids, 2008).
- Works in her private therapy-office since 1994 (Gemeinschaftspraxis für Kinder, [www.schlickgasse4.at](http://www.schlickgasse4.at)).
- Long-year- experience with e.g. children in kindergarden and school age, children and young adults with physical and/or mental disabilities,
- workshops and regularly groups for men and women (tanztherapeutische Selbsterfahrungsgruppen),
- creative dance workshops (TanzExperience),
- workshops in laban movement analysis and
- in therapeutic work with children from 0 to 3 for pedagogues.
- Started to teach Authentic Movement in 2010 together with Sabine Parzer
- In Zagreb /Croatia and near Vienna in her „Holistic dance and movement pedagogic – teachers training“



## **Sabine Parzer**

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- Born 1971 in Vienna, Austria
- dancetraining since age of 15 in different styles of jazz dance, ballet, modern dance and contact improvisation
- Bachelor of Arts in Modern Dance (with Honours) from Columbia College Chicago, USA
- Ten years in the USA and Germany working as a professional dancer, choreographer and dancepedagogue
- 2001 Birth of my first child
- 2002-05 Training in Systemische und Integrative Bewegungslehre® (an extended Feldenkrais® Method enriched with the principles of systemic counselling)
- 2003 Birth of my second child
- since 1999 employed as a holistic dancepedagogue at Weißer Hof, AUVA, a rehabilitationclinic for people after work and traffic accidents, neurological diseases and psychiatric disorders
- since 1990 teaches workshops, trainings and intensives at international festivals in Europe, Israel, USA and SouthAmerica for dancers, artists, therapists, and bodyworkers with the methods of Authentic Movement, Contact Improvisation, Contemporary Improvisation , Holistic Dancetechnique and Selfexploration
- 2010 Beginning of the first Teachers Training program in holistic dance and movementpedagogy in Zagreb, Croatia and in Austria
- 2010 Birth of the Institute for Holistic Dance and Movementpedagogy