

## Registration Form

2-day Workshop on Dance Movement Therapy by  
Mr. Frank Zvika

Date: October 18 & 19, 2017 (Wed & Thu)

Time: 9:30 am – 5:30 pm

Venue: 2/F., 5 Sassoon Road, Pokfulam, Hong Kong.

Fee: 2-day Workshop – HK\$2,800

Please return the completed form with cheque payable  
to **"The University of Hong Kong"** by mail, or in  
person to the following address:

Centre on Behavioral Health, HKU  
2/F., 5 Sassoon Road, Pokfulam, Hong Kong.

Title: \*  Professor  Dr.  Mr.  Mrs.  Ms.

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Correspondence Address:

\_\_\_\_\_  
\_\_\_\_\_

Tel: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_

Organization: \_\_\_\_\_

Position: \_\_\_\_\_

I would like to learn the following from this course:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Date: \_\_\_\_\_ Signature: \_\_\_\_\_

\* Please tick as appropriate. \* Fee paid is not refundable

## *2-day Workshop on Dance Movement Therapy by Mr. Frank Zvika*



### **For further information, please contact us:**

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香港大學行為健康教研中心  
Centre on Behavioral Health, HKU

## About the Trainer

Frank Zvika, BC-DMT, is a renowned  
Dutch/Israeli dance-movement therapist.

Zvika worked at the Delta Psychiatric  
Centre in Rotterdam, the Netherlands for 27  
years, where he served elderly people, people  
with psychosis, depression or borderline  
disorder. He was committee member of  
the Master Program of Dance Therapy at  
Codarts, Rotterdam. He contributed to the  
curriculum development of the program,  
and had tremendous experiences in offering  
supervisions and internships for students.

Besides, Zvika is known for his dance  
therapy program for sexually abused victims.  
Adopting an interdisciplinary approach that  
combines cognitive behavioral elements with  
dance movement therapy, the program has  
been introduced as a unique treatment  
model worldwide.

Zvika has conducted workshops  
internationally and has presented in the  
international panel for the ADTA  
conference. He is also a recipient of  
Outstanding Achievements Award from the  
ADTA for his pioneering work with sexually  
abused victims and for his contribution to  
promote DMT in China. Zvika is the first  
non-American holder of this prestigious  
award.

## Workshop Description

### Theoretical background of the TA/DMT workshop

1. What is TA? What is DMT?
2. Why these two methods go well together?
3. What are we going to do the 2 days?

#### What is TA (Transactional Analysis)?

“Transactional Analysis provides a framework for observing and analyzing what goes on between people and inside people in order to help them make changes.” (Adeneuer-Chima, 2010)

The founder of TA is Canadian psychoanalyst *Eric Berne*. He began forming his theory, which is eventually called Transactional Analysis, in the 1950's. It is a very accessible approach to psychotherapy. We call it also a ‘cognitive behavior therapy’. The fundamental unit of social intercourse is the transaction; If two or more people encounter each other...sooner or later one of them will speak, or give some other indication of acknowledging the presence of the others. This is called ‘transactional stimulus’. Another person will then say or do something which is in some way related to the stimulus, and that is called the

‘transactional response’. Thus, a simpler definition of TA is ‘...the method for studying interactions between individuals.’

TA can be used for therapy, coaching, teaching, and to get a better understanding of children.

#### What is DMT (Dance Movement Therapy)?

DMT was developed in 1950 by *Marian Chace*, a former American dancer and social worker, who used to in a hospital. She discovered that dance could help people with psychological problems. Dance Movement Therapy is a non-verbal psychotherapy, which explores and expresses conscious and unconscious feelings through dance.

DMT focuses on the nonverbal language, and our awareness of the body. Our body has its own memories, and through dance, some memories that were deeply hidden in the body will appear. From our childhood, we collect ‘emotional stamps’ (non-expressed emotions) and those stamps are stowed in our muscles and other parts of our body. A lot of people don't express those feelings and they develop all kinds of psychosomatic symptoms, which make us ill or develop all kinds of addictions.

#### Why do these two methods go well together?

The combination of TA's cognitive understanding and DMT's body understanding of human relationship was found be a powerful therapy. Both methods of therapy concentrate on communications. TA focuses on verbal communications and DMT focuses at the non-verbal communications. The focus of DMT is on changing patterns and becoming more flexible, while TA talks about the fact that you have much more options than the only one you think you have.

*Marian Chace* emphasized that we need to have empathy and respect for each other, and one of the concepts of TA is 'stroke', which is “a unit of recognition, when one person recognizes another person either verbally or nonverbally”. The term stroke grew out of the work of the Austrian child development researcher, *Rene Spitz*. *Spitz* observed that infants who did not receive cuddling, touching, handling - in other words, did not receive strokes - had emotional and physical problems. *Berne* took these findings and applied them to adults, determining that adults also need physical contact or strokes. He called this need ‘recognition hunger’, which means the adult

needs strokes to feel OK. He emphasized that any stroke, positive or negative, is better than no stroke at all. Therefore, this concept of “stroke” focuses also on the body as DMT does.

To sum up, I use dance for observation and TA for analyzing.

### **What are you going to do in 2 days?**

#### The TA concepts we will work with:

- The Ego Phase
- Stroke unit of recognition
- Contamination
- I am OK you are OK life positions
- Symbiotic relationship
- Transactions
- The drama triangle
- Emotional Stamps

### **Workshop schedule**

Day 1: Introduction to TA/DMT

You will learn about the key concepts of TA in the morning, and we will start to put them into practice on body level in the afternoon.

Day 2: Further understanding of TA/DMT

We shall continue with the concepts we learned on the first day, and further

explanations will be given to help deepen understandings of TA/DMT.

### **Learning objectives**

- Understanding why TA and DMT go well with each other.
- Learning the basics of TA and DMT.
- Experiencing how we use these two methods.
- Understanding the application approach of TA.

### **Details of Workshop**

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#### **Language:**

**English**

#### **Fee:**

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