



Workshop Series on Living Dance~Living Music™

by

Dr. Danielle L. Fraenkel Ph.D., BC-DMT, NCC, LCAT, LMHC, CGP

&

Mr. Jeffrey Mehr, MA Musician

Workshop 1:

2-day workshop on BodyMind Integrity, LivingDance~LivingMusic™ and the Treatment of Eating Disorders by Dr. Danielle L. Fraenkel & Mr. Jeffrey Mehr

Workshop Details

Date : April 21 & 22, 2018 (Sat & Sun)

Time : 9:30 am – 6:00 pm

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

Fee : HK\$3,300

Course Description

With the increasing numbers of people who suffer from body dissatisfaction, weight pre-occupation, and eating disorders, it is time to work with what Chinese culture knows so well — bodymind integrity. That means moving beyond the talking therapies and engaging holistic approaches that work directly with the body, the object of derision and the battlefield for control. Participants in this two-day workshop will do so by applying the theory and practice of *LivingDance~LivingMusic™* to the assessment and treatment of anorexia, bulimia, and binge eating disorder — diagnoses that people often define as a fear of being fat or an inability to control the intake of food. Yet these definitions are better-viewed as symptoms or manifestations, among others, of an intricate web of affective, cognitive, and developmental themes that *LivingDance~LivingMusic* addresses by adding to treatment creative processes, imagination, and essential elements of dance and movement to treatment.

Kinesthetic sensing, improvisational dance, *LivingMusic™* as powered by the dancers (clients), and the *LivingDance™* approach to authentic movement will hone in on body image, identity development, locus of control, affect, and the confusion between physical and emotional hunger. As in all forms of dance/movement therapy, training, experience, and talent are not required. Participants will also examine research from neuroscience that suggests why some people may be more vulnerable to developing eating disorders than others. The program is designed for student and practicing medical and mental health practitioners, dancers, educators, and others who work with individuals struggling with disordered eating and eating disorders. To prepare for the workshop, participants should know



the characteristics of each of the eating disorders, (e.g. Visit <https://www.allianceforeatingdisorders.com/portal/what-are-eating-disorders>). The American Dance Therapy Association has approved this course as meeting the requirements for the Alternate Route R-DMT credential (One credit/15 hours towards DMT Theory & Practice).

Course Objectives

The student will

1. Review DSM V's diagnostic features of eating disorders in anorexia nervosa, bulimia, and binge eating with a focus on the somatic and movement.
2. Define and discuss the roles body image, autonomy, shame, perfectionism, the drive for thinness, control, alexithymia, and the conflict between emotional hunger and physical hunger play in eating disorders.
3. Identify at least three cogent arguments for viewing dance/movement as a therapy of choice for individuals who have eating disorders.
4. Compare and contrast the advantages and disadvantages of using the Chace approach, the Whitehouse approach, and the use of improvisational dance when working with people who have eating disorders.*
5. Embody and evaluate at least five dance/movement therapy interventions, including methods grounded in *LivingDance~LivingMusic* (e.g., finding home, use of the four basic parameters as sources of improvisation).
6. Compare and contrast the differences among improvisations that use dance to embody psychological constructs familial events, experiences of self, and improvisations grounded in fundamental elements of dance.*
7. Compare and contrast the role *LivingMusic* plays with the *ISO* Principle.

* Note: Objectives 4 and 6 must be achieved to receive credit to be applied to the American Dance Therapy's Association Alternate Route to Certification in Dance/Movement Therapy and to Continuing Education Hours for the R-DMT, BC-DMT, NCC, and CCMHC

Students pursuing the alternate route to certification in dance/movement therapy must also complete a daily journal and a research paper. See the syllabus for details.



Workshop 2:

1-day Workshop on LivingMusic™ Bridging to the Now – Letting our Music Flow from Connection by Mr. Jeffrey Mehr

Workshop Details

Date : April 24, 2018 (Tue)

Time : 9:30 am – 5:30 pm

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

Fee : HK\$1,500

Course Description

To help participants play their true music, this workshop explores dance, kinesthetic sensing, and simple connections to listening, breathing, and—above all—trusting that there are no wrong notes. Many of us receive some sort of musical exposure and music-making experience from childhood and into adulthood, and many receive formal instruction. It is rare, however, that a student, teacher, musician, or music director incorporates what Chinese culture knows so well — bodymind integrity.

Improvising music in the moment from a bodymind center provides deep satisfaction. In this workshop Mr. Mehr introduces his Four-Step Formula for improvising *LivingMusic*: Listen—Breathe—Trust—Go! Essential to *LivingMusic* is that each note the musician is about to play will be the right note for that moment, and that the musician brings everything necessary to that moment to play that note.

Music-making authentically and in the moment means moving beyond the talking therapies and engaging holistic approaches that work directly with the body. Participants in this one-day workshop will learn to make music by applying the theory and practice of *LivingDance~LivingMusic™* to the experience of playing music freely, improvisationally, and fully in the present moment. There will also be training in how to facilitate a group in improvising and making *LivingMusic*—bridging from what is inside to the Now.

To do maintain this bridge, *LivingMusic* employs techniques from Taijiquan to help maintain a relaxed, mindful, meditative condition that supports the connection to reflexive responding, in playing music either with other musicians or to witness dancers.

You do not need training or talent to participate. For a specially personalized experience, bring your own musical instruments. Other musical instruments will be available at the workshop as well.

Parts of the session will be recorded and made available to the participants. Many participants find that the recordings help recall the multi-sensory experience in detail.



Workshop Objectives

The participant will

1. Learn and apply the Four-Step Formula of *LivingMusic*: Listen — Breathe—TRUST—Go!
2. Discover the freedom of playing music while knowing that “there are no wrong notes.”
3. Explore the concept of making high quality notes as opposed to a quantity of notes.
4. Investigate varieties of energy in music-making, including ooooooh energy and yay energy.
5. Develop ways to extend the bodymind wholeness of *LivingDance* concepts—pulse, breath, muscle connectivity, shape, and finding home — into making *LivingMusic*.
6. Learn techniques from Taijiquan that help create the sense of relaxed mindfulness and reflex-level response that supports *LivingMusic*.
7. Compare and contrast the experience of playing solos and playing in ensemble, and also playing the lead and support roles in an ensemble.

About the Trainers

Dr. Danielle L. Fraenkel

Danielle L. Fraenkel PhD, BC-DMT, NCC, LCAT, LMHC, CGP, director of Kinnections, the only free standing institute in the United States that offers all the dance/movement therapy courses required for certification is the creator of *LivingDance*[™], the precursor to *LivingDance~LivingMusic*[™]. She began developing it, when she, as the first dance/movement therapist for the Rochester Eating Disorders Organization (REDO), realized that traditional approaches to dance/movement therapy were either ineffective or inappropriate for the population REDO served. Innovator and published author, she works from the premise that dance is inherently healing.

Dr. Fraenkel has introduced *LivingDance~LivingMusic* to dancers and non-dancers both nationally and internationally, presented at numerous conferences, and contributed to magazines, academic journals, and texts on group therapy. Currently, she teaches dance/movement therapy at Kinnections (on-line and in-person), the University of Rochester, and in Pune, India where she is the academic and clinical supervisor for the Kinnections-Sancheti Hospital Training Academy’s collaborative certificate program in dance/movement therapy. She also supervises students and practicing dance/movement therapists, works privately with individuals and groups, and is Vice-Chair of the Board of Directors of BIODANCE, a dance company that explores social, political, and environmental issues. In 2014, the American Dance Therapy Association gave Dr. Fraenkel their award for Excellence in Education.



Mr. Jeffrey Mehr

Jeffrey Mehr, MA, director of music and accounts manager at Kinections since 1984, is the creator of *LivingMusic*[™]. During a *LivingDance* intensive workshop in 1998, he discovered that he could bring the kinesthetic and body-based experience of the Now of *LivingDance* to his music, and his music in turn uniquely fed back to the dancers.

As Mr. Mehr began to share with others this way of making music, he realized that conventional Western approaches to music-making – although helpful in developing virtuosity – had often led many to become aware of what they saw as their shortcomings in talent, training, or experience, and to move away from the natural joy and satisfaction that music-making can bring to every human being.

Mr. Mehr has introduced *LivingMusic* to dancers and non-dancers both nationally and internationally, including recently in Pune, India, at the Kinections-Sancheti Hospital Training Academy's collaborative certificate program in dance/movement therapy. He has authored articles in the popular press on dance/movement therapy, the power of breath, and the technique of release.

Mr. Mehr plays piano, digital keyboards, cello, and harmonicas. He has also studied saxophone, bassoon, classical guitar, pennywhistle, and ukulele. His degrees are in English (BA) and English and Math Education (MA—Liberal Studies). Mr. Mehr holds a black belt in Tae Kwon Do, and he has practiced Taijiquan for more than forty years. Music and martial arts together give him the sensitive listening/responding skills which enable *LivingMusic* to take shape as part of the process of *LivingDance~LivingMusic*.

Workshop Fee:

Workshop 1 : HK\$3,300

Workshop 2 : HK\$1,500

Workshop 1 + 2 : HK\$4,000

For details and registration, please visit our website: <http://cbh.hku.hk/>

Enquiry: 2831 5163 (Amy Choi) or email: bhealth@hku.hk



Registration Form

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
The University of Hong Kong
2/F., 5 Sassoon Road, Hong Kong.
Tel : 2831 5163 Fax: 2816 6710

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Workshop 2 : 1-day Workshop on LivingMusic™ Bridging to the Now – Letting our Music Flow from Connection by Mr. Jeffrey Mehr/April 24, 2018 (Tue)

* Workshop 1 : HK\$3,300 Workshop 2 : HK\$1,500 Workshop 1 + 2 : HK\$4,000

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

First Name: _____

Last Name: _____

Correspondence Address: _____

Tel: _____ Fax: _____

Email: _____

Organization: _____

Position: _____

I know this programme from: _____

I would like to learn the following from this course:

1. _____

2. _____

3. _____

Date: _____ Signature: _____

*Please tick as appropriate

^Fee paid is not refundable