

## 中国高端颐养机构老年人创意舞动及舞动治疗团体实践分享

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中国是世界上老年人口众多，老年人的身心健康已成为社会关注的热点问题。如何保障老年人的身心健康，提高老年人的心理健康水平，提高老年人的主观幸福感，提高养老机构老年人的生活质量，让老年人活出符合自己节奏的生命质量是我们关注的议题，提高养老服务质量。以身体作为媒介、舞动作为链接，让老年人更多地参与关于自己的内在体验和互动，从而看到自己。

欧葆庭国际颐养中心作为全法资企业在中国落地本土化养老实践，特别是非药物治疗的实践有着远见卓识。舞动治疗的实践基地的建设、开展舞动治疗项目并不容易，而欧葆庭主动探寻非药物治疗的方式让舞动治疗的实践有了很好的环境和土壤，很幸运相遇于此。

本次报告由舞动治疗师和欧葆庭国际颐养中心负责人共同联合发言：

- 一、欧葆庭国际颐养中心介绍
- 二、欧葆庭为什么要引入舞动治疗为老年人服务？
- 三、在机构中实践舞动治疗/创意舞动项目的五年中，我们有哪些收获？
- 四、欧葆庭老年舞动团体基本情况
- 五、带领不同老年群体舞动治疗/创意舞动的案例分享
- 六、作为治疗师在带领团体过程中如何平衡舞动治疗和创意舞动两者之间的关系。
- 七、共同呼吁，让舞动发声、发生

**Sharing of practice in creative dance and dance therapy groups for the elderly in  
Chinese high-class nursing institutions**

## Xing Shanshan , Peng Lin

China is a country with large elderly population in the world, and the physical and mental health of the elderly has become a hot issue of social concern. The issue of our concern is how to protect the physical and mental health of the elderly, improve their mental health level and their subjective happiness, as well as the quality of life of the elderly in pension institutions, so as to ensure the elderly live out the quality of life in line with their own rhythm, and improve the quality of elderly care services. The elderly can participate more in their inner experience and interactions about themselves with the body as a medium and dancing as a link, so that they can see themselves.

As a wholly French-owned enterprise, ORPEA International Health Care Center has great foresight in the localized pension practice in China, especially in the practice of non-drug therapy. It is not easy to build the practice base of dance therapy and carry out dance therapy projects. However, ORPEA's initiative to explore non-drug treatment gives the practice of dance therapy a good environment and stage, which is very lucky to meet here.

The dance therapist and the head of ORPEA International Care Center will make a joint speech this time.

- 1.Introduction to ORPEA International Health Care Center
- 2.Why did ORPEA introduce dance therapy to serve the elderly?
- 3.What have we learned from the five years of practicing the dance therapy / creative dance program in the organization?
- 4.Basic information of ORPEA elderly dancing group
- 5.Lead different elderly groups to practice dance therapy / creative dance case sharing
6. How to balance the relationship between dance therapy and creative dance as a therapist while leading a group.
- 7.The appeal, let dance/DMT make a sound, and make changes happen