

TITLE OF WAEF WORKSHOP: Movement, Dance the Brain-Ageing Journey and the Role of the DMT in making a difference

What?: Accompanying text to Power-Point presentation.

Who by?: Richard Coaten PhD (UK)

When?: Pre-summit WAEF Conference Workshop Feb 25th 2023

Why?: For translation below into Chinese/Mandarin to aid communication + attached PPT?

This exploratory workshop makes a number of different assumptions that challenge the status-quo in relation to the care of people living with brain-ageing. It draws on both my ideas and those of others in the field who have influenced my work greatly and to I am indebted:

- 1) As schizophrenia is an increasingly out-dated term in the care of adults and riddled with societal stigma here in the UK, so too is dementia in relation to the care of older adults and the stigma generated by use of that term. In this workshop the “D” word is replaced by Brain-Ageing that has less stigma attached to it. The reference to this new term is not mine and can be found in the PPT itself (Brayne, C, 2018).
- 2) The population of people living with the condition around the world is according to Alzheimer’s Disease International (ADI) around 24 million and will continue to grow. It is vital that we find innovative ways to work with people with problems associated with brain-ageing, including memory, self-identity, self-esteem, self-confidence and much more. DMT can play a vital role in supporting the person and those who care for them, as both family and professional carers.
- 3) There is as I write this no known cure, therefore we must find ways in society to improve the quality of life, sense of meaning and purpose, maintaining physical activity, good nutrition and activities like for example Sudoku that have been found to support neuronal connections in the brain.
- 4) DMT is very well placed to work in both verbal and non-verbal realms and for those becoming less verbal, it is a vital resource to supporting what has in the literature been described as “Personhood” (Kitwood & Bredin, 1992).
- 5) Of great import to DMPs: kinaesthesia & body memories are myelinated by way of strong nerve cell axons (metaphorically like Motorways are to the landscape of a country) and they remain intact for longer by way of procedural memory...not so with short-term memory.
- 6) The importance of the therapeutic relationship is so important, however so are the maintaining of any and all relationships that can keep the person connected with who they love and care about, things that they love, food that they love, the natural world, animals and plants etc. RELATIONSHIP IS KEY.
- 7) All this DMT practice whether 1-2-1 or group-based must in my opinion take place within a values based system that is based on deep respect for the person and all that they can re-member and still participate in. Giving choice or not to participate and helping to reveal what I have described in my writing as “a hidden humanity” (Coaten, 2002)...or listening with a “Creative Alertness”(Coaten, 2001) to all that still remains. In order that we can as DMTs celebrate, honour and be in the presence of whatever can be expressed by way of movement, music, song, dance and reminiscence that gives a sense of value back to the person and their carers.

Refs:

Brayne, C. (2018) *A Life Course approach to prevent dementia – Dementia Bulletin*

Coaten, R. (2002) 'Movement matters: revealing the hidden humanity within dementia through movement dance and the imagination', *Dementia. International Journal of Social Research and Care Practice*, 1, no.3, 386-392.

Coaten, R. (2001) 'Exploring reminiscence through dance and movement', *Journal of Dementia Care* 9, no.5, 19-22.

Kitwood T. & K. Bredin, eds. (1992c) *Person to Person: a Guide to the Care of those with Failing Mental Powers*, Loughton: Gale Centre Publications

世界艺术身心论坛（WAEF）工作坊：

动作和舞蹈让改变发生

舞蹈/动作治疗在大脑老化过程中发挥的作用

翻译：宋亭亭

什么内容？将文稿随幻灯片演示稿展示。

讲者是谁？Richard Coaten 博士（英国）。

工作坊时间？2023年2月25日世界艺术身心论坛（WAEF）会前会议工作坊

为何？：为了将以下内容翻译成中文/普通话以助交流，并附上 PPT？

这个探索性的工作坊提出了一些不同的假设，挑战了照顾与大脑老化共处人群的现状。它既借鉴了我的想法，也借鉴了该领域其他人的想法，他们对我的工作影响很大，我很感激。

1) 在英国，照顾成年人方面随着精神分裂症成为一个日益过时的术语，且充满了社会污名，照顾年长者方面，失智症（俗称老年痴呆症）也已过时，而且使用这个术语也会产生污名。在这个研讨会上，以“D”为首字母一词被“大脑衰老”所取代，它所带来的病耻感更少。引用的这个新术语并非是我提出的，可以在幻灯片中找到（Brayne, C, 2018）。

2) 根据阿尔茨海默症国际协会（ADI）的数据，全球身处这种情况的人口约为2400万，并将持续增长。至关重要的是，我们要找到创新的方法，与有大脑衰老相关问题的人们一起工作，包括记忆、自我认同、自尊、自信以及更多方面。舞蹈/动作治疗在支持个体和那些照顾他们的人方面可以发挥重要作用，包括家庭和专业照护者。

3) 在我写下这份纲要时，还没有已知的疗法，因此我们必须在社会中找到提高生活质量、意义和目的感的方式，保持体育活动、良好的营养以及例如已被发现支持大脑神经元连接的数独（Sudoku）活动。（译者注：数独是源自18世纪瑞士的一种填数逻辑游戏）

4) 舞蹈/动作治疗在语言和非言语领域都有很好的作用，对于那些更少使用言语的人来说，它是支持文献中描述的“人格”的重要资源 (Kitwood & Bredin, 1992)。

5) 对舞蹈/动作心理治疗师们 (DMPs) 非常重要的一点是：动觉和身体记忆是通过强大的神经细胞轴突进行髓鞘化的 (以隐喻的方式来说就像高速公路是一个国家的景观)，它们通过程序性记忆的方式保持长期完整..... 短期记忆则不然。

6) 治疗关系如此重要的，然而维持任何以及所有可以使一个人与他们所爱和关心的人、他们所爱的事物、他们所爱的食物、自然界、动物和植物等保持连接的关系也非常重要。**关系是关键。**

7) 所有这些舞蹈/动作治疗的练习，无论是一对一还是基于小组的练习，在我看来，都必须在一个基于价值观的系统中进行，这个系统是基于对人和所有他们能记得并仍可参与的东西的深切尊重。给予选择或不参与，帮助揭示在我的文章中描述的“隐藏的人性” (Coaten, 2002) 或以“创造性的机警” (Coaten, 2001) 倾听所有仍然留存的东西。为了使我们能够作为舞蹈/动作治疗师庆祝、尊重且临在于任何一个人可以通过运动、音乐、歌曲、舞蹈和回忆的方式表达的东西，因为这样的表达给予这个人 and 他们的照者价值感。

参考文献:

Brayne, C. (2018) *A Life Course approach to prevent dementia – Dementia Bulletin*

Coaten, R. (2002) 'Movement matters: revealing the hidden humanity within dementia through movement dance and the imagination', *Dementia. International Journal of Social Research and Care Practice*, 1, no.3, 386-392.

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