

'Movement into psychological flexibility' - promoting direct experience of the ACT processes through Movement Improvisation

For proponents of ACT, staying congruent to your own process as you work with others is an essential component of providing a quality service. These two workshops provide an opportunity to engage in an embodied way with core processes of ACT.

In Movement Improvisation physical and vocal exercises and games are used to promote creativity, mindfulness and a greater in the moment awareness of body and mind. The spirit of improvisation encourages us to listen to ourselves, research how we respond to each other and learn how we can live more sane and value led lives. We discover what choices we make and where our interest and fascination lie. We learn to engage and play with the texture and rhythm of our own and others' expressions. Attention is light, yet focused in a playful way, allowing for direct engagement with the present moment.

One of the most powerful elements of Movement Improvisation is that people have the chance to pay close attention to themselves and others within movement and have a lot of laughs along the way. In the movement itself it becomes clear how the mind gets attached to concepts, especially ideas of who we are and how we are seen by the world. Staying with the exercises it also becomes apparent how those ideas, after only a few moments are replaced by different ones, seeming equally compelling. We can explore and observe how we hold onto these concepts, while actually they are ephemeral, and do not hold onto us.

Presence is the attention to what is happening now in order to shape this moment and the next; **Openness** allows whatever occurs to become a part of the creation as opposed to holding onto ideas of what should be happening.

Presence and openness are essential to the practice of improvisation and powerful allies to foster within professional and personal experiences. When we stop maintaining and reinforcing the view of who we are, we stop getting entangled in the stories we tell about ourselves and others; we can relax. The improvisation exercises offered within this workshop will allow us to discover that so much more is possible than the small story of 'I', the box to which we so often restrict ourselves, and interact more freely with what occurs around us, and with other people.

Session 1: Present moment awareness: exercises in pairs or on one's own, that allow for an embodied experience of breath, sensations, touch and our physical nature.

Session 2: Self as context rather than content: Games that allow us to experience the shifting of our idea of who we are, the momentary nature of strong impulses and attachments to identity.

Whilst the focus will be as outlined here, options to consider other ACT processes will be likely during the session.

The tutors:



Ruth (Jaya) Hartlein

**MA Applied Theatre (Royal Central School of Speech and Drama);
Physical Theatre Creator (Kiklos Scuola, Padua, Italy)
Improviser and Performer (www.dancingtheunknown.blogspot.co.uk);
Clown Teacher (www.rednoses-unlimited.co.uk);
Meditator and Meditation Teacher**

I like to explore how different spiritual disciplines and the world of performance, psychological wellbeing and social justice meet and mingle. I offer workshops and training for diverse groups including offenders and ex-offenders, people from ethnic minorities and people recovering from mental health problems.

Please contact me if you are interested in including a more body-based aspect into your work at dancingtheunknown@gmail.com . I can teach in either English or German.

Cerdic Hall

Cerdic has been working in the field of mental health for more than 25 years. With experience as a young carer, of illness itself and as a nurse he has been privileged to provide trainings and clinical input in Australia, the UK, Uganda and Gaza. He currently works in North London as a Nurse Consultant providing mental health care to family doctors.

Apart from clinical and training use of ACT, Cerdic is currently helping to develop an ACT based stress reduction programme for Ugandan

Nurses. <http://www.ugandadiasporahealthfoundation.org/our-work/stress-management-intervention-for-nurses-in-uganda-using-principles-of-acceptance-and-commitment-therapy/>

