

P03-62

PILOT RESEARCH: EVALUATION OF THE EFFECTIVENESS OF THE DANCE MOVEMENT THERAPY (TRAINING) (MOVEMENT-ORIENTED PARADIGM FOR THERAPEUTIC WORK WITH GROUPS)

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In aim of assessment effectiveness new version of the Dance Movement training to elaborate adequate tools to state results of such type of therapy. Participants: mail and female, 35 (± 15) years old were scored twice by psychological tests.

Original version was created by Conoshenko O. (1998) on the basis of Laban Analysis. The two main techniques were taken from Gabrielle Roth - "Body Jazz" and "Five Rhythms". The primary purpose of this training program is to develop coping skills and enhance one's awareness of one's behaviour stereotypes through detection movement stereotypes.

It was proposed that higher scores of characteristics listed below should reflect the effectiveness of this training.

Testing has been conducted at first and last sessions (total 12 sessions). Control group, which included individuals with the same socio-demographic characteristics, has been interviewed twice also. But controls had not participated in the training.

So 16 individuals were scored by method of quick evaluation of common state of health (self-feeling), activity and mood (Doskin V.), method of investigation self-attitude (Stolin V., 1993), personal anxiety scale (Spilberger C., Hanin J.), method of diagnostics social frustration (Vasserman L.).

Statistical analysis data have revealed significant differences between compared groups. Those, who had participated in training, have demonstrated higher scores of the self-feeling and mood. Such aspects of self-attitude as internal contradiction and self-accusation have tendency to reduce. Additionally controls have maintained in their self-reports mastering in solving problem skills effectively due to managing one's problems with a new skills acquired on the training.