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Workshop title:
Creating Space to explore Professional Identity

Duration: 1 h 45 mins on Thursday, 1 h 30 mins on Friday

Goal of the workshop:

Supervisors can use, besides their brains, their bodies as tools to create (the quality of) the service – we should stay healthy mentally and physically, integrate our knowledge and experiences, create a safe place for us and the client to reflect and work, which actually reaches beyond cognitive domain. The movement factor “space” in dance is at the psychological level connected to thinking and cognitive abilities. In this workshop, we shall create practical research on how professional identity may be connected to movement concepts, and create space to explore professional identity.

Concept:

Practical exercises from dance art and therapy; creating philosophical and movement-based connections, learning to observe and being observed, researching body language, creating identity.

Backed up by mini-lectures and discussions about professional identity, concept of “bodyfullness”, movement factor "space".

Learning outcome:

Expanding knowledge about “bodyfullness”, professional identity, and movement factors. A comprehensive body-mind experience.

The participants is offered to:

- ◆ notice and listen to their body
- ◆ connect bodily factors with psychological processes
- ◆ observe and notice
- ◆ give and get feedback
- ◆ translate bodily messages into words
- ◆ shift personal borders
- ◆ be more aware of personal resources and influence

Profile

Helena Ehrenbusch, MSc in (clinical) psychology, MA in choreography/directing, professional supervisor since 2013.

I have been a performer since 1982 as a dancer, acrobat, circus and fire artist; creating choreographies mainly for and with the people with special needs for more than 20 years.

My focus in research has been movement art, bodily wisdom, interaction of psychology and movement.

My approach to work is based on my experiences and professional education, which comprise elements from Jungian psychology, systemic family work, organisation counselling and constellations, risk and change management, leadership concepts, contemporary dance, theatre and circus.