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Workshop title:

Understanding the incomprehensible: use of embodied reflective practice in the supervisor's work

Duration: 1h 45 min

Goal of the workshop:

To present and practice examples of embodied reflective practice and dance therapy aiming to enrich variety of tools supervisor is using in his everyday practice.

Concept:

An embodied reflective practice focuses on an increased self-awareness grounded in physical sensation, including images, thoughts and feelings. In our everyday life, we use only limited number of all possible movements. Extending and giving place for our bodies to express itself through more various movements effects in extending inner space for thoughts, feelings and ideas.

This workshop is physical practise to exercise our feelings and thoughts through body movements. When we move and do some specific gestures- how it affects our feelings? What kind of feelings it awakens? What kind of memories it will raise up? How can I incorporate my body in my supervision practise?

Expected structure of the session: introduction of the theoretical background, practical exercising, discussion and reflection.

Learning outcome:

- Experience embodied interventions that take into account the client's lived experience in the context of the social system they live in, how they experience living in their body and relationship to their body, how they think about themselves and their relationships, as well as emotional responses that may be hard to put into words.
- Discover how increased physical awareness can benefit supervisors themselves aiming to prevent burnout.

Profile

Jurate has a Bachelor degree in public health, Master degree in Social Work, mediators qualification, addiction counsellor, supervisors qualification (since 2022).

She tries to keep her knowledge up to date, currently studying Integrated Body and Movement Therapy.

She has 20 years of practical experience in the field of social work. During her practice years she has had to work directly with clients experiencing poverty and other social problems (illness, disability, loneliness, homelessness, prostitution and human trafficking, etc.), organising, coordinating and delivering social services to these target groups in practice. She is keen to share her internship experience with current and future colleagues - she has been working for 14 years as a lecturer in the field of adult education and further education, providing training for social workers and assistants to social workers.