HEALTHY DANCE EDUCATION
ONE DAY SYMPOSIUM

WHAT
Focus on topics of psychological harm and safeguarding in a dance environment

WHEN
Sunday, 24th of September 2023
10:00-14:30

WHERE
Zurich University of the arts (ZHdK)
Pfingstweidstr. 96, 8031 Zurich
Hörsaal 1
Hybrid option available

AUDIENCE
For dance professionals, dance students, psychologists, researchers, and other interested people

PRICE
FREE REGISTRATION
(SUPPORTED BY THE FUND OF YOUNG RESEARCHERS OF UNIVERSITY OF BERN)

REGISTER ONLINE HERE
or by email here:
dancescience.ispw@unibe.ch
10:00 INTRODUCTION

10:15 – 11:00 Understanding harm and safeguarding in Dance Education (Prof. Dr. Angela Pickard)

Physical and psychological impacts or harm, such as musculoskeletal injuries, disordered eating, perfectionism, low self-esteem, and burnout, associated with traditional methods of dance training, physically demanding dance studio practices, competition and division of power will be explored. Further, examples of dance environments where there is a lack of safeguarding to protect dancers from being harmed, or inappropriately treated, will be discussed.

11:00-12:00 Panel discussion on the topic of harm and safeguarding in Dance Education (with invited guests)

12:00-12:45 Break

12:45- 13:30 “So what do we do?”: Creating healthy dance environments (Dr. Sanna Nordin-Bates)

In this talk, we will explore evidence-based strategies that can be used to create healthy dance environments. Using self-determination theory as a foundation, we will focus on how dance educators can support basic psychological needs in practice. We will also complement it with up-to-date knowledge about psychological safety: the new “buzzword” suggested to be a key aspect of abuse prevention.

13:30-14:30 Panel discussion on strategies to create healthy dance environments (with invited guests)