DIG Mental Health for Dancers

Mental Health for Dancers

Angebot für

Bisheriges Studienmodell > Tanz > Master Dance > Master allgemein > Alle Semester
Bisheriges Studienmodell > Tanz > Master Dance > Master allgemein > 1. Semester
Bisheriges Studienmodell > Tanz > Master Dance > Master allgemein > 2. Semester
Bisheriges Studienmodell > Tanz > Master Dance > Master allgemein > 3. Semester
Bisheriges Studienmodell > Tanz > Master Dance > Master allgemein > 4. Semester
Bisheriges Studienmodell > Tanz > Master Dance > Choreography > Alle Semester
Bisheriges Studienmodell > Tanz > Master Dance > Choreography > 1. Semester
Bisheriges Studienmodell > Tanz > Master Dance > Choreography > 2. Semester
Bisheriges Studienmodell > Tanz > Master Dance > Choreography > 3. Semester
Bisheriges Studienmodell > Tanz > Master Dance > Choreography > 4. Semester
Bisheriges Studienmodell > Tanz > Master Dance > Teaching and Coaching Dance > Alle Semester
Bisheriges Studienmodell > Tanz > Master Dance > Teaching and Coaching Dance > 1. Semester
Bisheriges Studienmodell > Tanz > Master Dance > Teaching and Coaching Dance > 2. Semester
Bisheriges Studienmodell > Tanz > Master Dance > Teaching and Coaching Dance > 3. Semester
Bisheriges Studienmodell > Tanz > Master Dance > Teaching and Coaching Dance > 4. Semester

Nummer und Typ	MDA-MDA-1200.20H.008 / Moduldurchführung
Modul	Theoriemodul - 2 Credits
Veranstalter	Departement Darstellende Künste und Film
Leitung	Dr. Liane Simmel
Zeit	Di 1. Dezember 2020 bis Fr 4. Dezember 2020 / 14 - 19 Uhr
Anzahl Teilnehmende	2 - 16
ECTS	2 Credits
Lehrform	Theory module
Zielgruppen	Master Dance
Inhalte	This course provides an insight in mental health issues for dancers. Professional dance puts a high demand on the dancer's psyche: Working with the body in the spotlight is both a challenge and a potential for mind and psyche. Mental processes, self-perception and self-experience in the dancers everyday work will be main focus of this course. Regarding teaching and coaching dancers, different concepts and approaches will be discussed and trained how to best transmit specific contents and information within the context of dance. Dr. med. Liane Simmel is a medical doctor, osteopath and former professional dancer. She studied dance at the University of Music and Performing Arts Munich and with Merce Cunningham in New York. For over 25 years she has been working as a dancer and choreographer, during which time she also began her medical studies. Today she is established with her own practice in Munich as a dance medicine specialist, with a particular focus on osteopathy, spiraldynamics, and sports medicine. As director of the institute for dance medicine, "Fit for Dance," she is specialized in prevention and therapy of dance related injuries. Liane Simmel is medical consultant at the University of Music and Performing Arts Munich and is a permanent guest teacher at the Palucca University of Dance, Dresden, as well as at the Zurich University of the Arts. She is a founding member and has been 15 years president of "tamed – Tanzmedizin Deutschland", the German dance medicine organisation. Her book "Dance Medicine in Practice" published in German, English and Spanish has become standard literature for applied dance medicine all over Europe, the US and Australia. Her new book "Nutrition for

	Dancers”, written together with Eva-Maria Kraft, has been published in English January 2018. For her pioneering work in the realm of dance medicine she was awarded the Prize of Recognition of the German Dance Prizes 2016.
Leistungsnachweis / Testatanforderung	Attendance, active participation.
Termine	1.12– 4.12.2020
Dauer	2-7pm
Bewertungsform	bestanden / nicht bestanden
Sprache	Deutsch
Bemerkung	Registration for MA Dance students via Clickenroll