

Specialization Course recognized by IBF

in Clinical and Social Biodanza:

Biodanza and Neurodegenerative Diseases



Biodanza School of Liguria

Coordinator: Cristina Vannini

First Module 27th to 28th May 2017

Second Module 23th to 24th September 2017

Timetable: from Saturday 10:00 a.m. to Sunday 6:00 p.m.

Location: Scuola Biodanza della Liguria Via Provana di Leyni, 15, Genova-Nervi, Italia

FIRST MODULE: Parkinson's Disease

Theory:

- Introduction and general information on neurodegenerative diseases with a focus on Parkinson, Alzheimer, Amyotrophic Lateral Sclerosis and Multiple Sclerosis
- Psychological issues associated with Parkinson (anxiety, depression, feelings of worthlessness, frustration, lack of planning) and relationship with the caregiver
- How to approach the psychological and physical discomfort related to Parkinson with Biodanza
- Features to develop in the facilitators who work with these disabilities
- Parkinson: history, drug therapies, traditional rehabilitation, gymnastics adapted, intensive residential courses
- Comparison between traditional rehabilitation and rehabilitative effects of Biodanza by the points of view of motor and existential functions and the recovery of bodily perception
- Report on a Project about the effects of Biodanza in people with Parkinson. The project has been monitored by doctors and psychiatrists.

Vivencias:

- Example of a session with exercises adapted to the motor disabilities of people with Parkinson

- Example of a session with particular attention to the psychological problems of people with Parkinson

SECOND MODULE – Alzheimer's Disease

Theory:

- Psychological issues associated with Alzheimer's (sense of frustration and futility, denial, addiction, anxiety and feelings of depression, oppositional and anger)
- How to approach the psychological and physical discomfort related to Alzheimer with Biodanza
- How to facilitate with Biodanza the relationship with the caregiver, society and institutions. Courses for health workers
- Positive Psychology and positive emotions are critical in the existential rehabilitation of people with acquired and progressive disabilities (increasing resilience, benefit finding, improving the perceived quality of life, improvement of the typical symptoms of the disease)
- Report on the Project: The effects of Biodanza in the elderly with Alzheimer's disease and caregivers who care for them - a search supported by Tuscany Region

Vivencias:

- Example of a session with exercises adapted to the motor disabilities of people with Alzheimer
- Example of a session with particular attention to the psychological problems of people with Alzheimer

Teachers:

Dr. Lucio Marinelli, specialist in Neurology, university researcher, and the teachers of Biodanza SRT: M. Bianco, Physical Therapist; R. Cazzulo, Doctor of Psychology, affiliated to the Italian Society of Positive Psychology, Co-Director of the IBF School of Biodanza Liguria; L. Demelas, child neuropsychiatrist; L. Del Conte, Rehabilitation therapist; B. Malta; R. Rosa, Specialized in preventive and adapted Sports Science, PhD Student Department of Motor Sciences University of Naples "Parthenope", physiotherapist; C. Vannini, Researcher in Physics.

Recipients: Teachers, trainees and students undergoing methodologies of Biodanza SRT Will be awarded diplomas from the International Biocentric Foundation in the specialization "Biodanza® and Neurodegenerative Diseases"

Cost of the Course: € 320 for the two modules including teaching materials

**For information and reservations: bioscuolaliguria@gmail.com
Web site <http://www.scuolabiodanzaliguria.it/>**