



The
British
Psychological
Society



British Psychological Society
Community Psychology Section

Community Psychology Festival: creativity, collaboration, community,
November 20th, 21st 2015.
Biodanza Session 22nd November 2015

The Biodanza session opened the second day of the Festival which was attended by 110 people, most of whom participated in the session. Most participants were unfamiliar with Biodanza, although participants from Barcelona and a local community group had some experience of it. The session was organised in a way that enabled everyone, whatever their experiences, to join in. Participants found the session inspirational and for many it was the highlight of the Festival. The kinds of comments included:

I re-learnt how to relax through dance; I know now that Biodanza is a way to feel and express emotions in the community; I learnt how much I enjoy dancing; I never understood how dancing contributes to wellbeing; I do now; The Biodanza session was amazing – Maria made it such a safe space and I thought everyone who took part related to others in new ways for the rest of the day; The Biodanza session was an experience I will never forget. It has motivated me to find out more about it, and I am sure I will; I am a trainee clinical psychologist and I never realized things like Biodanza existed. I will take this back to my course and explore it more to see how it is used with people experiencing mental distress; the Biodanza was the highlight. What a great way to start the day. The facilitator was so warm and encouraging. I thought she was able to cover a lot in the one session – it wasn't just dancing but some of the thinking underlying it.

Signed:

Date: 21.11.15

Professor Carolyn Kagan, Chair,
Community Psychology Section of the British Psychological Society

