

Date: 14/02/2025

DanceCARE Erasmus +

Dance Movement Therapy and Conscious Movement as innovative tools in emotional education and support for long-term caregivers.

Project ID: 2023-1-IT02-KA220-ADU-000154702

D2.2. Guidelines for body-mind trainers

Annex 2- GROUP ACTIVITY REPORT

ANNEX 2 - GROUP ACTIVITY REPORT (for body-mind trainers)

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Body-mind trainer's Name and Surname	
Training location	
Number of participants	
Training session no.	
Title of the session	
Objectives	
Materials used	
Equipment	
Music chosen (if any)	
Description of the activities	
Themes Which is/are the important theme(s) that emerged during the process?	
Movement Observations made regarding the movement of the participants today (any kind of notation about flow, effort, shape, space and time)?	

<p>Group dynamics</p> <p>Any observations on the group dynamics?</p> <p>How was the interaction between the participants? (tense/comfortable, people went out of their comfort zone to make contact, people took risks while partnering, deeper connections were made)</p>	
<p>Shift</p> <p>Was there a moment during the session you felt had a deep impact on a participant (or several participants) and could be described</p>	
<p>Usefulness training guide</p> <p>1. In what ways did the guidelines assist/hinder session preparation? 2. Assist/hinder intervention delivery and 3. Assist/hinder session evaluation</p>	
<p>Program adaptations</p> <p>Changes you considered needed during the training session compared to the set up in the training guide. How did you go about the need for change you sensed?</p> <p>Any more structural challenges that need to be addressed in the upcoming sessions?</p>	