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QUT creative industries

MINDFULNESS TRAINING IN VOCATIONAL DANCE

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WORKSHOP OUTLINE

1. What is Mindfulness?
2. Benefits for performance
3. WAAPA Mindfulness Training Program
4. QUT Mindfulness Program
5. Future directions for Mindfulness in the Performing Arts
6. Q&A

WHAT IS MINDFULNESS?

Mindfulness is a way of paying attention to the present moment with flexibility, openness, and curiosity



MINDFULNESS IS NOT...

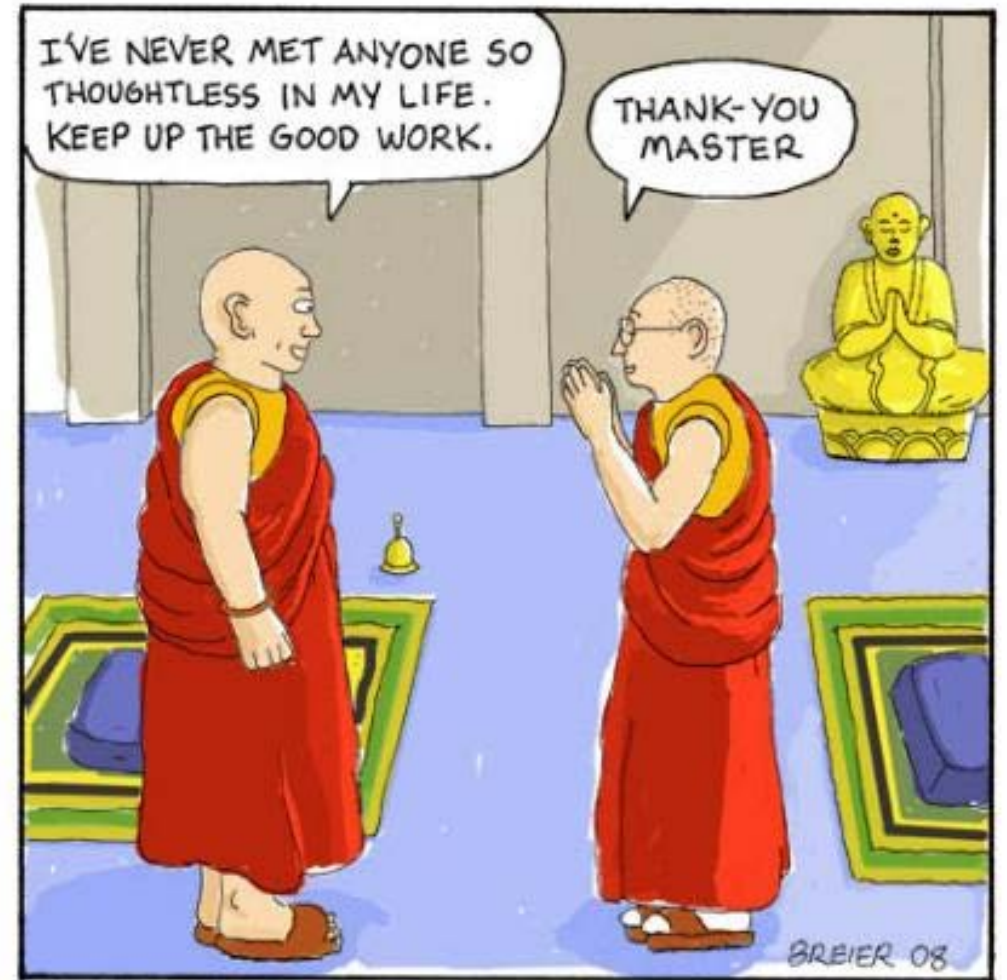
Relaxation

Positive thinking

A blank mind

A trancelike state

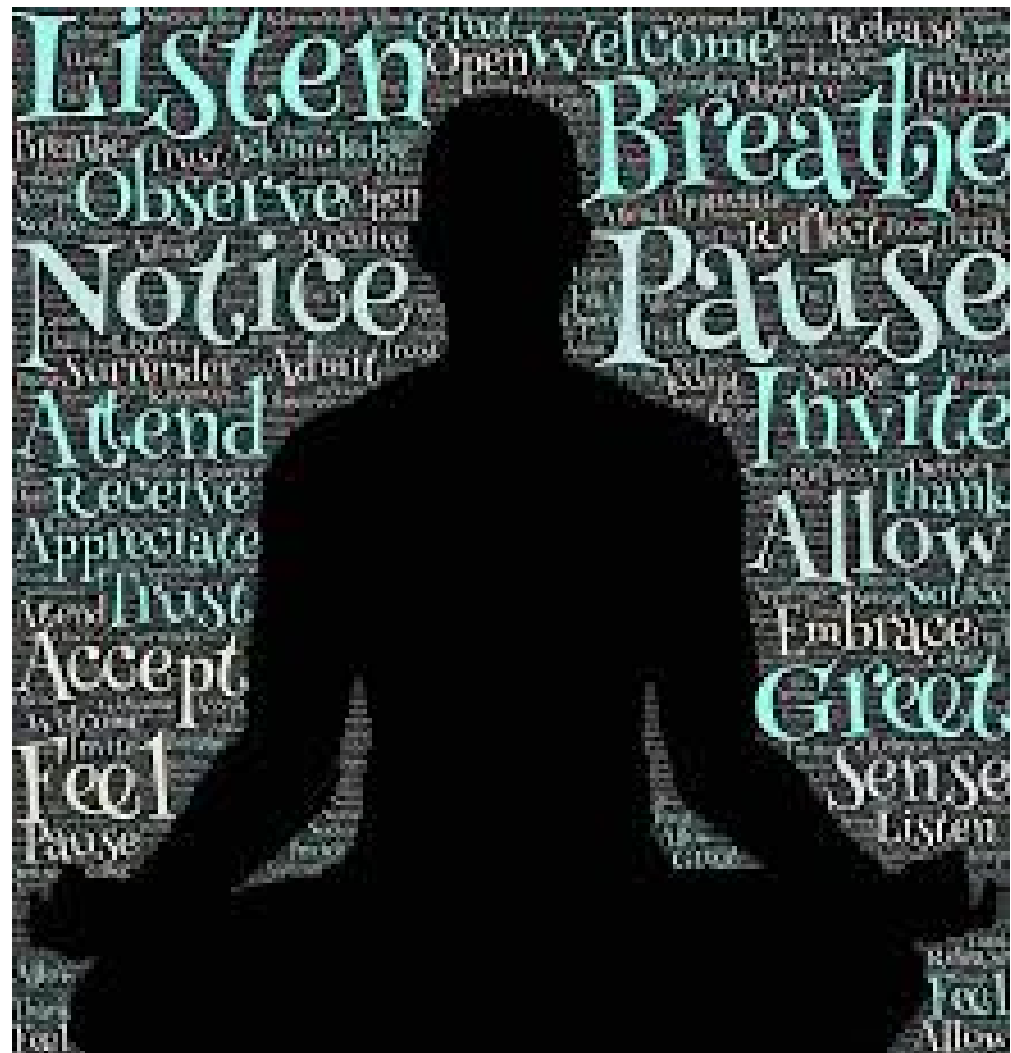
Just meditation



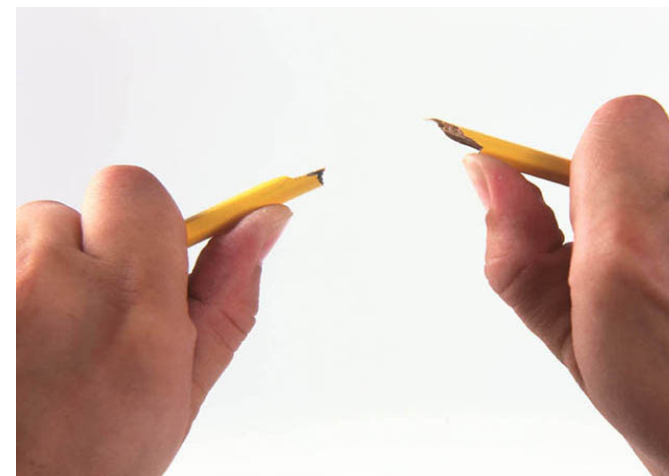
Buddhist Compliment



MINDFULNESS IS...



BENEFITS OF MINDFULNESS



RESEARCH IN SPORT

Increases in flow, concentration, performance (e.g., Gardner & Moore, 2004; Ahern, Moren, & Lonsdale, 2011)

Decreases in anxiety, task-related worries, task-irrelevant thoughts, substance use, eating concerns, and general psychological distress (e.g., Gross, Moore, Gardner, Wolanin, Pess, & Marks, 2016; Thompson, Kaufman, De Petrillo, Glass, & Arnkoff, 2011)

Elite athletes use mindfulness in training & performance



WAAPA MINDFULNESS TRAINING PROGRAM (MTP)

MTP Sessions and Duration:

Week 1 – Introduction, psychoeducation, pre-test questionnaires (1.5hrs)

Week 2 – Mindfulness and thoughts (1hr)

Week 3 – Mindfulness and emotions (1hr)

Week 4 – Contacting the present moment (1hr)

Week 5 – Values and goals, post-test questionnaires (1.5hrs)

Participants:

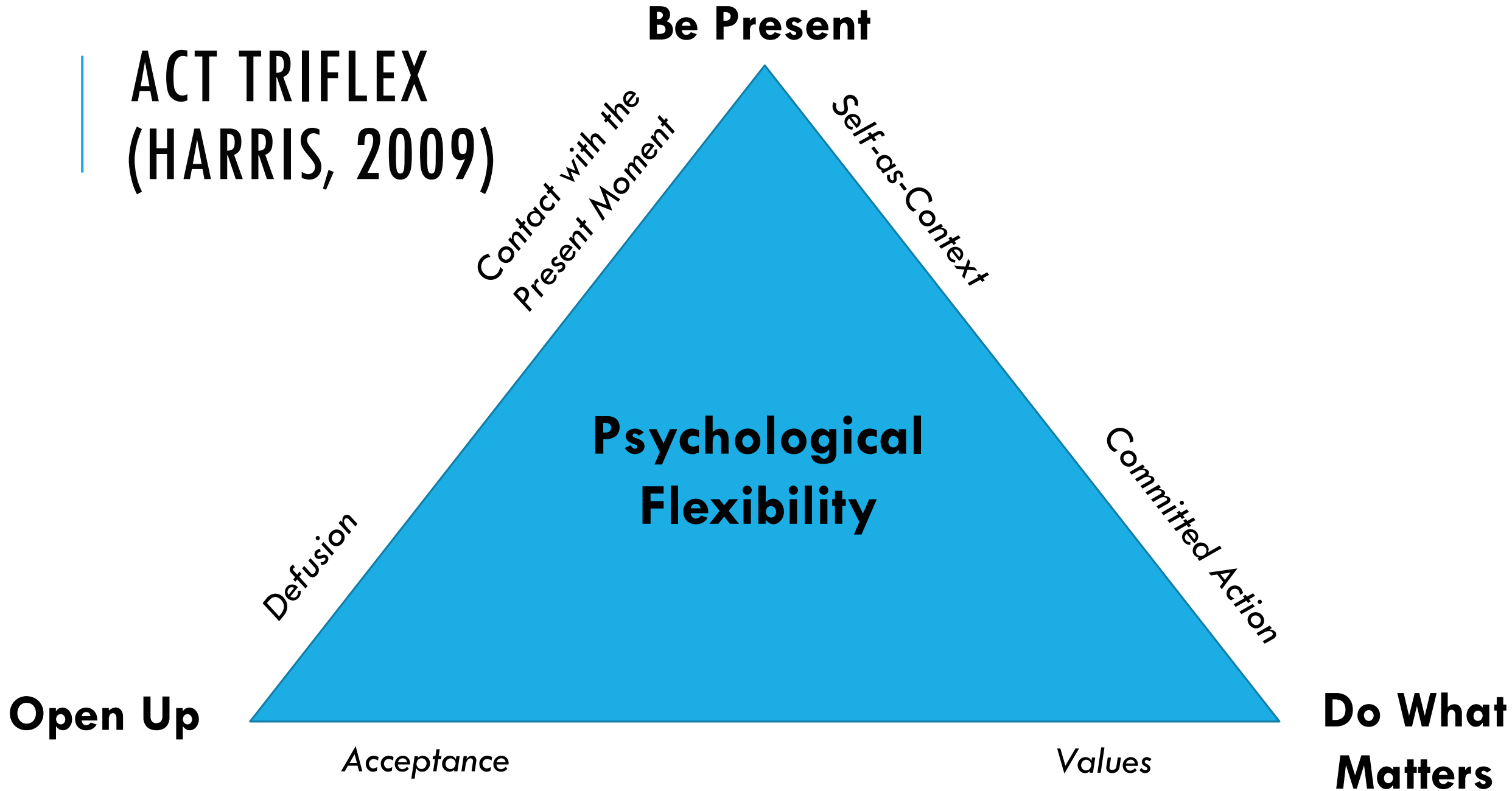
First-year ballet and contemporary vocational dance students (n=24)



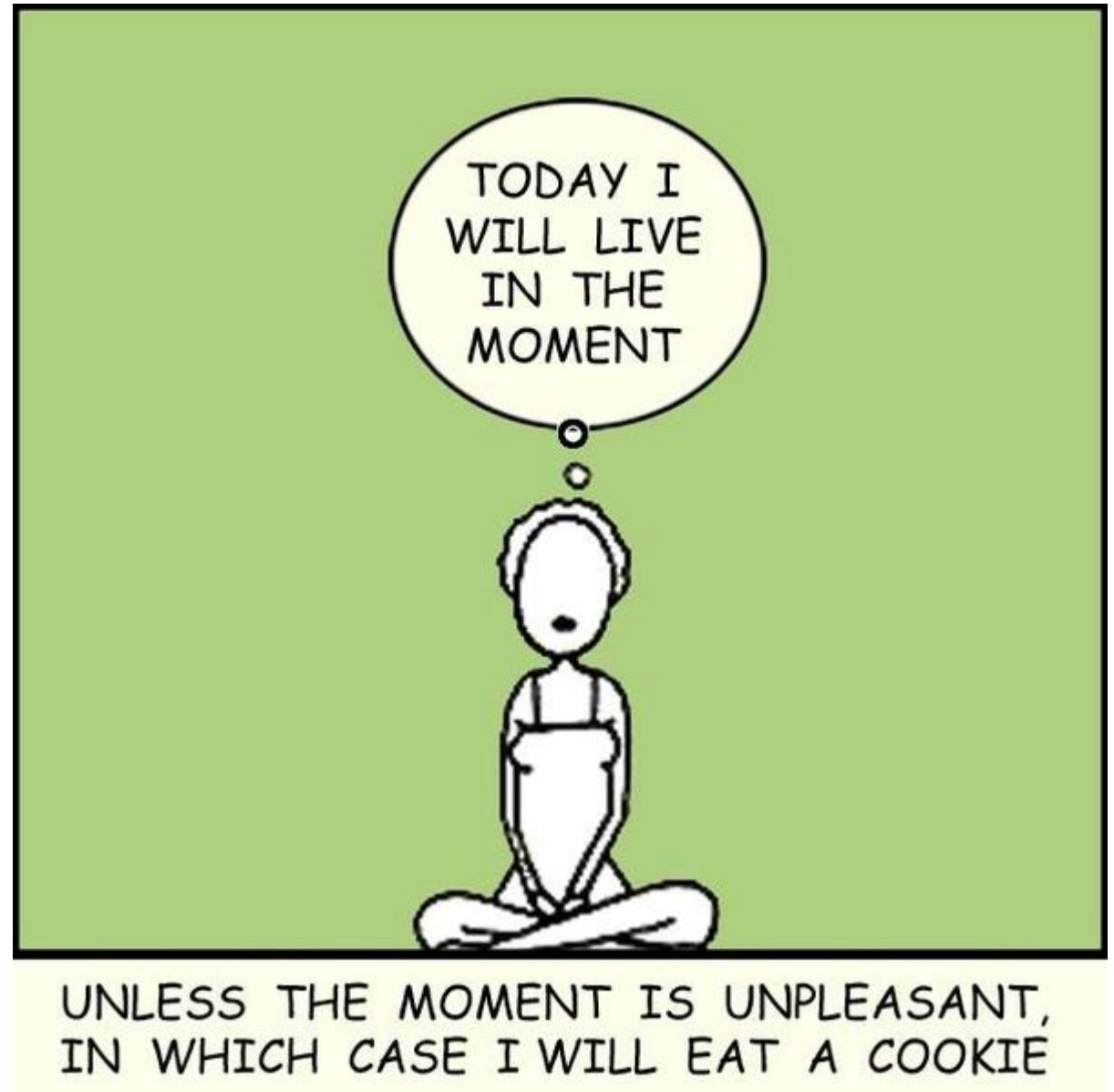
'UNLEASH' (2017) - Dance Production
Photography by Jon Green



**ACT TRIFLEX
(HARRIS, 2009)**



GOAL OF THE MTP



PRELIMINARY RESULTS

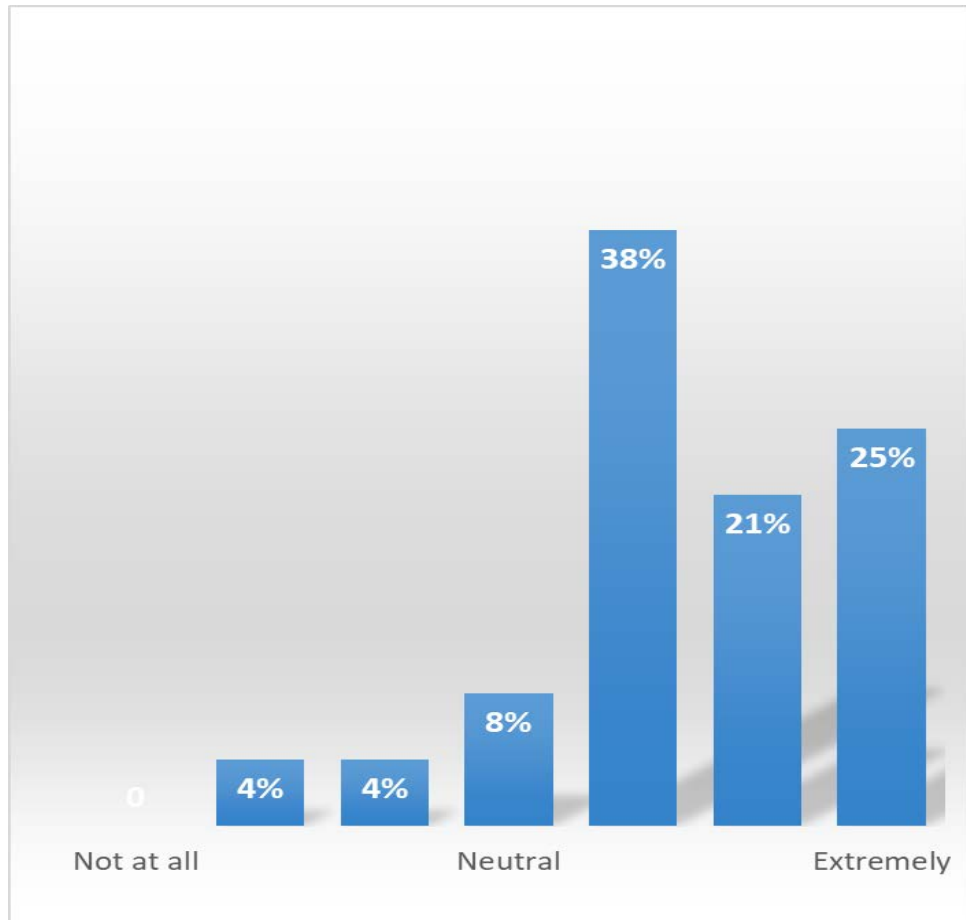


Figure 1. Participant ratings of importance of mindfulness in dance training and performance

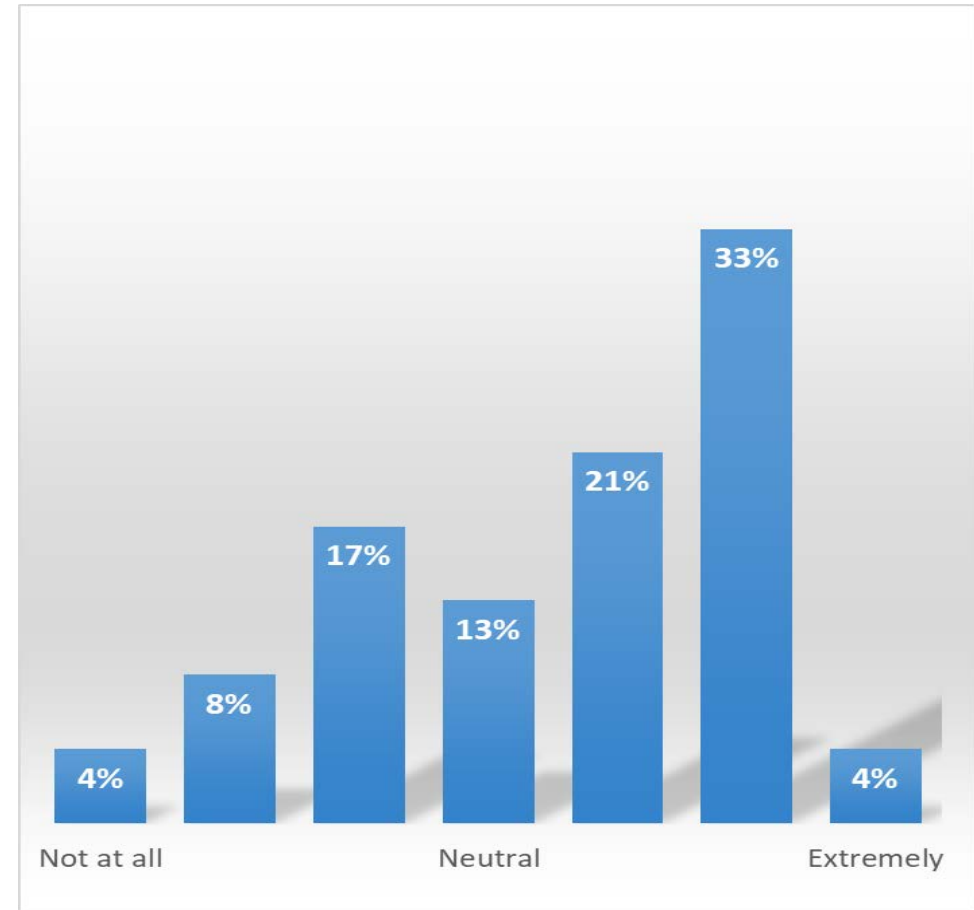


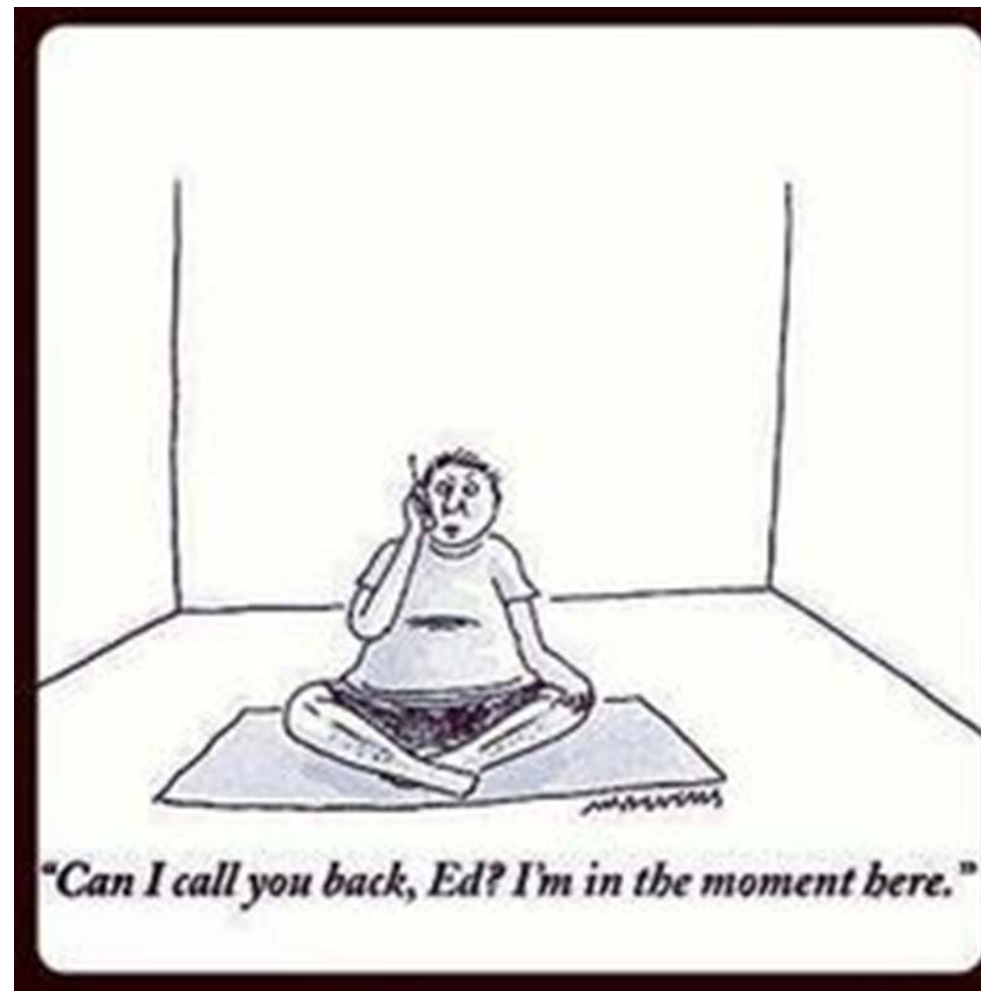
Figure 2. Participant ratings of usefulness of MTP seminars



PRELIMINARY RESULTS

Benefits	Recommendations
<ul style="list-style-type: none"><li data-bbox="338 568 1205 975">❑ Implementation of new strategies to manage difficult thoughts & feelings.	<ul style="list-style-type: none"><li data-bbox="1251 568 2119 975">❑ More experiential activities and opportunities for in-session practice.
<ul style="list-style-type: none"><li data-bbox="338 1018 1205 1296">❑ Enhanced ability to cope with training demands.	<ul style="list-style-type: none"><li data-bbox="1251 1018 2119 1296">❑ Sessions scheduled early in the day.

MINDFULNESS ACTIVITY





QUT DANCE — MINDFULNESS

2013 - Introduced into Curriculum
All Students – Both Courses
Practical/Technique Units
Semester 1, Tai Chi Semester 2
Performance Psych by Stealth!

LEARNINGS

Operational Considerations – Timetable & Location

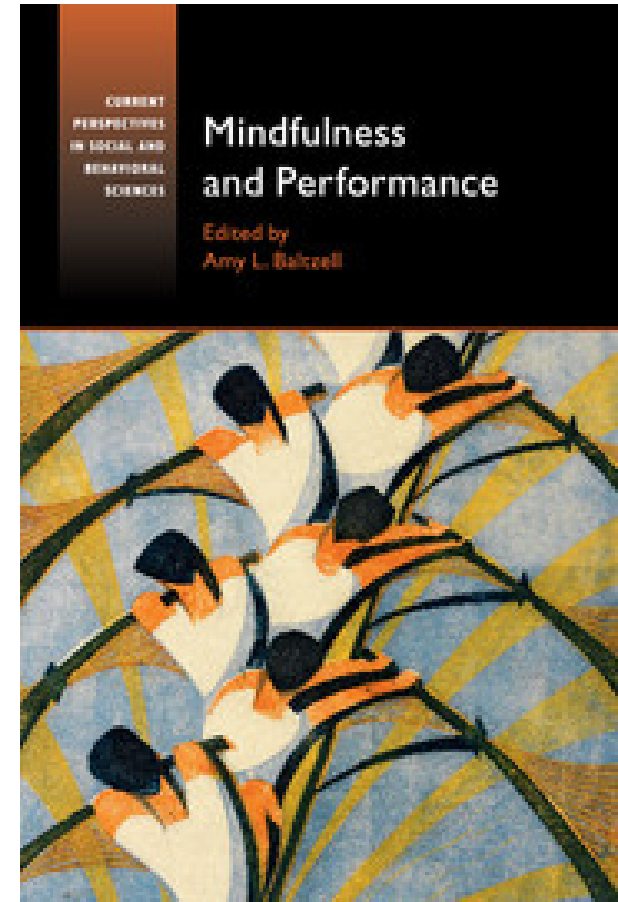
Relevance to Dance Training

Program Content

Repeat Cohort of Students

Integration into Formal Assessment – Progressive

Staff Training & Engagement



Moyle, G.M. (2016) Mindfulness and dancers. In Baltzell, Amy (Ed.) *Mindfulness and Performance*. Cambridge University Press, New York, United States of America, pp. 367-388.

Mindfulness Meditation Semester 1, 2017 - Individual & Combined Sessions

NOTES	SEM 1	Mindfulness	KDB103/120	103/120 & 213/230	KDB213/231	KDB305/310	TOPICS	TOPICS	TOPICS
	2017	Meditation	Individual	Combined	Individual	Individual	PETER	JO/LYNDI	KIM
STUDIO	Weeks	Friday AM	KG Z9-330	KG Z9-140	KG Z9-140	KG Z9-340	1st Years		
TTP	Week 1	4-Mar-21		Joanna Halton		KIM		Intro to MM Benefits of MM	Revisit MM
TTP	Week 2	11-Mar-21		Lyndi Smith		KIM		Intro to MM Part 2 Body Scan Practice	Body Scan Practice
TTP	Week 3	18-Mar-21		Lyndi Smith		KIM		Breathing Practice	Breathing Practice
TTP	Week 4	25-Mar-21		Joanna Halton		KIM		Thoughts Practice	Thoughts Practice
	Week 5	1-Apr-21	Peter Clarke		Lyndi Smith	KIM	Perf Psych Workshop	Emotions/Feelings Practice	Emotions/Feelings Practice
	Week 6	8-Apr-21	Peter Clarke		Lyndi Smith	KIM	Perf Psych Workshop	CHOOSE TOPIC based on observations	CHOOSE TOPIC based on observations
<i>Public Holiday</i>	Week 7	15-Apr-21	<i>PUBLIC HOLIDAY - NO CLASSES</i>						
<i>Vacation Week</i>	N/A	22-Apr-21	<i>VACATION WEEK - NO CLASSES</i>						
	Week 8	29-Apr-21		Joanna Halton		KIM		Sounds/Images Practice (link to imagery)	Sounds/Images Practice
	Week 9	6-May-21		Lyndi Smith		KIM		Compassion/Kindness Practice	Compassion/Kindness Practice
	Week 10	13-May-21		Lyndi Smith		KIM		MM Summary - Students choose practice	MM Summary - Students choose practice

MINDFULNESS ACTIVITY

Meditation on Feelings





FUTURE DIRECTIONS FOR MINDFULNESS IN PERFORMING ARTS

Integration into Curriculum
Integration into Practice
Pre-Performance Routines
DANCENORTH Example

REFERENCES

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Gross, M., Moore, Z. E., Gardner, F. L., Wolanin, A. T., Pess, R., & Marks, D. R. (2016). An empirical examination comparing the mindfulness-acceptance-commitment (MAC) approach and Psychological Skills Training (PST) for the mental health and sport performance of female student athletes. *International Journal of Sport and Exercise Psychology, 1-21*.

Harris, R. (2009). *ACT made simple: An easy-to-read primer on acceptance and commitment therapy*. Oakland, CA: New Harbinger.

Moyle, G.M. (2016) Mindfulness and dancers. In Baltzell, Amy (Ed.) *Mindfulness and Performance*. Cambridge University Press, New York, United States of America, pp. 367-388.

Thompson, R. W., Kaufman, K. A., De Petrillo, L. A., Glass, C. R., & Arnkoff, D. B. (2011). One year follow-up of mindful sport performance enhancement (MPSE) for archers, golfers, and runners. *Journal of Clinical Sport Psychology, 5*, 99-116.



QUESTIONS?

thankful
—&—
grateful