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Body Encounters - body approaches and dance in occupational therapy

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Introduction

In recent years, occupational therapy has significantly expanded its fields of actions, as well as the tools and resources available. Some occupational therapists have attempted to find, organize and collectivize some of its procedures with an articulated conceptual discussion to their practice in an attempt to draw closer to the issues that are raised in contemporary subjectivity.

Purpose

To describe, using a fragment of an experiment in a occupational therapists' training lab, the body as a guide for the reading of events flowing across subjects and the groups that we followed and focus on the ways of functioning of the body's expressiveness.

Method

This proposal is made concrete through labs, workshops or courses, regardless of their formal designation. They are group dynamics, involving music, photography, literature, dance moves and theatrical plays, among other features, aimed at producing a sensitivity change.

Result

"The body as a question to be answered" (Orlandi, 2004, p.69) is, thus, experienced in these laboratories as "passage" and "malleable material", place of experimentation, creation and reflection, which seeks to expand more and more the ability to affect and be affected by the encounters. There is a shatter on the anesthetized, automatic and stiff modes marked out by moral values that tend to a homogenization and standardization of the subject and undermine the recognition / production of the differences that carry the seeds of self-invention and worlds.

Conclusion

We think it is in the encounters that different degrees of openness are expressed and produced, different degrees of intensity, occurs turbulence, leading to other existential repertoire that solidify. Small events can reverberate in other ways to work, live and to face each other, creating realities.