

DANCE PSYCHOLOGY CONFERENCE

Beyond the body:
Psychological tools for
performance enhancement
and wellbeing in dance

DATE: Friday 29 November 2013

TIME: 9:30am - 9pm

**VENUE: Birmingham Hippodrome,
Hurst Street, Birmingham B5 4TB**

TICKETS: £30 - £200

Book at www.rsm.ac.uk/academ/ree03.php

Or call 020 7713 0730 for further information



Dancer: Hsiu Hsuan Tang. Company: Rosie Kay Dance Company. Photo: Brian Slater

Organised by Dance UK and the Royal Society of Medicine

Beyond the body: Psychological tools for performance enhancement and wellbeing in dance has been organised in response to calls from leading dance professionals for more support and information about performers' psychological health. It will examine the psychological issues facing dancers and the dance sector, as well as the psychological skills needed to thrive.

Come along to:

- Learn how and why mental training improves performance
- Understand how perfectionism and injury can affect performance and wellbeing
- Explore the psychology of career transition
- Discover how to apply theory in practice in both dance environments and health contexts
- Network with fellow dancers, teachers, managers and support staff

Speakers include:

Professor Dave Collins, Chair and Director, Institute of Coaching and Performance, University of Central Lancaster, and performance psychologist and systems consultant
Dr Howard Hall, Professor of Sport and Exercise Psychology, Faculty of Health & Life Sciences, York St John University
Dr Joan Duda, Professor of Sports Psychology in the School of Sport and Exercise Sciences at the University of Birmingham
Professor Jon Arcelus LMS, MSc, FRCPsych, PhD, a Consultant Psychiatrist and Visiting Professor at the Loughborough University Centre for Research into Eating Disorders
Jennifer Curry, Director of Development, Dancers' Career Development
Isabel Mortimer, Dancers' Career Development beneficiary, certified Personal and Executive Life Coach CPCC, ICF endorsed Certified Professional Co-Active Coach, and Organisational Relationship and Systems Coach
Elsa Urmston PhD, freelance dance science researcher and lecturer
Charlotte Woodcock, Lecturer of Sport and Exercise Psychology, Staffordshire University

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MEDICINE

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Schedule

9:30 – 9:40	<i>Welcome</i>	
9:40 – 10:10	Introduction to the day - dance psychology: perceptions and history Facilitated Q&A session	Joan Duda Sue Glasser
	PSYCHOLOGICAL CHALLENGES OF DANCE TRAINING AND CAREERS	
10:10 – 10:50	Perfectionism and dysfunctional achievement striving in performing artists	Howard Hall
10:50 – 11:30	Eating disorders and comorbid mood disorders in dance	Jon Arcelus
11:30 – 11:50	<i>Tea break</i>	
	INJURY, CAREER TRANSITION AND IDENTITY	
11:50 – 12:30	Psychology of injury	Lana Ashton
12:30 – 1:10	Career transition and identity	Jennifer Curry Isabel Mortimer
1:10 – 1:45	<i>Lunch</i>	
1:00 – 1:40	Panel discussion: how to find help	Sue Glasser Carol Chapman Ann Thomas
	PSYCHOLOGICAL TOOLS TO IMPROVE WELLBEING AND PERFORMANCE IN TRAINING AND CAREERS	
2:25 – 3:05	The psychological keys to developing talent in dancers	Dave Collins
3:05 – 3:25	The role of passion in dance participation and performance	Imogen Aujla
3:25 – 3:45	<i>Tea break</i>	
3:45 – 4:05	The motivational climate: introduction, overview of the research, impact on health and wellbeing	Eleanor Quested
4:05 – 4:25	Mental skills training: overview, application in dance training	Charlotte Woodcock
4:25 – 4:45	Positive psychology in teaching and learning: research and teaching perspectives	Elsa Urmston
4:45 – 5:40	Breakout sessions: Practical skills for dancers and leaders Introduction to mental skills for dancers Empowering Dance Positive psychology: the teacher's perspective	Charlotte Woodcock Eleanor Quested Elsa Urmston
5:40 – 6:00	Reflection on practical sessions	
6:00 – 9:00	<i>Drinks and networking reception including a special announcement about the National Institute of Dance Medicine and Science</i>	