Course: 300.4309  
Semester B 2009-2010

Moving Through Conflict: Conflict Resolution and Movement  
Instructor: Dr. Deborah Heifetz  e-mail: dheifetz@idc.ac.il

Course Abstract  
The 4-hour seminar examines the impact of the expressive body to both stimulate and resolve conflict. We will focus on inter-personal conflict and various methods of intervention developed by Western and non-Western cultures to work and rework body discourses, violence and social conflict. Students are initially grounded in current theory and scholarship within dance/movement therapy and given the opportunity to learn through role play and movement experiences. In addition to Western traditions developed in dance/movement therapy and applied in education and therapeutic contexts, the legal intervention of Alternative Dispute Resolution, the implications of its reframing approach and related theories pertaining to “bringing peace into the room” through mindfulness will also be studied and explored through movement. Students will then be exposed to Non-Western practices found in Israel such as Sulha (from the Arab community) and Shmaglina (from the Ethiopian community) in order to integrate basic principles of conflict resolution with the specific cultural variations, their underlying normative values and how they relate to movement and the expressive body. The course is built on theory and practices drawn from dance/movement therapy and crosses disciplines with gender studies, anthropology and sociology in order to examine conflict and formulate a body-based approach to conflict resolution.

Class Requirements:

- Article Summary: Students are required to choose and summarize one article from the required or recommended reading. Sign up for the articles on the 2nd week of classes. Article summaries are due in hard copy the week of the assigned reading and a soft copy sent to me by e-mail that will be posted for fellow students to have as reference. Note: many of the articles will be uploaded onto the course website.

- Final Project: Students must prepare a case study from their therapeutic practice. The case study will be presented during the last 3 weeks of the semester. Presentations will consist of a theoretical discussion and an experiential process where each student will lead the class in an experience that integrates key principles used from their practice and from the course material as it relates to the management, resolution or transformation of conflict.

Class Schedule:
23.02.10: Class #1: Theories of conflict – Mapping Conflict

Reading:

02.03.10  Class #2: Dance therapists working with conflict
Reading:


09.03.10  Class #3: Energy models of emotions
Reading:

Lutz, Antoine; Brefczynski-Lewis, Julie; Johnstone, Tom; Davidson, Richard. “Regulation of the Neural Circuitry of Emotion by Compassion Meditation: Effects of Meditative Expertise”. PLoS ONE 3(3): e1897. doi:10.1371/journal.pone.0001897

16.03.10  Class #4: Mediators working with conflict
Reading:


23.03.10  Class #5: “Big Men” working with conflict
Reading:

13.04.10 Class #6: Rituals and conflict
Reading:

27.04.10 Class #7: Language, nonverbal and conflict
Reading:

04.05.10 Class #8: Making sense of conflict
Reading:

11.05.10 Class #9: Embodying peace
Reading:

25.05.10 Class #10
Student’s Case studies

08.06.10  Class #11
Student’s Case studies

15.06.10  Class #12
Summary

Readings:


Lutz, Antoine; Brefczynski-Lewis, Julie; Johnstone, Tom; Davidson, Richard. “Regulation of the Neural Circuity of Emotion by Compassion Meditation: Effects of Meditative Expertise”. PLoS ONE 3(3): e1897. doi:10.1371/journal.pone.0001897


