



## Master of Arts Program in Peace, Development, Security and International Conflict Transformation

Winter Term 2017/2018

Facilitator: Paula Ditzel Facci

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**Course:** Dancing Conflicts, Unfolding Peaces: Movement as a Method to Elicit Conflict Transformation

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**Duration:** Module V, 8<sup>th</sup> week of Winter Term 2017/18 – 26/02 to 01/03/2018 from 9h to 12h and from 14h to 17h.

**Description:** This course will explore movement as method of elicitive conflict transformation, combining theory and practice in a participatory dynamic. Participants will be invited to approach the topic from different perspectives, which comprises:

- 1) An exploration of different manifestations of movement in dialogue with the families of peace, focusing on needs, strategies and roles of human beings in each worldview. A discussion on a transrational perspective on movement and dance will follow.
- 2) An overview on methods of elicitive conflict transformation informed by different perspectives as transpersonal psychology, spiritual traditions, body-mind therapies and peace studies, and a discussion on elements that contribute to the experience of transformation (informed by personal experiences).
- 3) Exploration of movement as method of elicitive conflict transformation within the frame of spontaneous movement/dance, structured around the topics of body, breath, time, space, pain, suffering, feelings, emotions, energy, power, vulnerability, opposites and shadow, and how to integrate the transformative experiences in daily life.
- 4) An overview on methods available to communicate transformative experiences in general and academic settings, with hands-on exploration of drawing and embodied writing.

**Methodology:** The methodology draws from multiple ways of knowing - mind, body, heart, soul, and spirit. The activities are highly participative, with a strong emphasis on embodied experience. The objective is to create a safe space in which these forms of knowledge can be tapped, explored and communicated, eliciting knowledge from the very personal and the communitarian levels. Participants are invited to experience the exercises with open attitude and a sustained internal observation, and also to engage on discussion and critical reflection. In case there are restrictions to movement (e.g. religious, cultural, physical), alternatives will be explored together to enable participation.