

Being Ourselves **Facilitator's course (2 days)**

Overview

This two-day course is for anyone wanting to develop their ability to facilitate movement work with people who have learning disabilities. The course focuses on our first language – spontaneous movement – offering ways to structure sessions that require no verbal or memory skills. This approach aims to enable people to express themselves freely and to explore their feelings and their friendships without the barrier of verbal language.

About the course

This course is designed for people already working in learning disability settings who want to facilitate new movement activities with small groups. The two days will provide you with all you need to get going, using a wholly person-centred approach. The approach offered frames spontaneous movement responses, providing people, who may find verbal language a challenge, with potent and direct ways of expressing themselves.

The course is an introduction that will help you begin to:

- work one to one or in groups
- establish your own comfort with spontaneous movement and plan and facilitate activities accordingly
- plan and facilitate movement sessions using a person-centred approach
- use a variety of structures to support very different people and abilities
- use basic movement observation techniques to underpin your work

Style of the course

Practical work. Small and large group discussion. Printed handouts. The course is essentially practical. Participants will try out a range of movement activities for themselves and be encouraged (in small groups, and whole group discussion), to reflect upon the experience.

Who the course is for

All those involved in supporting people with learning disabilities – activity organisers, health and social care workers, volunteers, housing staff, leisure workers and community workers and community dancers.

Course content

The course will include:

- the basics of planning sessions using a person-centred approach
- duty of care and how to keep people safe
- simple movement observation techniques
- ideas for structures and activities
- ways of developing and extending involvement

Attendance and certificate

A certificate of attendance is given to participants with 100% attendance.

The tutor

Paul Beaumont is a specialist movement practitioner and trainer, with over 20 years experience of working in the Mental Health Service and in Community Arts settings. He has led movement projects for a diverse range of socially excluded groups. He is a graduate, with qualifications in Counselling, Massage, and Participatory Arts. Paul has also devised and performed in site-specific movement projects.

What to wear

Come ready to move – loose, comfortable trousers for preference.

To book

To book a place contact **Pat Pickavance** tel 0113 236 3318 email pat@jabadao.org

To discuss hosting the Being Ourselves course in your area contact **Linda Neary** tel 0113 236 3344 email linda@jabadao.org

About JABADAO

JABADAO is the national advisory agency that helps people think radically about the role of physicality in child development, education and lifelong wellbeing.

For further information about JABADAO visit www.jabadao.org

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