III. Book series in Schibri publishing house

Biodanza in the mirror of science

Editors: M. Stück & A. Villegas

Book 1:

Abstract of foundations about all empirical studies on Biodanza
In German, English, Spanish and Italian language in one book

Book 2:

First dissertation world wide to the empirical process and effect studies about Biodanza
In German with English, Spanish and Italian summaries

This book represents the first dissertation about Biodanza, that is based on empiric research data. It was written and produced at the university of Leipzig and hereby released to a broad public. The dance oriented interventional method of Biodanza is based upon the interaction of music, movement and interpersonal encounters and experiences. In the context of this study Biodanza sessions were held regularly over the period of 10 weeks. The effects of these sessions were then verified using variables of the psychological health and the ability to process stress. In the theoretical part of the study we will be explaining the fundamental elements of Biodanza. This part also regards the necessity of involving the body and the act of dance in the psychotherapy. The results of this work show, that Biodanza promotes health and personality development.
VII. Abstracts

Dissertation Alejandra Villegas: Schibri

DISSERTATIONS UND HABILITATIONS (Original Works)

1) 2006: Dissertation (PhD)
tanzorientierten Interventionsmethode Biodanza. Dissertationsschrift: Fakultät für
Biowissenschaften, Pharmazie und Psychologie, Universität Leipzig. [will be published
with this title]

Abstracts:
Investigations about Processes and Effects of Biodanza
The hereby presented study evaluates the body- and dance-oriented intervention method
Biodanza concerning psychological effects. The theoretical part of the study relates to the
necessity of including the body in psychotherapy and to dance and its potentials in order to
demonstrate the possibilities of body- and dance-oriented methods on a psychological level.
Afterwards the method Biodanza is presented and the question is asked which efficiency and
process effects a 10-week Biodanza class may cause regarding selected health-psychological
and stress-relevant variables and how great the acceptance of this intervention method is. To
answer these questions the moments right before the intervention, right after the intervention
and three months after the intervention were considered regarding the efficiency evaluation.
The process evaluation looks at the changes between single class sessions. The evaluation was
realized in an experimental-group-control-group-design. For acquisition of data mostly
standardized questionnaires from the fields of clinical psychology, personality psychology
and work psychology were used. The descriptive evaluation of collected data as well as most
statistical analyses were realized with the computer software SPSS. Positive changes did not
only show in psychological process variables which verify an improvement in mood as well
as an increase of activity and relaxation within the majority of Biodanza sessions. As a result
of Biodanza there are also not only short-term but long-term positive effects which can be
observed concerning a range of health-psychological and stress-relevant variables. Moreover,
the acceptance of Biodanza is proven to be great. Therefore it can be concluded that Biodanza
is appropriate to be used as an health- and personality-improving intervention.

Reference:
Schibri
IV. More publications
To acquire from Schibri publishing house

Biodanza in the school

_If we would dance more in our schools, it will be different there._
Citation of a letter to the author by a leading school psychologist from Baden Württemberg


First empirical research on the adoption of Biodanza in an academic context. Award-winning work and first postdoctoral lecture qualification world wide about this theme.
2) 2007: Habilitation

Abstract
Development and empirical evaluation of a strain coping concept for professional teachers
University of Leipzig. Habilitation, 408 pages, 777 literature, 132 charts, 72 figures, 42 tables
The focus of the hereby presented study is represented by the strain experience of professional teachers. Alarming numbers in relevant literature prove that teachers are confronted with constantly rising, manifold burdens while being increasingly less able to cope with them in a healthy way so that negative psychological and psychosomatic consequences may appear. The paper makes “stress” as a mediator between health and illness a subject of discussion and presents findings concerning stress-related consequences regarding professional teachers. The following complementary intervention methods for strain reduction were developed especially for teachers regarding modern concepts of stress management:

✓ stress reduction training with yoga elements to enable internal and external coping (incl. instructor training)
✓ body-oriented auto-regulation method Biodanza for teachers to improve internal coping
✓ seminars to support pedagogical-psychological skills to be used in class to improve competence as a strain coping ressource.

The multimodal structuring of the interventive dealing with the strain problem of the teacher is a contribution to the development of the teaching staff’s abilities and to the improvement of their health.

The three intervention approaches have been tested extensively concerning their effectiveness involving 228 test persons as well as selected psychological, physiological and immunological variables and different survey- and analysis methods respectively. As a result of the study it can be stated that the developed methods for strain coping are effective tools to improve strain coping abilities and pedagogical-psychological skills of teachers. The integration of methods such as yoga and Biodanza presents an enrichment of the existing behavior therapeutic oriented repertoires for strain coping and these approaches were accepted well to very well by the teachers. Especially the auto-regulating transfer effects of these two intervention methods could be shown.

In dieser Arbeit wurde auch eine kritische Wertung einiger Aspekte der Biodanza-Theorie vorgenommen und Vorschläge zur Weiterentwicklung gemacht.

Reference: