

## Reflection on Integral Expression and Dance (IED) therapy training in Hungary

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After finding out about the opportunity to participate in Integral Expression and Dance (IED) therapy training in Hungary, I was very excited, as I believed it would help me in my professional field, especially dance teaching.

From the first few days in Hungary, I realized that I have a possibility to learn a lot. The training location and efficient organization gave the participants a chance to experience a lot of the IED therapy methods.

I enjoyed a lot of different activities and appreciated that we were focusing on different topics: the dancer within, the singer within, the sculpture with, the actor within and so on. It was well organized and related to various artistic (e.g. singing, painting) expression types. It was very useful for me as a dance teacher.

One of the activities that left a huge impression on me and I would like to elaborate what I learned from it. When the training approached the midway and everyone was more or less familiar with each other and the main principles of the methods, we were given a chance to lead a group. I was considering this possibility myself, but changed my mind because I did not feel prepared at my full potential. However, I still learned a lot from observing others doing it. The biggest lesson I took from it - how much responsibility a teacher should have for the group she/he is leading. Every group is following their leader and during the lesson time - fully relies and trusts a teacher. It puts a lot of pressure and responsibility to take care of your group. It

does not only concern the physical safety, but also psychological. Especially in an emotionally charged environment, where people are sincere and vulnerable.

I would like to express my gratitude for the organizers of this training and CRN, who selected me as a participant. This was a great learning experience for me both as a person and as a professional.