

When I first saw the offer to participate in Integral Expression and Dance (IED) therapy training in Hungary, I had little concrete ideas about the content of the project. The one thing I was sure about - I want to apply.

Little did I know how much I would learn about myself during such a short time. Thanks to the great training location and efficient organization, the participants were given a chance to experience a great variety of the IED therapy methods. And what is the most important - we had time and space to reflect on what we were experiencing, to observe and learn from others and ourselves.

Everyday the team encouraged us to focus on different topics: the dancer within, the singer within, the sculpture within etc. One of the topics was rather unexpected - the helper within. At first I was surprised and curious, as it is not one of the artistic (e.g. singing, painting) modalities we tried before. Nevertheless, it was one of the topics that left a huge impression on me. During the day I was thinking a lot about helping others and receiving help. How do I cope in both of the situations? We all know the basic rules about giving help. For example, before the flight, we are given instructions "in case of emergency, first to take care of yourself, then help someone next to you". In everyday life, however, many of us forget to take care of ourselves. And during the training, thanks to a very simple activity of giving physical support to a lying person, I learned that a lot of people give help without feeling comfortable themselves.

I personally think that it is very important not to become uncomfortable while helping someone. It can easily lead to frustration, to project negative emotions on the one you are helping and so on. And of course, I am not only talking about physical help, but also HELPING others in general. This is just one of the examples, how this training taught me some useful everyday coping skills that I can easily incorporate in many situations.

In general, the training reminded me how important is to stay aware of our emotions whatever we do, to let ourselves be vulnerable and communicate with people that are around us everyday. Thanks again for this opportunity!