

## **Profile of Linda Pilar Brodhag**

### **1. Person**

**Name:** Linda Pilar Brodhag

**Location:** Freiburg

**Education:** Dance Interpretation & Composition (Essen); Theater- & Orchestra Management (Frankfurt)

**Profession:** Freelance Dancer & Choreographer, Dance Teacher, from August 2019 Production Management „Tanzplattform Rhein-Main“, Staatstheater Darmstadt



### **2. Experiences with motor learning /Parkinson's**

- As a Dancer:
  - integrative Dance, worked with impaired and disabled people
    - ↳ Direction of common playful ideas & tasks:
      - Imagination games
      - Imitation games with music & rhythm
      - Movement throughout a room
  - Participation in feature length stage- and dance productions
- As a dance teacher:
  - Kids` Dance; modern, contemporary, classical dance with people between 3 & 60 years
- Workshop participation „Moving Differently“ at the Stadttheater Freiburg
  - ↳ Research in cooperation with the university of Freiburg based on current studies
    - „Movement-/ Bewegungs Scores“ = Sequence of playful tasks and improvisational exercises
    - Goal: Discovery of new scope of movement, social and cultural participation

### **3. Goals at the Movement Academy**

- Science of Parkinson
  - What happens in brain? How far is the research?
  - Causes, Symptoms
- Science generally (e.g. impaired people)
  - State of research especially in neurological diseases
  - Course, Treatment and life with the disease

- Information about methods such as „Alexandertechnik“ and “Feldenkrais-Methode”
- Cognitive Science/Neurology/Psychology
  - Which role does imagination play?
  - Information about internal human processes

#### **4. Ideas & Suggestions for the movement academy**

- Distribution to affected patients (before & after the academy)
  - à especially high quality information!
- Future patient-oriented presence (online and offline) à current knowledge
  - Foundation of dance training groups à Integration in everyday life

#### **5. Change of perspective from the point of view of Linda**

- Dance as a good method of treatment, more seen as a hobby à voluntary participation
  - à social significance between the age of 50 & 60 à they can reinvent themselves and thus perceive the partner in a new way

### **Profile of Mareike Gooßes**

#### **1. Person**

**Name:** Mareike Gooßes

**Location:** Cologne

**Education:** Physiotherapist

Studies: BSc Physiotherapy (Gera); MSc Clinical and Experimental Neurosciences (Cologne)

**profession:** first physiotherapist, now by further qualification in neurosciences scientific assistant for medical psychology at the university hospital in Cologne, research focus: motor skills and cognition and teacher at vocational school for physiotherapy



#### **2. Experiences with motor learning /Parkinson's**

- as a physiotherapist
  - for patients with neurological diseases, especially Parkinson's, stroke, multiple sclerosis
- as a research assistant
  - Focus of the working group: Non-drug therapies for Parkinson's patients, in which context she develops a computer game (PDExergames), in cooperation with TU Darmstadt, as simultaneous cognitive and motor training® in contact with André Seyfarth
    - Possibility to play stand-up (PDDanceCity), sit down (PDBikeForest) or use for finger motions (PDPuzzleTable)

- as a teacher at physiotherapy school
  - Regularly she lets patients come to work with students on patients
    - Ⓜ Exchange prospective experts with patients

### **3. Goals at the Movement Academy**

- Insights beyond the clinical / medical approach
- interdisciplinary exchange, beyond existing borders
- alternative perspective for treatment, developing better innovative treatment options
- Exchange with dance Ⓜ Dance is seen as a hobby with voluntary participation

### **4. Ideas & Suggestions for the movement academy**

- Findings of the movement academy at the Parkinson's Symposium at the University of Cologne (patients will be invited and current topics will be discussed)
- Wiki: qualitative information, researchable and written by experts, further disseminated to patients
- Insights must come to the patient
- information brochure for Parkinson's patients Ⓜ so they can contact experts or become shorter
- Patients should participate

### **5. Change of perspective from the point of view of Linda**

- scientific, medical, psychological aspect for your own work as background information very interesting