

Sole Expression: A Trauma- Informed Dance Intervention




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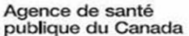
1

Agenda


- Introduction
- Sole Expression: What is it?
- Trauma-Informed Dance Curriculum
- Research Findings
- Discussion
- Questions



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| 2

2

Sole Expression: What is it?

- 10 week trauma-informed hip hop dance class
- 2 hours/week
- 5 - 15 youth participants (12-17 years) per group
- Snacks, transportation, dinner included
- \$10 honorarium/class

Ryerson
University



3

3

Trauma-Informed Dance Curriculum

Created in collaboration with:

- Senior trauma therapist (Boost)
- Senior dance facilitators (Unity)
- Support and consultation from both agencies and Ryerson University
- Feedback from Advisory Committee that includes previous Boost and Unity clients

Ryerson
University

Incorporates:

- Trauma awareness
- Emphasis on safety and trustworthiness
- Opportunities for choice, collaboration and connection
- Strengths based and skill building
- Cultural responsiveness

4

4

Research Questions

- 1) Does a trauma-informed dance intervention reduce trauma symptoms among youth who have experienced and/or been exposed to abuse and/or violence and are currently not participating in trauma therapy?
- 2) How and why was the trauma-informed dance intervention effective or not effective in reducing trauma symptoms for youth who have experienced and/or been exposed to abuse and/or violence?
- 3) How is this dance intervention designed and implemented in a way that is trauma-informed?

5

Qualitative Research Findings:

Trauma Symptoms Checklist for Children (TSCC) and Multidimensional Anxiety Scale for Children (2nd Edition)

Preliminary findings include:

- Mean age of participants is 13.64
- Number of different types of abuse/violence experienced is 3
- 19.4% of participants were at time of participation on a waitlist for therapy
- 62.9% have received therapy because of their experience of abuse/violence

6

Qualitative Research Findings:

Semi-structured interviews, post intervention, focus groups with facilitators and dance instructors, interviews recorded, transcribed and analyzed by research staff

Major Themes:

1. Safety
2. Sense of Community
3. Impact on Self and the Individual
4. Programming Elements

Qualitative Research Findings:

Safety:

- Facilitation and relational safety
- Choice and collaboration

"I definitely feel like the programme was a safe space for them. There were moments where, you know, like where youth shared that they didn't feel safe being themselves like at home or in school, but this was like a place where they could acknowledge and just honour how they chose to identify, just like move and like carve through space and everything." (Facilitator)

Sense of Community:

- Building relationships
- Hip hop community

"But like here it's like I didn't really feel as different . I felt like everyone was as equal." (T0202 P. 3)

Qualitative Research Activities

Impact of Self and the Individual:

- Anticipation of Sole Expression
- Reduction of stress
- Sense of mastery

"I interpreted my dance into how I was feeling but like a different way of communicating and having like grounding sessions with [TRAUMA THERAPIST] and stuff, that really helped too, it would give me like more coping techniques and quick ways to express myself, so I liked that too." (T401 p.3)

Programming Elements:

- Food positive effect
- Check-ins/ grounding activities positive
- Facilitation

"They are so nice, like they, when you come they say, they greet you and like, they are really nice instructors. How they act and how they teach, everybody liked them." (T302 p. 4)

Discussion & Implications

- Does a trauma-informed dance intervention reduce trauma symptoms?
- How and why is Sole Expression effective or not at reducing trauma symptoms?
- How is Sole Expression designed and implemented in a trauma-informed way?

Questions?

Thank you



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