

## Children and Violence: Proposal for Prevention of Violent Behaviour with Preschool Children and Adolescents Using Dance Movement Therapy Techniques

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The proposal includes two suggestions for the dance movement therapy in order to achieve prevention of violence and violent behavior as to acquire socially, acceptable civil skills that result in solving of conflicts in a non-violent manner. The point of the first proposal suggestion is to form activities that emphasis free expression of various feelings and behaviors by means of movement and dance when dealing with preschool children. The second proposal came of as a result of creative dance performance with adolescents which stimulates and develops activities for constructive solving of conflicts.

The lecture is based on theoretical principles of movement dance therapy. The mind and the body are in a constant and reciprocal interaction where movement reflects idiosyncratic aspects of an individual, psychological aspects, development aspects, psychopathology, interpersonal means of communication. Movement is visible creative process in that engagement. Used techniques are relaxation with a special emphasis on breathing techniques, concentration and memorize through movement, dialogue and communication in movement group, Laban's movement qualities for the purpose of expression , enrichment through empathy and expression of various emotional states and different forms of behavior through movement and dance.

Planned results are enrichment of expression with the purpose of self-recognition emotions, development of cooperation and communication as well as creation of confidence that leads to positive self-actualization and exchange of existing reactions with more positive ones. All that also results in the more satisfying and more successful functioning of an individual.

