



MOVEMENT SPEAKS® TEACHER TRAINING

Learn to teach older adults to improve their physical, mental, and social well-being through a research-based, proven effective, movement program.

What is MOVEMENT SPEAKS®?

Naomi Goldberg Haas, an innovator in the field of dance education, developed the MOVEMENT SPEAKS® Class Model with Dances For A Variable Population in New York City in 2008 based on research begun with older adults in Los Angeles. For the past 15 years, Naomi and her team have evolved and refined the approach based on continuous feedback from teachers and students. This combination of academic foundation and practical experience makes MOVEMENT SPEAKS® the premier approach to movement education for older adults in the country. Specific elements of the approach are outlined in the table below.

Focus on the now and moving forward	Student-motivated vs teacher-led	Improvisational vs memorized sequences
Progressive guidance in choreography/dance-making	Mind-body connection (somatics)	Promoting neuroplasticity and emotional well-being
Adapting curriculum to individual histories, experiences, and cultures	Adapting classes to physical needs/abilities	Inclusion and social connection

Who Should Consider This?

Social workers
Care managers

Arts professionals
Dance educators

Nurses
Community program administrators

3-Day Course

After attending this 3-day course, qualified professionals who are interested in leading creative aging programs inspired by the Dances For A Variable (DVP) MOVEMENT SPEAKS® model will:

Understand the needs of the aging population	Recognize and debunk myths of physical activity and dance for older adults	Understand how creative aging programs promote healthier, longer lives
Apply basic strategies to engage with older adults in creative dance	Learn the foundational structure of DVP MOVEMENT SPEAKS® class	Be able to teach several activities in the MOVEMENT SPEAKS® model
Learn specific suggestions to ensure success when building community-based creative aging programs	Develop curriculum based on the MOVEMENT SPEAKS® model	

Additionally, participants will observe in-person MOVEMENT SPEAKS® classes in New York City with DVP lead teachers, have an opportunity to practice teaching volunteer older adult students and receive personalized feedback. Following the successful completion of the training, participants will be qualified to develop and lead models based on DVP-MOVEMENT SPEAKS®.