SYNCHRONOUS GROUP RHYTHMS FOR REDUCING CHRONIC PAIN IN PEOPLE WITH MEDICALLY UNEXPLAINED SYMPTOMS

PROFESSOR HELEN PAYNE, PHD, UKCP, DMP UK
AND
SUSAN BROOKS

H.L.PAYNE@HERTS.AC.UK
2. AGENDA

- CHARACTERISTICS OF PEOPLE WITH MUS
- RESULTS OF TBMA RESEARCH (BASED ON DANCE MOVEMENT THERAPY)
- RESEARCH-INFORMED CONCEPTS:
  1. CONNECTIONS BETWEEN MUSIC AND DANCE
  2. MOVEMENT AND EMOTION
  3. RHYTHM IN DANCE MOVEMENT THERAPY
  4. ATTACHMENT, AFFECT REGULATION AND MUTUAL SYNCHRONY
  5. PAIN REDUCTION, SOCIAL BONDING AND EXERTION
- PRACTICAL EXPERIENCES
- DISCUSSION
- QUESTIONS
3. CHARACTERISTICS OF PEOPLE WITH MUS

50% MORE CONSULTATIONS

50% MORE HEALTHCARE COSTS

33% MORE HOSPITALISATIONS

UNCERTAINTY / UNNECESSARY PROCEDURES

ACES

TENDENCY TOWARDS INSECURE ATTACHMENT

70% DEPRESSION (MALHI 2013);

HEALTH ANXIETY / ANXIETY

SOCIAL ISOLATION

PREPONDERANCE OF FIBROMYALGIA
4. OUTCOMES FROM STUDY  (PAYNE & BROOKS 2017)

73% OF PEOPLE WHO ENGAGED REPORTED LOWER LEVELS OF SYMPTOM DISTRESS, ANXIETY AND DEPRESSION, HIGHER LEVELS OF WELLBEING, OVERALL FUNCTIONING AND ACTIVITY
5. RESULTS

- 95% OF PEOPLE **COMPLETED** THE CLINIC GROUPS - PEOPLE ENGAGE ACTIVELY IN THE LEARNING PROCESS

97% OF PEOPLE **WOULD RECOMMEND THE CLINIC TO FRIENDS AND FAMILY WITHOUT HESITATION**
6. MUSIC AND DANCE

cerebellum (activated by beat) connection to amygdala – involved in emotional processing
7. MUSIC AND DANCE CONTINUED

- Choice of music
- Attunement
- Movement can stimulate music-making and vice-versa
- Structure is a container
8. MOVEMENT AND EMOTION

- Somatic markers (Damasio, 2006)
- Interoception
- Physical sensation in affect regulation
- Music as an emotional induction tool
- ‘Effort’ qualities (Laban, 1985; Shafir et al., 2016)
- Emotions shaped by movement (Sheets-Johnstone, 1999)
9. MOVEMENT AND EMOTION

• Effort (Laban 1985)

• qualities (Shafir et al 2016)

• emotions shaped by movement (Sheets-Johnstone, 1999)
10. SYNCHRONY

- Sharing same body parts in same direction at same time

Synchrony enhances:

- Interpersonal communication
- Opening of barriers
- Safety for change
- Belonging and acceptance
- Reconciliation, expression, contact and group cohesion
11. RHYTHM

- Integrates, organizes, inspires, regulates
- Pre-birth
- Innate neuromuscular responses to help integrate individual into the group
12. RHYTHM

PROMOTES:

• PARTICIPATION AND SHARING OF EXPERIENCE
• CHANNELLING OF ENERGY WITHIN A STRUCTURE
• AWARENESS OF AND RESPONSES TO OTHERS
• AWARENESS OF SHARED FEELINGS
• OPENNESS TO LEARN AND SELF-ACCEPTANCE
13. ATTACHMENT

- REGULATORY THEORY
- INTERACTIVE AD AUTO REGULATION
- SECURE = CAPACITY TO SHIFT BETWEEN TWO
- GROUP/DYADS OFFER REGULATORY OPPORTUNITIES
14. ATTACHMENT

- Mirroring = dyadic resonance to shape secure attachment and integration
- Brain coupling
15. AFFECT REGULATION
16. MUTUAL SYNCHRONY

- INTERPERSONAL EXCHANGE PROMOTES SHARED UNDERSTANDING AND EMOTIONAL SHARING
- RAPPORT-AND ADAPTIVE EMOTIONAL REGULATION
17. MUTUAL SYNCHRONY

CAN BE WITH DIFFERENT BODY PARTS BUT TIMING IS MUTUAL
18. PAIN

- Link between exertive, synchronous group movement and elevated pain threshold. Suggests endorphins have been released.
- Group dance involving exertive synchronized movement to music.
- May play a role in social bonding (Tarr et al. 2015).
19. SOCIAL BONDING

- dance is co-operative, pro-social
- synchronisation between people influences subsequent positive social feelings
- trust develops
- shared neural networks involved in processing physical and social pain
20. EXERTION

- endorphins released
- both synchronisation and exertion have positive independent effects on self-reported social bonding and pain thresholds (Tarr et al 2015)
PROFESSIONAL DEVELOPMENT AND TRAINING

• 4-DAY TRAINING IN THE BODYMIND APPROACH - CONTACT S.MENEZES@HERTS.AC.UK

• 2-DAY CIRCLES IN AUTHENTIC MOVEMENT 22-24 MAY & 10-12 JULY 2020- CONTACT H.L.PAYNE@HERTS.AC.UK

• INTENSIVE CIRCLES IN AUTHENTIC MOVEMENT:
  2-5 APRIL, BASEL, SWITZERLAND - CONTACT MOSTERTNAOMI@GMAIL.COM
  8-12 JUNE 2020, LONDON UK - CONTACT H.L.PAYNE@HERTS.AC.UK
  26-30 JULY 2020, BASEL, SWITZERLAND - CONTACT BZUEGER@ZOE-TANZ.CH
DISCUSSION AND QUESTIONS: