

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

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AND

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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

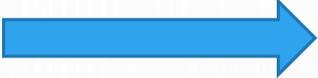


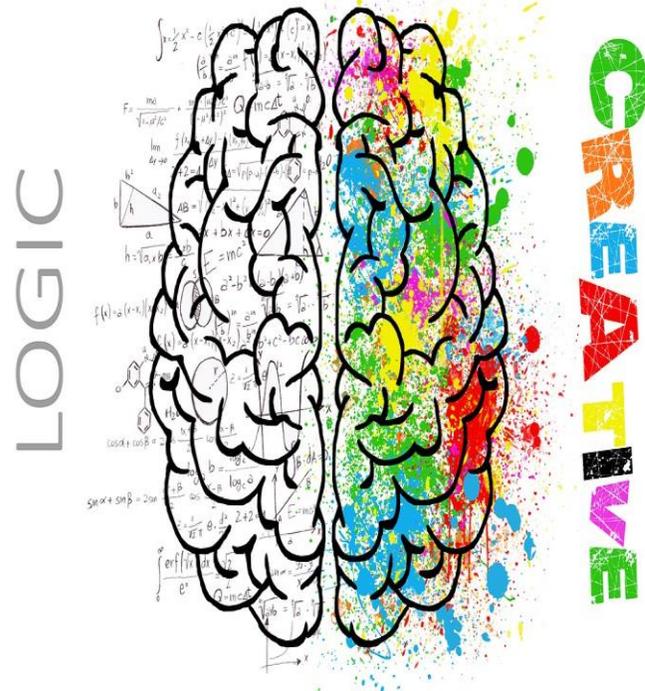
5. RESULTS

- **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

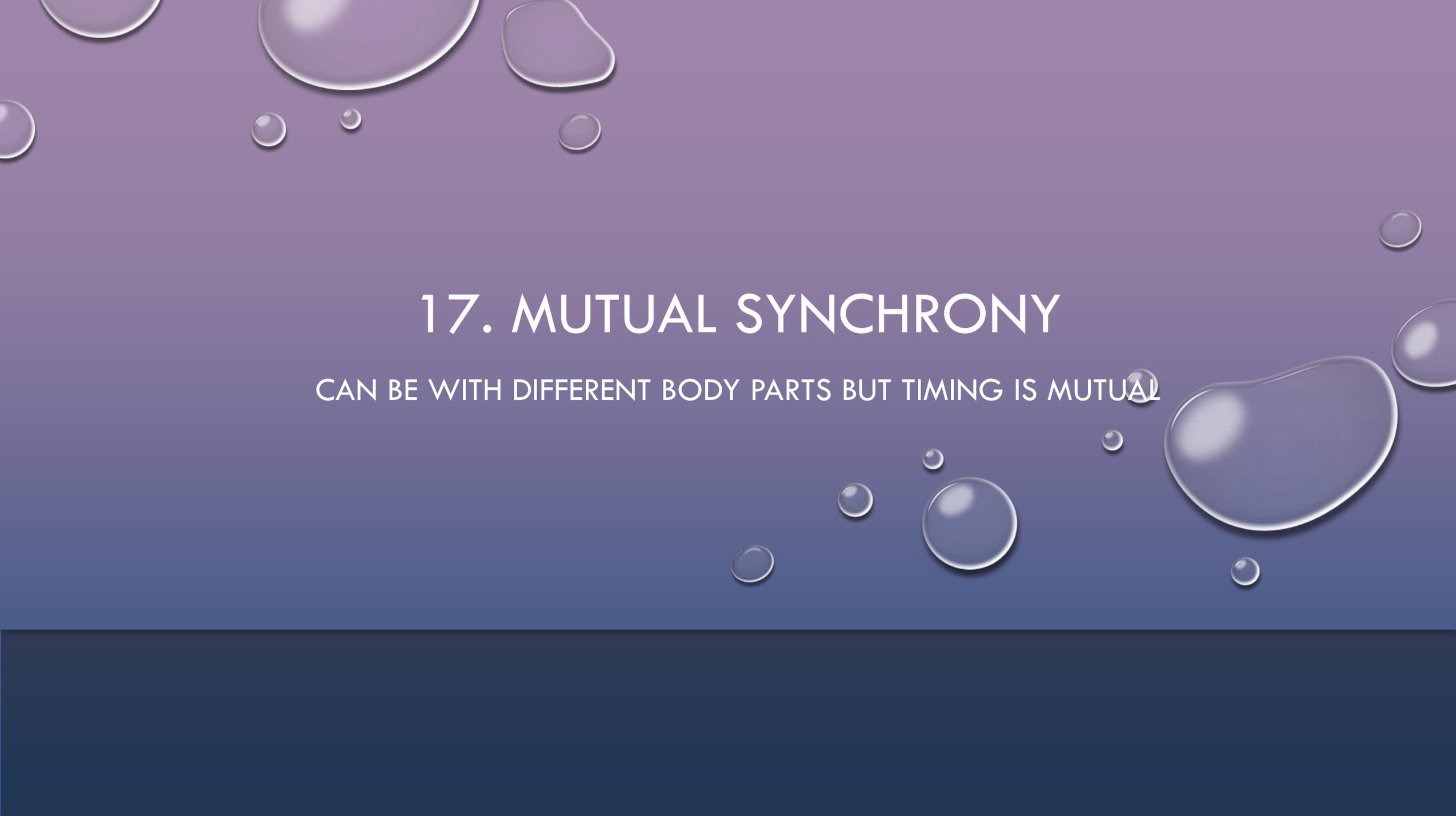
15. AFFECT REGULATION





16. MUTUAL SYNCHRONY

- INTERPERSONAL EXCHANGE PROMOTES SHARED UNDERSTANDING AND EMOTIONAL SHARING
- RAPPORT-AND ADAPTIVE EMOTIONAL REGULATION

The background is a gradient of purple, transitioning from a lighter shade at the top to a darker shade at the bottom. Scattered across the background are numerous water droplets of various sizes, some with highlights and shadows, giving them a three-dimensional appearance. The droplets are more densely packed in the upper and lower right areas.

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

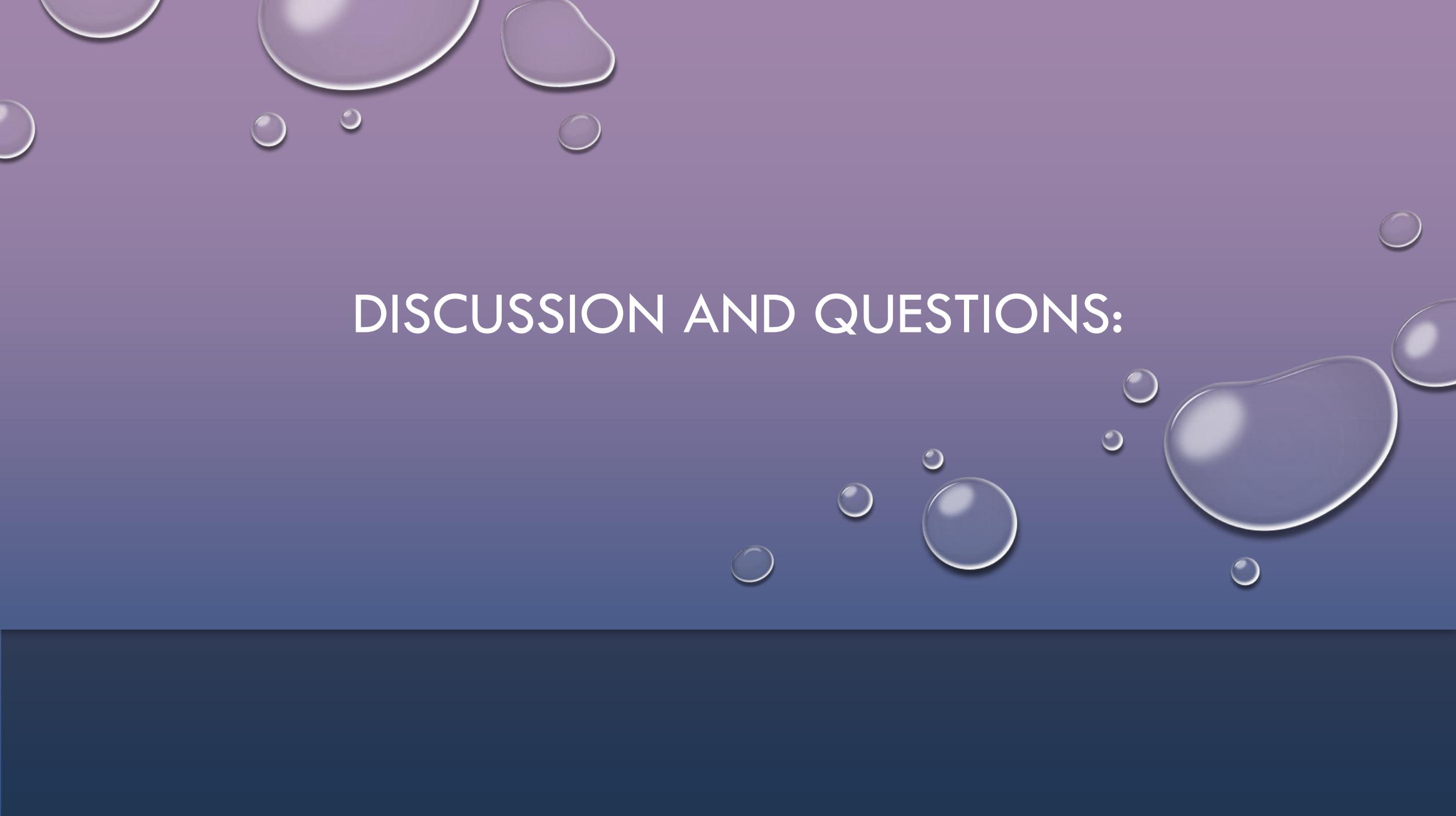


20. EXERTION

- 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

The background features a vertical gradient from light purple at the top to dark blue at the bottom. Scattered across this gradient are numerous water droplets of various sizes and shapes, some appearing as simple circles and others as more complex, elongated forms. Each droplet has a white highlight on its upper-left edge, giving it a three-dimensional, glossy appearance.

DISCUSSION AND QUESTIONS: