

**bpart<sup>+</sup>**

**Be Part of LOStheULTRAMAR  
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*Which factors influence participants of creative process on the level of self-development and development of community?*





## Research outcomes

Field notes as well as final reflection showed that this kind of complex process was in expressions of participants divided into similar levels as their reflection during final focus group. This is why we will follow their perspective and we will structure the main outcomes into same categories, which are: individual experience with the method; experience in the group; project as a whole.



## **Factors influencing individual experience with the method**

### **Deep eye-contact**

Together with slow motion dance accompanied by LOStheUTRAMAR original music is the most visible and defining aspect of the whole project and many participants were confronted by this and discussed it. Deep eye-contact caused first a kind of surprise, out-of-comfort-zone experience, but relatively quickly (after the first week of the workshop) they started appreciate its consequences, which were expressed like openness in the group and to themselves, better contact with the others and their own background and cultural heritage, sensitivity.



## **Factors influencing individual experience with the method**

### **Music**

Was another factor, which deepened the experience and made the whole process of opening quicker. Music helped participants to be open and to feel more connected.

### **Ritual**

The structure of particular lessons as well as LOStheULTRAMAR dance as a method had a function of ritual, which creates a kind of experiential safety, which enabled participants to express their feelings, memories.



## **Factors influencing individual experience with the method**

### **Time and repeating**

Another factor directly related to the ritual aspect of LOStheULTRAMAR is enough time for repeating, which gives participants enough possibilities to go deeper in their own process and to experience individual improvement in expressing their feelings verbally and non-verbally and being in contact with themselves and with the others.



## **Factors influencing individual experience with the method**

### **Relations**

The whole work is based on deep relationships especially between the team of trainers and participants but also among participants. Safe space and deep relationships based on experience more than on negotiated group culture were one of the most important factors as the participants expressed in the final reflection during focus group.

The aspect of relationships could be in this case divided into relationship with self and with the others. The experience during workshops caused repeatedly especially during the second and the third week moments when somebody cried during dancing or reflection. The reason was very often opening old traumas and their sharing in the group.

On the level of connection with the others in the group we could see a lot of openness and sharing, which was repeatedly mentioned also during the final focus group.



## **Experience in the group**

### **Quality of contact**

Based on personal experience, which was according to expressions of participants very deep, the quality of the contact with other participants in the group was a kind of extraordinary aspect of the experience. Quality of the contact was perceived as important and transformative issue during the creative process.





## **Experience in the group**

### **Connection with the others and perceived acceptance**

From the second week participants expressed also a strong experience of connection with the others. Its quality was so high that they could easily integrate also their previous experiences of different cultural heritage, own cultural background and previous experiences of exclusion.



## **Experience in the group**

### **Shared energy**

This kind of deep interpersonal experience provoked a feeling of good and deep energy in the group, which brought also experience of relaxation. This was given also by dancing together, which means that non-verbal aspect of contact was crucial and words were included only later in the reflection part of the program.



## **Experience in the group**

### **Crying**

There was quite some crying in the group during workshops on the level of performers and participants as well. This aspect was accepted but at the same time there has not been any supporting structure for taking care for those who were touched deeply. The main argument was that we are in the artistic project and this kind of reaction is normal and does not require more attention.



## **Experience in the group**

### **The end is the end**

Despite of the fact that the method provokes such a deep experiences and its main aim was to deepen contacts in local community and cross the borders between majority and minority groups there were no follow-ups planned. The end was the end and it was reflected by participants as a weak point of the whole process. What shall we do with this experience now – it was the question, which infused final reflection during the focus group.



**Conclusion**



When we conclude the factors influencing final experience from the project Be Part of LOStheULTRAMAR, we can follow two levels, which were addressed in the research question.

On the level of self-development we can state that the method LOStheULTRAMAR works from the perspective of participants as well as researchers as an approach with transformative potential. Its strong aspect is the way, how it brings participants into contact with themselves, which is perceived as a crucial aspect of self-development in other theoretical concepts based on working with deep reflection of own experience (Dilts and Giligan, 2009). It happens by means of combination of strong interpersonal experienced based on concentrated eye-contact, ritualised dancing and sufficient amount time without stress.

It seems that the method provokes relatively quickly experience of flow, which helps to reach this kind of deep concentration (Csikszentmihalyi, 1991).

This combination of factors provokes special quality of contact among participants, which is extraordinary deep and reflected as something, what goes beyond normal experiences of participants.

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