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Mapping the past, present and future: an analysis of how integration through the body can "speak" to the issue of bullying

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Abstract

The body has always fascinated me! As a classically trained dancer with a Physical Theatre background, I learnt to use my body as a means of expressing myself. I saw the body as a means to performance, but I believed there was more to the body than just being put on show. In University I learnt about and came to understand the mind-body connection (Plamer, 2009). This interested me and I began to search deeper, with the question that if the body and mind are connected, where are our human memories stored?

I have always wondered what moves me and what moves the people around me… This research was a platform for me to look into the notion of the mind, body connection and memory.

Through the use of story and movement, I began to consider bullying as a memory which the body and mind both experience. Through the research I focused on where the body had stored this experience and what were the effects of this stored memory (the aftermath). The rest of this paper unpacks my research and my findings working with a client centred approach.

In this paper I speak back to the approach I took during the research process, using Laban's 8 Effort actions, Lahad's 6 Part Story Method and Whitehouse's Authentic Movement as part of the integration process speaking back to bullying.