

# Sherborne Developmental Movement

Sessions 1 & 2 Friday 29th September 2023

Sessions 3 & 4 Friday 6th October 2023

Sessions 5 & 6 Friday 13th October 2023

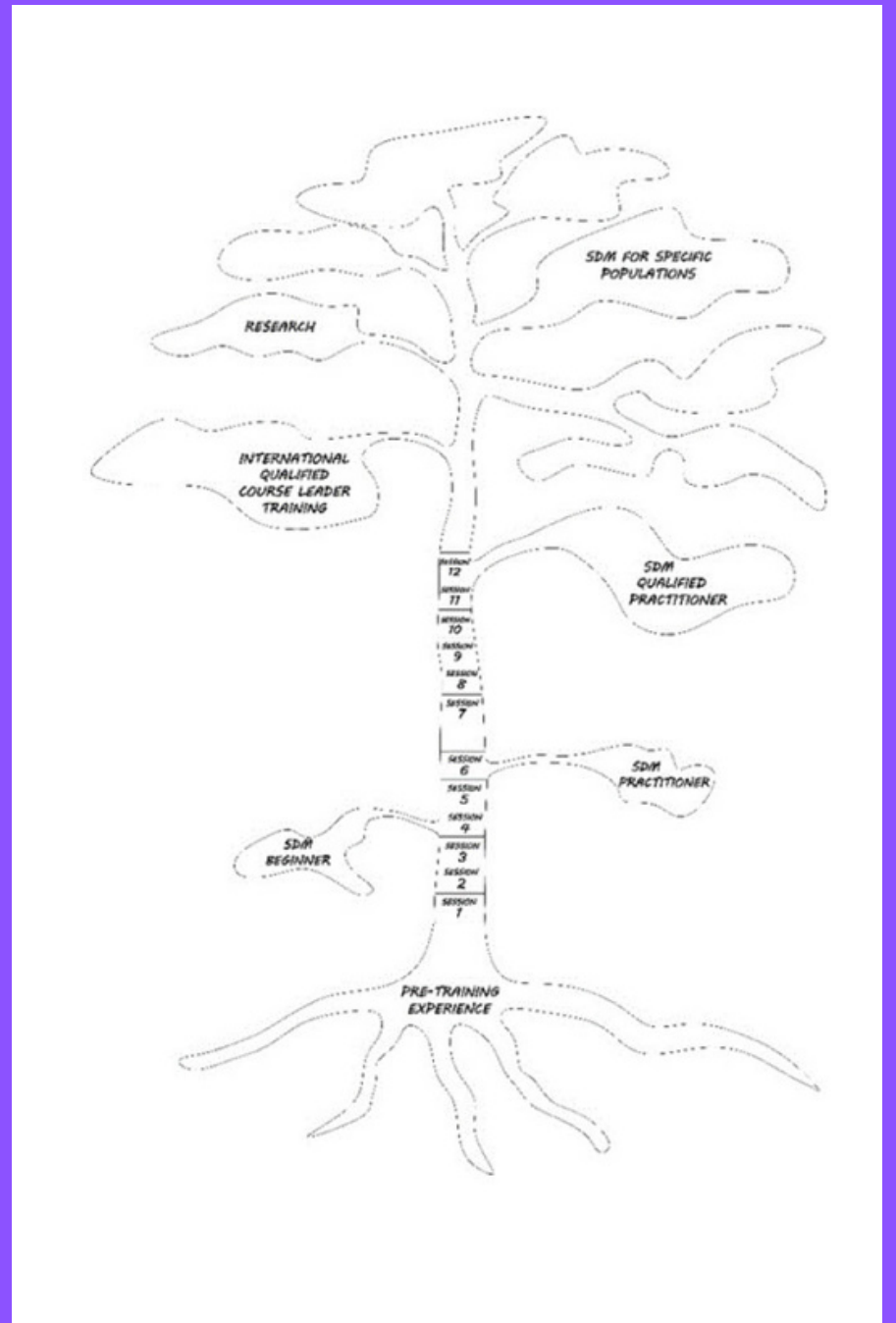


At Solihull Retirement  
Village, Shirley.

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## Structure of the New Courses

The new SDM training Tree – exemplifying how the new training is progressed. The motif of a tree was a starting point for creating the new course. The roots symbolise the variety of experiences participants bring to the training programme. The trunk symbolises the core knowledge, skills, understanding and experience all SDM practitioners should have. The branches symbolise how the knowledge base can be developed in specific and specialised settings, e.g., learning to become a course leader, research, special populations such as the elderly, people with dementia, autism, attachment, trauma etc.



### **12 three-hour sessions complete the initial training.**

Sessions 1 –6 are based on four aspects that are common to each session: Learning through movement experience, learning about the theory of SDM including Laban’s principles of movement, learning to observe accurately, developing the skills and knowledge of a reflective practitioner.

Sessions 1-4 focus on body awareness, spatial awareness, relationships and movement qualities.

Sessions 5 & 6 are based on developing the course participants knowledge of the theory behind planning. The sessions give the participants opportunities to plan a session and a series of sessions, using ongoing evaluations

The intention in the first six sessions is to give participants a strong foundation of personal movement experiences. Embedded in these experiences is guided reflection aimed at developing reflective practitioners. Throughout all the sessions there is awareness of both what is being taught and how it is being taught, so that the very particular nature of the SDM learning environment is emphasised.

Participants could leave the course at any point, but the first formal exit point will be after session 4 and after session 6, where participants are given a certificate.