

Conflict Resolution & Dance Documentary: Call to Artists, Academics & Professionals

Please Circulate Widely

This is a call to artists, academics and professionals across Canada and beyond who are interested in contributing to a documentary about the power of dance/movement and how they can be used for conflict resolution.

I am seeking vibrant, thoughtful and thought provoking individuals and groups who would like to voluntarily contribute by way of interview and/or demonstration, performance. If you are interested in contributing to this project, please email me, Bahar Karbakhsh at: baharkarbakhsh@hotmail.com. I ask that you provide a short explanation of how you would like to contribute to this film, with your contact information. If there are other ways you imagine contributing, please let me know.

Filming will commence February 2014 and finish early summer 2014 to allow for editing.

*Dance ~ The Moving Imagination*¹

Movement has been described as the historical precedent of speech and dance, the most synchronized activity people perform. Recent literature in various fields, including neuroscience is stating that movement in fact affects patterns of thought and interaction. Contrary to the mind and body dichotomy put forth in much of Western thought, where the mind is deemed supreme and the body merely a vehicle or tool of transmission, the body, through movement affects our thoughts and our interactions. Movement and dance engage the right side of the brain – that part that determines emotional tones of interactions, autobiographical memory, perception of one’s body, self-awareness, identification with and empathy with others and inter-subjective processes. While the left side of the brain which is analytical, perceives absolutes, seeks control, certainty and is associated with the escalation of conflicts, the right side of the brain has been described as working “holistically, through whole body sensation, emotion, image and metaphor, perceiving a world of interconnections and creative possibilities.”² As dance and movement engage the right side of our brains, they are powerful tools in conflict resolution and personal empowerment and transformation. It is therefore not devoid of importance to explore ways we can resolve conflicts and empower ourselves and others by reconnecting to the “physical dimensions of emotion, intuition and imagination.”³

¹ Nadja Alexander & Michelle LeBaron, “Embodied Conflict Resolution: Resurrecting Roleplay-Based Curricula through Dance.”

² Emily Beausoleil, “The Neuroscience of Dance and its Implications for Conflict Transformation.”

³ Nadja Alexander & Michelle LeBaron, “Embodied Conflict Resolution: Resurrecting Roleplay-Based Curricula through Dance.”

About Researcher/Filmmaker

I am a lawyer and a LLM student at Osgoode Professional Development in the Alternative Dispute Resolution stream. I am embarking on creating this documentary for my Major Research Project for my degree, with the hopes of creating a high calibre film that can be released at a later date to a wider audience.

I believe each person possesses boundless potential and that respect is the basis of all healthy relationships. I am a believer in the transformative power of the arts in all areas of our lives, including facilitating conflict resolution and personal empowerment. There is power in synergy and I look forward to what this project can bring!