



Europäische Gesellschaft für
Dispokinesis e.V.

Short Information

posture

expression

Dispokinesis

breathing

stage-related disposition

movement

Dispokinesis

posture – movement – breathing – expression – stage-related disposition

„In our development as musicians, we need to learn to distinguish between disposing and indisposing forces. Everything is related to our personality, our abilities, and our inner state. Self-observation is the ability to see yourself in relation to your surroundings, your fellows, to the audience, the students. By means of self-observation, you develop self-esteem and the notion that the place you assume is the right one.“

(G.O. van de Klashorst)

Dispokinesis supports musicians and performers in discovering their personal artistic abilities of expression. It has both preventive and curing effects, facing playing-related disorders, pain, and Music Performance Anxiety (MPA). As such, it is an important tool in the therapy of focal dystonia.

Dispokinesis originated around 1950 in the environment of the Sweelinck Conservatorium Amsterdam. At the centre of dispokinetic practice are the 'original shapes of posture and movement' (German "Urgestalten"), which G.O. van de Klashorst developed based on his studies of human and evolutionary sciences.

Dispokinesis is based on functional anatomy, neurophysiology, and developmental psychology, and it considers aspects of sensorimotor and psychomotor learning and maturation. Dispokinesis teaches the practice of posture, breathing, and movement and addresses professional musicians' experiences, their awareness, and mental processes in relation to their singing, playing, and their expressiveness.

What does disposition mean?

Disposition is an innate knowledge every human being is born with. It manifests in the original and natural posture and movement of our body.

What does that mean for musicians?

To be 'disposed' implies a state of natural interaction between mind and body that allows for our inner concept of sound to be released in a free movement. This original disposition can be lost during the course of life. It is then replaced by artificial patterns, so-called 'stereotypes'. The dispokinetic approach aims to restore a person's original disposition.

Approaches

Dispokinesis offers several approaches applied together:

The 'original shapes of posture and movement'

The 'original shapes' (German "Urgestalten") are primal forms of posture and movement given to us as an 'inner wisdom' upon birth. They refer to the primordial experiences of our primary motor development, experiences which are also the prerequisite for mental development. About forty simple basic exercises retrace the human developmental steps from lying to standing. Special importance is given to the individual expression in each 'original shape'. They form the foundation of Dispokinesis. The 'original shapes' aim to calibrate the body's stabilising functions, fine motor control initiatives, and natural breathing. Raising awareness for sensorimotor and psychomotor processes, the exercises help identifying and changing acquired 'stereotypical' behaviour. Inner imagery supports the rediscovery and re-establishment of our primal motor experiences.

Working with the instrument

Dispokinetic practice is primarily geared to the technical and artistic competency of musicians. Accordingly, it offers exercises, imagery, and learning aids specifically fashioned for the respective instruments. Focusing on musicians and onstage performing, Dispokinesis goes far beyond movement therapy, body-awareness, and relaxation techniques.

Ergonomic aids

Another approach of Dispokinesis addresses ergonomic aspects of instrumental performance. It considers each person's individual physiological preconditions in order to optimise their fine motor skills on their instrument. If necessary, it introduces personalised ergonomic aids. A basic rule of Dispokinesis is: The instrument needs to fit the body, not the body the instrument.

Dispokinesis equips each individual with a personalised repertoire of self-help strategies. As such, it is a method specifically tailored to the needs of musicians.

Target groups

- Professional musicians, instrumentalists, singers, conductors
- Instrumental and vocal teachers
- Music students, advanced instrumental and vocal students
- Actors and public speakers
- Dancers

Indications

Dispokinesis offers solutions for the following indications:

- Pain, tensions, overuse syndromes
- Functional disorders, inflammatory or pain syndromes of the musculoskeletal system
- Respiratory, embouchure and vocal problems
- Focal dystonia
- Playing-induced fatigue
- Unsuccessful practicing
- Restraints of expressivity
- Music Performance Anxiety (MPA)

European Association of Dispokinesis

The European Association of Dispokinesis (Europäische Gesellschaft für Dispokinesis e.V.) was founded in 1993. Its goal is the development and dissemination of the contents of Dispokinesis.

Since 1997, the Association has been offering a three-year training to become a Dispokinetician. The program is open to professional musicians, music teachers, music students, instructors for breathing, speaking and voice, as well as for therapists, psychologists, and doctors proficient on a musical instrument. In addition, the Association offers seminars on special topics in the field of prevention and therapy, audition trainings and counselling for performing musicians and music teachers.

The members of the Association work with individuals and groups in their private studios as well as at music schools, conservatories, and universities. A list of Dispokineticians can be found on our homepage.



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