



Photo: Sasha Onyshchenko

National Centre for Dance Therapy : A decade of well-being through dance

Montreal, May 15, 2023 - In 2023, Les Grands Ballets' National Centre for Dance Therapy (NCDT) celebrates its ten years of activity. This is the first initiative of its kind to be designed and implemented by a dance company, as a part of the broader vision of Les Grands Ballets to promote the benefits of dance with a view to improving individual well-being.

Since 2013, the NCDT has reached more than **3000 people** from **21 marginalized and vulnerable communities**. It collaborated with **74 partners**, from the community, school and health sectors and **ten university partners**. Among these populations are elderly people, caregivers or people living with eating disorders, autism, Down's syndrome, depression, intellectual disabilities, Parkinson's disease, chronic pain, problems of mental health, and more.

These people have benefited from the positive impact of dance, whether at a cognitive, psychological, or physical level, such as the improvement of self-esteem, the reduction of the effects of anxiety and depression, slowing the loss of cognitive abilities, improving motor skills, balance, and body awareness, among others.

The NCDT is also open to the public, through a range of dance therapy and adapted dance courses: **600 participants have benefited from an offer of 28 different courses.** At the start of the COVID-19 pandemic, the Centre was committed to offer livestream options to maintain the connection with its beneficiaries.

The NCDT is unique on the international scene because it integrates three components:

- offers of dance therapy, adapted dance and dance for well-being services,
- involvement in clinical research projects,
- development of continuous education and training activities, including the first Canadian dance therapy training program.

Canada's One-of-a-Kind Dance Therapy Program

With the *Alternate Route*, dancers and health professionals can follow a program that is part of a dance therapy certification course. It is the only training of this type in Canada and three cohorts (49 qualified professionals) have already attended it since 2014. The fourth cohort will complete its training the summer of 2024.

To accomplish its mission and promote the benefits of dance for the well-being, the National Centre for Dance Therapy also offers continuous education to professionals, practitioners, artists and educators wishing to use dance in social community or health settings. 28 workshops and training are already offered or planned.



Research Projects with International Outreach

By collaborating on about ten research projects on the benefits of dance, two of which are still in progress, the National Centre for Dance Therapy has contributed to the collection of concrete data and to the publication of scientific studies on specific communities, contexts and organizations of Quebec and Canada. Several of the NCDT's projects serve as sources for data collection for researchers and students from various universities.

Events that unite us

The NCDT has also organized several events and activities aiming to share the benefits of dance and make the discipline more inclusive.

Two conferences made it possible to share and exchange knowledge and expertise:

- 2016: First National Symposium for Dance and Well-Being
- 2018: First International Symposium for Dance and Well-Being

The work of the CNDT has created a direct relationship between the communities served by the Centre and Les Grands Ballets' mission, through a variety of events.

A collaboration with Luca Lazylegz Patuelli and his ILL-Abilities crew resulted in two NO LIMITS events, in the fall of 2018 and 2022, where dancers of all bodies and abilities shared the stage.

In the spring of 2022, the NCDT had the honour of inviting the participants of its activities to two relaxed performances of *Romeo & Juliet*, adapted to the needs of people with various abilities. In September of the same year, 700 marginalized or vulnerable people were also invited to the show *The Four Seasons*.



KEY DATES



2013

- Inauguration of the Centre

2014

- Launch of the *Alternative Route* training

2016

- First National Symposium for Dance and Well-Being



2017

- Opening of adapted dance and dance therapy classes for the public in Les Grands Ballets' new spaces situated at 1435 rue De Bleury

2018

- First International Symposium for Dance and Well-Being
- NO LIMITS event – ILL-Abilities 10th anniversary



2020

- First livestream services
- Launch of the blog, with the aim of sharing news of the Centre's projects and highlighting initiatives around dance and well-being in Canada
- Start of a series of continuing education workshops and training



2021

- Launch of a series of dance exercise videos for people with various abilities or neurocognitive disorders

2022

- First relaxed performance, with *Romeo & Juliet*

KEY FIGURES

THE NCDT SINCE 2013:

3600

**people having benefited
from its services**

21

**marginalized and
vulnerable
communities**

74

**community, school and
health partners**

SPONSORS AND PARTNERS

Les Grands Ballets is supported by **Conseil des arts et des lettres du Québec, Canada Council for the Arts**, and **Conseil des arts de Montréal**.

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About Les Grands Ballets

A creation and production company, Les Grands Ballets Canadiens is devoted to the development of dance in all its forms, building on the discipline of classical ballet.

Under the artistic direction of Ivan Cavallari, some fifty Canadian and international dancers - accompanied by Les Grands Ballets Orchestra - bring the great classics of ballet to the stage, as well as the creations and repertoire of established and emerging contemporary artists.

Located in the heart of Montréal's Quartier des spectacles, Les Grands Ballets is wholly committed to give to as many people as possible access to dance, whether through the Nutcracker Fund for Children, leisure activities in Studios GB or with the National Centre for Dance Therapy (NCDT), which is devoted to greater wellbeing through the benefits of dance.

Through the excellence of its productions and the scope of its cultural and social actions, the company seeks to inspire discovery and conjure emotions, stimulate the imagination, convey a passion for dance and create a lasting impact.

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