**One Night Some Girls Somewhere Are Dying**

presentation of the creative art process with art-therapeutic approaches in choreopoetry

**Mojca Kasjak & Alenka Vidrih**

**Authors of the performance: Katja Gorečan and Mojca Kasjak**

**Mentor: Alenka Vidrih**

***Neke noči neke deklice nekje umirajo***

- predstavitev ustvarjalnega umetniškega procesa z umetnostno-terapevtskimi pristopi v koreopoeziji

As part of the research process, we observed 4 young girls how they respond to demanding artistic research such as: the embodiment of memory. We were interested in how many years of dance experience would help them in this and how young girls, performers aged between 14 and 16 respond to problems without their own experience of this kind. What happens when violence against the body causes loss? What can cause anxiety? Katja Goričan's poetry was the script for the performance. We observed how the performers and co-creators of the show enter the process and how they deal with the *performative traumatic body*, and what are the therapeutic effects of the creative process that took place during Covid-19?

Due to exceptional circumstances, the nature of artistic research has acquired a completely new meaning for young performers. The question was: what does artistic creation mean to girls (connecting, sharing and expressing their own feelings with creative expression) and how do they experience isolation, physical and social distance, negative emotions, fears, increased anxiety). We found that the ability to develop kinesthetic imagination and empathy, which they developed through years of dance practice, helped them respond to an artistic challenge.

In addition to improvisational techniques of authentic movement, we also used voice, breathing and other performative techniques in the performance. The research showed that the creative process and performance for girls was therapeutic, as it was created during the coronation Covid period in 2020. It is an innovative art form*: choreopoetry - the embodiment of poetry*, where dancers inspired by poetry dance it, and the choreography is sound equipped with an acting interpretation of poetry. The creative process, monitored from the perspective of art therapy, protected girls from anxiety, and antisociality, allowing them creativity, expressiveness, connection, and overcoming fear and general negative feelings that historically stem from the memory characteristics of the female population.

V okviru raziskovalnega procesa smo opazovali 4 mlada dekleta, kako se odzivajo na zahtevno umetniško raziskovanje kot je: utelešenje spomina. Zanimalo nas je, kako jim bodo pri tem pomagale dolgoletne plesne izkušnje in kako se mlada dekleta, izvajalke stare med 14 in 16 let, odzivajo na težave brez lastnih izkušenj te vrste. Kaj se zgodi, ko nasilje nad telesom povzroči izgubljanje? Kaj lahko povzroči tesnoba omejevanja? Poezija Katje Goričan je bila scenarij za uprizoritev. Beležili smo, kako izvajalke in soustvarjalke predstave vstopajo v proces in kako se soočajo s *performativnim travmatičnim telesom* ter kakšni so terapevtski učinki ustvarjalnega procesa, ki je nastajal v času Covid-19?

Zaradi izjemnih okoliščin je narava umetniškega raziskovanja za mlade izvajalke dobila povsem nov pomen. Postavljalo se je vprašanje: kaj umetniško ustvarjanje pomeni dekletom (povezovanje, deljenje in izražanje lastnih občutkov z ustvarjalnim izražanjem) in kako doživljajo izolacijo, fizično in socialno distanco, negativna čustva, strahove, povečano tesnobo). Ugotovili smo, da jim je sposobnost razvoja kinestetične domišljije in empatije, ki sta jo razvili skozi dolgoletno plesno prakso, pomagala pri odgovarjanju na umetniški izziv.

V predstavi smo uporabili poleg improvizacijskih tehnik avtentičnega giba tudi glas, dihanje in ostale performativne tehnike. Raziskava je pokazala, da je bil ustvarjalni proces in predstava za deklice terapevtski, saj je nastajal v času koronskega Covid obdobja v letu 2020. Gre za inovativno umetniško zvrst: *koreopoezijo - utelešenje poezije*, kjer plesalke inspirirane s poezijo to izplešejo, koreografija pa je zvočno opremljena z igralsko interpretacijo poezije. Ustvarjalni proces, ki je bil spremljan z vidika umetnostne terapije, je deklice obvaroval tesnobnosti in asocialnosti, omogočil jim je kreativnost, izraznost, povezovanje in premagovanje strahu ter splošnih negativnih občutkov, ki zgodovinsko izvirajo iz značilnosti spomina ženske populacije.

**Biography**

**Mojca Kasjak** is an independent artist in the field of culture. She is a dancer, choreographer, dance pedagogue, executive producer, as well as the program and artistic director of the Platform of Contemporary Dance festival. Based on her formal education, she is a professor of geography and sociology. She specialized in dance and choreography at the London Contemporary Dance School in the UK. She has authored many projects and dance performances, and has been the winner of individual awards. In 2017, she founded the private Institute for contemporary dance arts, creativity and the art of being, MOJA KREACIJA (MY CREATION). She is currently pursuing a Masters degree in Helping with Art at the University of Ljubljana. She is also the state dance selector at Republic of Slovenia Public Fund for Cultural Activities.

**Alenka Vidrih** is an assistant professor at the Faculty of Education of the University of Ljubljana, Slovenia, and coordinator of ECARTE. She is head of the Master Study of Creative Arts Therapy and teaches Performing Arts in Education. Her research interests are performing arts in correlation to psychosocial wellbeing in education and therapy. For the last few years, she was part of the National Research on Creativity and Gifted Education. As a graduate of AGRFT (Academy of Theatre, Radio, Film, and Television) she was employed in one of the National Theatres, and then created and researched as a freelancer for 20 years. In the 1990s, in addition to art projects, she established the drama performative model AV (Ars Vitae: Art of Living) which originates from her acting and singing profession, is used within a group-tuning program.

Recent publications:

Vidrih, A., Potočnik, R. (2022). Arts Therapy with vulnerable individuals and groups. 1st ed. Faculty of Education, University of Ljubljana, Ljubljana.

Vidrih, A. (2022). Everything that we can remember: how to create a safe environment through a poetic story - an introduction to forest of lost memories. In *The Routledge international handbook of therapeutic stories and storytelling*. London; New York, 2022. pp. 382-383. Routledge International Handbook Series.

Vidrih, A., Hram, A., & Poštuvan, V. (2019). The treatment of anorexia nervosa and bulimia nervosa among female adolescents aged 18–21 using intertwined (integrative) arts therapy. In *Arts Therapies and Gender Issues* (pp. 210-227). Routledge.

Vidrih, A., Sernec, T., Filipčič, T. (2019) Dance-movement activities as a form of support for child, with attention deficit hyperactivity disorder. In *Adapted movement activities for the quality of life of all*. 1st ed. (pp. 193-212). Biała Podlaska.

Jerak, T., Vidrih, A., Žvelc, G. (2018) The experience of attunement and misattunement in dance movement therapy workshops. *The Arts in psychotherapy*. 2018, vol. 60, str. 55-62.

Recent presentations:

Vidrih, A. (2022) The spark in the eye of vulnerable: plenary lecture*, Theatre inclusion – social activation an international conference of the Central European initiative*, 1 June 2022, Maribor, Slovenia.

Vidrih, A. (2020). Stand-up comedy in rehabilitation of people with physical disabilities = Stand-up comedy in rehabilitation of people with physical disabilities. In 2 nd *International Art Scientific Conference,* Zagreb, Croatia, 18th and 19th October 2020. (Book of Abstracts. pp. 328-329).

Vidrih, A. (2020) Embodied Memory: Therapeutic approaches with art:plenary speech, *professional conference* *on 15th Platform of Contemporary Dance*, 6t of September, 2020, Maribor, Slovenia

Vidrih, A. (2018) *Applied theatre and authentic communication in educational environment: lecture on 16th ICIE Conference 2018 on Excellence, inovation & creativity in basic higher education creativity & psychology, Paris, France, 4th July 2018*.

Vidrih, A. (2018) Applied theatre as the supportive process in the gifted education. Book of Abstracts. 1. *International Conference "Giftedness, Education of the Gifted, Innovation and Creativity in Primary, Secondary and Higher Education and Psychology",* 25-27.10.2018, Banja Luka, Bosna and Hercegovina.

Kasjak, M. (2021). In N. Meško, & V. Geršak, editor (s). Movement Tip: *Sea world.* A Guide to Creative Movement Workshops (105-107). Public Fund of the Republic of Slovenia for Cultural Activities.

Kasjak, M. (2019). *Labyrinth* = Labyrinth (p. 1 leaflet (6)). Provincial Museum.

Koren, M., & Kasjak, M. (2019). [Labyrinth]: Gugalnik Idej, Pokrajinski muzej Maribor, 15 June 2019 = [Labyrinth] (p. 1 folder (6)). Maribor Regional Museum.

Budar, A., Sajko, D., Recnik, M., **Kasjak, M**., Dobrila, P. T., Sitar, M., & Milovanović, Ž. (2019). For the development of the cultural and creative sector in Maribor. Municipality.

Budar, A., Sitar, M., Kancler, T., Jambrovič, U., Potočnik, A., Žunko, N., Berberih-Slana, A., Štajnbaher, S., **Kasjak, M**., Mihec, M ., Wenzel, B., & Žnuderl, N. (2018). Awakening of the sleeping giant “KPD” = Waking up the sleeping giant “KPD” (A. Budar, Ed.). Municipality of Maribor

Brumen, M., Dobrila, P. T., Ferlež, J., Flisar, N., Kasjak, M., Marčič, A., Pivec, F., Premzl, P., Sajko, D., Simonič, P., Štabi , S., Varl, M., & Vidmar, S. (2014). Local program for culture of the Municipality of Maribor 2014-2020. Municipality.

Kasjak, M. (2012). Glamor before the quality of what is seen: with dance pedagogue, dancer and producer Mojca Kasjak, president of the Plesna izba Maribor. Evening, 68 (73). Večer.

Kasjak, M. (2012). Maribor has to make arrangements: with Mojca Kasjak, the head of the Plesna izba Maribor, before today's performance Avenija 25 by Minka Veselič Kološa on the occasion of the quarter-centenary of PIM. Evening, 68 (140).

Meško, N., Geršak, V., Pikalo, P., Rupnik, V., & Kasjak, M. (2011). Dance art. In N. Bucik (Ed.), Cultural and Art Education: A Handbook with Examples of Good Practice from Kindergartens, Primary and Secondary Schools - supplemented online version (pp. 255–270). Ministry of Education and Sports; Institute of the Republic of Slovenia for Education.