Les Grands Ballets Canadiens de Montréal: A Broad Vision

Moving the world. Differently.

- 1997: Creation of the Nutcracker Fund for Children
- 2010: The first Nutcracker Market was held
- 2013: Creation of The National Centre for Dance Therapy
- 2017: The Édifice Wilder - Espace Dance was inaugurated for a holistic vision of dance
The National Centre for Dance Therapy

In April 2013, les Grands Ballets Canadiens de Montréal (GBCM) inaugurated the National Centre for Dance Therapy (NCDT), whose mission is to promote the benefits of dance for all people.

This innovative Centre combines 3 functions:

1. Services in dance therapy, adapted dance, and other dance for well-being interventions
2. Training
3. Clinical Research
Services

Services for institutions and organizations make up the better part of the work of the National Centre for Dance Therapy.

Since 2013, the Centre has developed over 80 partnerships and more than a 1000 people have benefited from what dance has to offer.

Our values:

• Tailor-made projects, according to the needs of the clients
• Teamwork
• Interdisciplinary approach
• Knowledge sharing and transfer of expertise
• Adaptation to contexts and to contingency plans
• Complementarity
Training

Two permanent training programs:

- **The Alternate Route**
  - Accredited classes in dance therapy, to obtain a professional accreditation (R-DMT)

- **Social Arts Training**
  - In partnership with Cirque du Soleil
  - To learn how to use adapted dance and social circus for social interventions with vulnerable populations
Multidisciplinary Research

Our objectives:

• Legitimize dance interventions in the eyes of institutional partners
• Obtain empirical data on dance in Canadian contexts
• Contribute to the development of the field

Our approach:

• Mixed-methods research
• Integration of the therapist/educator
• The therapist/educator as a practitioner
• Inclusion of all parties
• Researchers from complementary fields
Danse IMPACT Research Team

Situation:
• Dance (therapy) research: often qualitative, based on case studies, and lead by the practitioner-researcher
• Multiple, independant initiatives
• Lack of communication

Goals:
• Structure
• Recognition
• Various funding sources
• Joining forces
Dance, Society and Research

PURPOSE: Advancing the discipline of dance rigorous research on:

  Development of Dance Toolkit for Health and Wellbeing

  Leveraging Dance to Increase Social Cohesion & Inclusion

  Use of Dance to Nurture the Creativity of Research

PROBLEM: Using the appropriate methodology particularly when vulnerable patients or populations are involved.
If the only tool you have is a hammer, you tend to see every problem as a nail.

- Abraham Maslow
The Research Process

Based on assumptions about:

1. **ontology** - how we view social or physical reality
2. **epistemology** - how we define the nature, origin and scope of knowledge
3. **methodology** - what procedures are used for the research
Research Paradigms

1. Ontology, epistemology and methodology meaningfully combine into research paradigms

2. Two most common in medical research:
   • post-positivism
   • constructivism
Post-positivism aka the Hammer

1. Ontology: there is a reality or truth that exists independent of ourselves as researchers

2. Etiology: there is a singular, objective reality that can be measured

3. Epistemological stance: objectivism

4. Methodology: use of experimental design and methods meant to reduce subjectivity and falsify hypotheses
Social Constructivism

1. Ontology: multiple social realities
2. Etiology: no singular measurable reality or truth with a capital “T”
3. Epistemological stance: transactional or subjective
4. Methodology: hermeneutic and dialectical with the use of strategies for collecting and analyzing texts
Paradigms and Research Questions

Post Positivism
• quantitative statistical methods
• generate knowledge from a sample that can be generalized to a population
• addresses hypothesis testing

Constructivism
• qualitative statistical methods
• generate knowledge to understand how human beings interpret, give meaning and construct social reality in their individual contexts
• addresses “why” questions
Other Research Paradigms / Tools

Less common research paradigms but often used in primary care:

• pragmatism (participatory research)
• critical realism (sharing principles of post positivism and social constructionism)
• critical theories (power-centered research)
Moving beyond the Hammer

If you are going to incorporate vulnerable/marginalized/neglected concepts or populations, you need to use more than one research paradigm.

What are your assumptions? Biggest issue is unchallenged or unconscious biases or assumptions.

The cornerstone of science is QUESTIONING DOGMA – what is your dogma/assumptions/biases?
DON'T CLING TO A MISTAKE JUST BECAUSE YOU SPENT A LOT OF TIME MAKING IT.