

The dance of life in the time of e-zombies

La danza de la vida en los tiempos de zombies electrónicos

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We live in counterrevolutionary times in which conservative and capitalist systems threaten many of the economic, social, political, cultural and even ecological rights won in the last century. Even though numerous expressions of solidarity and community were seen through social networks during the pandemic, and many animal species seemed to recover a small quantity of the space taken away, after lockdown we have pendulated back to fragmentation, demotivation, antagonism, individualism and medication of discomfort. Human beings seem like zombies absorbed in screens that constrain our mobility, spontaneity and vitality. From this place, it is not possible to implement any changes.

Reconnecting with our life drive becomes essential to transform the realities we navigate. We need effective and lasting ways to build communities where we can look at, co-operate and build bridges with others, with otherness. Dance movement therapy (DMT) opens spaces where people can explore themselves with curiosity and be more awake, alert and attentive to themselves and what is happening in their communities.

As DMT professionals, we have the opportunity and ethical duty to position ourselves politically to make creative and hopeful proposals that challenge authoritarian systems. By awakening body awareness and finding strength and creativity within ourselves, we can access the life drive that oppressive political systems seek to steal from us. This article proposes DMT as a strategy to confront the dissociation and hopelessness expressed by people connected to screens and disconnected from their vital drive. The participants' experience in a group or individual DMT sessions in Glasgow, Scotland, during 2021 and 2023 is presented. The results include the possibility of feeling more present with themselves and the group, increased creativity and feeling nourished, excited, expanded, energised, and happy.

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Vivimos en tiempos contrarrevolucionarios en los cuales muchos de los derechos económicos, sociales, políticos, culturales e incluso ecológicos ganados en el último siglo se ven amenazados por sistemas conservadores y capitalistas. Aun cuando durante la pandemia numerosas expresiones de solidaridad y comunidad fueron vistas a través de las redes sociales, y muchas especies animales parecían recuperar un poco del espacio arrebatado; después del encierro hemos pendulado de regreso a la fragmentación, desmotivación, antagonismo, individualismo y medicación del malestar. Los seres humanos parecemos zombies absortos en pantallas que constriñen nuestra movilidad, espontaneidad y vitalidad. Desde este lugar no es posible implementar ningún cambio. Reconectar con nuestra pulsión vital se vuelve imprescindible para transformar las realidades que transitamos. Necesitamos caminos eficaces y duraderos para construir comunidades en las que seamos capaces de mirar, cooperar y tender puentes con los otros, con lo diferente. La danza movimiento terapia (DMT) abre espacios donde las personas pueden explorarse con curiosidad, estar más despiertas, alertas y atentas a sí mismas y lo que pasa en sus comunidades. Como profesionales de la DMT tenemos la oportunidad y el deber ético de posicionarnos políticamente para crear propuestas creativas y esperanzadoras que reten los sistemas autoritarios. Al despertar la consciencia corporal y encontrar dentro de nosotros mismos fuerza y creatividad, podemos acceder a la fuerza vital que los sistemas políticos opresores pretender robarnos. Este artículo propone la DMT como una estrategia para enfrentar la disociación y desesperanza que se expresa en personas conectadas a las pantallas y desconectadas de su pulsión vital. Se presenta la experiencia de participantes en sesiones grupales o individuales de DMT en Glasgow, Escocia durante 2021 y 2023. Entre los resultados destaca la posibilidad de sentirse más presentes consigo y con el grupo, incremento de la creatividad, sentirse nutrida, emocionada, expandida, energizada y feliz.

Biography

Susana García holds a Master's degree in Dance Movement Therapy from the Autonomous University in Barcelona, Spain and a specialisation in Gestalt Psychotherapy from the Humanist Institute of Gestalt Psychotherapy in Mexico. She also holds a professional diploma as a biodynamic body psychotherapist from the Yollocalli Center in Mexico and a Bachelor's degree in Rural Sociology from Autonomous University Chapingo, Mexico. She is an independent consultant and researcher and works as a dance movement therapist in her private practice. Her research interests are intersectional feminism, wellness, social justice, gender violence, and migration. She has over 20 years of experience designing, delivering, and evaluating educational programmes with universities, non-governmental sectors, and government institutions. Since 2015 she has been a guest professor at the Autonomous University of Barcelona. She has specialised in treating survivors of sexual violence, promoting wellness and self-care, and preventing burnout.

Recent publications and conference presentations

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