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# Migrating Bodies – A Choreo-Therapeutic Me-Search on Overcoming Repetition Towards a Pathway to Transformation

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Human history has always been shaped by bodies moving from place to place at different times, bringing something new in return. Since the first steps of Homo erectus approximately 1.8 million years ago, human history has been written through migrating bodies—bodies that move to survive, to adapt, to connect; carrying memory, rhythm, and story within their movement. Migration is both an archetypal image and a lived experience. Every body, in its own way, is a migrating body.

This workshop takes this perspective as the starting point for a choreo-therapeutic exploration, inviting participants to investigate and overcome repetition in order to achieve transformation. The Four Bodies Model by Chyle-Silvestri and Lutz (2025) will be presented as a therapeutic and artistic framework used in drama and dance therapy, education, and supervision. The model differentiates between:

- The Physical Body – sensations and vitality
- The Dream Body – symbolism, the unconscious, and body memory
- The Emotional Body – affective landscape and developmental history
- The Mind Body – cognitive frameworks interpreting emotion

In the workshop, participants will explore personal aspects of their own migrating bodies through movement, reflecting lived or imagined journeys. Using the *Four Bodies Model*, participants will be encouraged to work through repetition as a generative process that can shift patterns and facilitate the emergence of new experiences. Through choreographic structures, repetition, and re-choreographing, guiding questions arise, such as: *Where do I always find myself circling back? Which movement elements are unwanted or desired repetitions, and which open new pathways?* This part of the workshop draws on the practice of choreographers such as Lucinda Childs and Treisha Brown, who utilize repetition as a key



element in their artistic work. Finally, through a collective choreography of migrating bodies, space is made for unexpected encounters and new possibilities—offering new places to return to.

## Biography

**Fabian Chyle-Silvestri** is Professor of Dance/Movement Therapy at SRH University Heidelberg. He holds an MA in Dance/Movement Therapy from Columbia College Chicago and a PhD from the University of Witten/Herdecke. A licensed supervisor (BTD), *Heilpraktiker für Psychotherapie* (Germany), dance educator, choreographer, and DanceAbility Master Teacher, he co-founded Artistic-Systemic Therapy at the Academy of Cultural Education, where he led the Department of Dance from 2017 to 2022. His work bridges therapy, artistic practice, and education.

**Simone Kleinlooh**, MA, PhD Candidate, BC-DMT, is a senior dance movement therapist and supervisor from the Netherlands. She is Program Leader and DMT Lecturer in the Master of Arts Therapies – Dance Movement Therapy Department at Codarts University of the Arts in Rotterdam. Formerly a professional dancer and dance teacher, she has over 25 years of clinical experience working with adolescents and adults. She offers DMT workshops and training in China and other countries. In private practice, she provides DMT, coaching, and supervision to clients, facilitators, and counsellors. As a PhD candidate at Codarts and Erasmus MC University Rotterdam, she researches dance movement therapy interventions for people with personality disorders.

## Recent Publications:

Chyle-Silvestri, A., Anklam, M., & Reyer, T. (2025). **Künstlerisch-Systemische Therapie (KST): Körperorientierte, kunstbasierte und ko-kreative Entwicklungsprozesse.** *Körper – Tanz – Bewegung*, 13(2), 58–67. Ernst Reinhardt Verlag.

Kleinlooh, S.T., Samaritter, R.A., Van Rijn, R.M., Kuipers, G., & Stubbe, J.H. (2021). **Dance movement therapy for clients with a personality disorder: A systematic review and thematic synthesis.** *Frontiers in Psychology*, 12, 581578.

<https://doi.org/10.3389/fpsyg.2021.581578>



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Kleinlooh, S.T., Samaritter, R.A., Stubbe, J.H., & Koes, B.W. (2022). **A dance movement therapy intervention for people with a personality disorder: A Delphi study.** *The Arts in Psychotherapy, 78*, 101883. <https://doi.org/10.1016/j.aip.2022.101883>