



Flowing the River of Integration: A Solution-Focused Journey through Dance and Movement

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This experiential workshop explores how repetition and return can support integration, creativity, and transformation through the River of Integration model (Siegel, 2010) within Dance and Movement Therapy (DMT). Drawing inspiration from Zatloukal and Furman's (2023) solution-focused perspective, which connects Siegel's model with the principles of Solution-Focused Brief Therapy, the workshop brings this lens into embodied movement practice. Grounded in systemic and constructivist thinking, it approaches body, emotion, and context as interwoven parts of an evolving whole.

Siegel's model describes the mind as a river flowing between two banks—rigidity and chaos. In the current of the river lies harmony, flexibility, and integration. In this workshop, participants will use movement to explore how to stay in this flow—balancing structure and spontaneity, stability and creativity.

Guided by SFBT principles, participants will engage in three embodied processes:

1. Cruising the flow—developing preferred futures through creative movement
2. Departing rigidity—inviting curiosity and adaptability through rhythmic repetition
3. Avoiding chaos—finding coherence and connection through grounded presence and cooperative interaction.

Through cycles of movement and reflection, repetition becomes a recursive act of renewal—a return to what gives vitality and meaning. As the river's flow expands with each return, embodied resilience and inner resources begin to unfold in motion. Movement serves as both inquiry and integration, inviting participants to experience change through the body and to co-create balance in motion. This workshop offers an embodied experience of the SFBT spirit of hope, creativity, and cooperation, where integration arises not from fixing but from flowing.



References

Leoš Zatloukal & Ben Furman (2023) The Solution-Focused Approach to Trauma Therapy, *Journal of Constructivist Psychology*, 36:3, 361-381, DOI: 10.1080/10720537.2022.2035863

Biography

Terje Kaldur, MSc, is a certified Dance Movement Therapist and school psychologist. Terje coordinates the Dance Movement Therapy specialization within the Master's program in Arts Therapies at Tallinn University, including curriculum development, teaching, internship coordination, and thesis supervision. She is a board member of the European Association of Dance Movement Therapy EADMT. Terje has been actively contributing to the field through her involvement in the Estonian Society of Creative Arts Therapies and various international collaborations, including projects, trainings, and publications. Her clinical experience spans educational and rehabilitation settings, dementia care, pediatric oncology, and work with trauma survivors.

Mari Mägi is interested in how inner experience and embodied wisdom, as well as communication between people and between inner and outer spaces, are expressed through movement while shaping our sense of being. As a Dance Movement Therapist, Body-Mind Centering® teacher, dancer, performer, and choreographer, Mari is continually inspired by the discoveries this exploration reveals. Mari works in rehabilitation and teaches future Dance Movement Therapists at Tallinn University.

Recent Publications

Capello, P.P, Elfeqi, R.S.A.E., Kaldur, T., Magi, M.i, Bachmann, K., Morel, Ulrike, M., Nele, Wengrower, H., Coburn, S., Coburn, D., McConnell, J., Nathan, D. Ho, G., Catay, Z., Jewette, K.O. (2022). **The 2021 International Panel: Dance of the Ancient Healers: How Modern-day Dance/Movement Therapy Practices Have Evolved from the Wisdom of the Past.** *American Journal of Dance Therapy*, 44 (1), 93–106.

Kaldur, T., Majore-Dūšele, I., Mägi, M. (2017). **Review: Crisis, Creativity and Society: Dance Movement Therapy Embodying Interdisciplinary Pathways - 2nd European Association Dance Movement therapy conference, Milan, Italy, 9-11 September 2016.** *Journal of Applied Arts & Health*, 8 (3), 411–422.