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EADMT



2025/
2026

Lisa Ullmann Travelling Scholarship: Main Fund Award Report

Katie Dale-Everett

Travel to: Vilnius in Lithuania

11th - 15th September 2025

KDE DANCE

Introduction

This report shares insights, learning and thoughts about my trip to Vilnius in Lithuania in order to attend the EADMT2025 conference (The European Association of Dance Movement Therapy).

"I believe dance artists and dance movement therapists have more to offer each other than is currently recognised. If we can create more space and contexts for us to learn about each others work, I am confident we can support even more positive change for the people we work with."

I am a dance artist whose motivation is to provide creative, welcoming and open ways in for people to engage with culture, in particular for those who face barriers (e.g. financial, location, inclusive opportunities). In turn these participants reap the emotional and physical wellbeing benefits of movement and connection, leading to healthier communities.

Having a range of experience working with people with health challenges including those living with dementia, periodic limb disorders and poor mental health, I could see how my work was making positive impacts on people, but I wanted to further understand where my work sits on the continuum of movement in healthcare and to better understand what my offer is and how I might work with a Dance Movement Therapist (DMT) in the future.

Being about to start the process of redeveloping my motion capture and dance project 'Playscape: How to Build a Galaxy' for hospitals, this opportunity was incredibly useful and will inform future approaches to all of my projects.

1

Conference

1

External Festival

3

Films

3

Performances

6

Presentations

2

Keynote
Lectures

1

Round Table

3

Workshops

Highlights and Professional Development

The highlights for me were:

- Learning about DMT research that is working to evidence the importance of movement for improving wellbeing for people of all different backgrounds, new mothers, refugees, people who have experienced trauma. We need this robust evidence to change health systems so that they can become more holistic, person focused and experience focused. This was very exciting to see and hear about.
- Seeing the performance installation 'Mind-Moving' created by Alexandra Bălăsoiu, Loredana Larionescu and Cristina Lilienfeld. The quotes were really powerful and moving, brought alive by the incredible and committed performances of the dancers.
- Hearing from Lithuania's Health minister Dr Marija Jakubauskienė was inspiring and gave hope to a future where movement can be considered not a 'nice to have' but an integral part of healthcare.
- Meeting other choreographers who were not DMT but believed in the link between the two practices and could demonstrate how their work crossed into some areas of DMT.



"What colonial psychiatrists did not understand was that the symptoms of mental illnesses are inevitably local. Most societies view emotional and physical illnesses as a problem of the community that therefore demands a social rather than an individual therapeutic response."

— Roy Richard Grinker, Nobody's Normal: How Culture Created the Stigma of Mental Illness

Photos by: Katie Dale-
Everett and Nerijus
Jankauskas

By attending this conference I have gained an understanding of what DMT is and how this relates to and compliments my works offering. I witnessed and experienced many linked approaches; interdisciplinary workings, reflective practices, generating creative outcomes from felt feeling as well as learning new ways to care for myself and my team whilst working with people experiencing poor health.

In future projects, I look forward to dedicating more time to working alongside a Dance Movement Therapist (DMT) to deepen my understanding of this practice. I recognise the extensive expertise DMT professionals bring, and I believe that collaborating with them will offer valuable insights and approaches that can enhance the depth and long-term impact of my work.

Sharing information



Picking up conversations

Networking was a big part of this opportunity, supporting me to build a network of DMT who have had extensive careers in the field as well as those studying DMT, in the process of working out what it means to them and what areas they want to specialise in. Alongside some of those I met, I will continue to explore the similarities, difference and ways to work together between DMT's and dance artists.



Developing understanding

I have learnt more about:

- Health policy across different countries and reflected on how my work can solve some of the challenges.
- The brain, body connection and how this and the sensorial experience impacts positive or negative wellbeing.
- The creative health sector and what is available for me to connect with in the UK e.g. the National Centre for Creative Health Hub.
- How a DMT might approach creating a dance performance and how this differs to a choreographer.
- What the challenges are that we face in advocating for dance as a recognised and powerful tool for improving wellbeing.



Sharing knowledge

I will share knowledge in many ways:

- With my team, using learning to inform new approaches to working within healthcare settings.
- Highlighting the practice of DMT to people who I meet that might benefit from it.
- Continuing to reflect on what I have learnt and sharing through social media and news blogs how I am implementing this.

Suggestions for Future Awardees

This opportunity was for learning about a new context for movement use in health and understanding my place within health settings.



Some questions I find useful when thinking about developing my professional practice are:

What is it that I do not know?

What field of practice/work do I not know about that I think I might be contributing to using a different approach to others?

What excites me about learning from others living in different parts of the world?

I find that being prepared to be the one in the room with the least knowledge whilst strongly understanding the 'why' behind my work and its impact creates the best learning space.

You can meet people with likeminded goals but who have a different understanding and experience which means you can be useful partners for each other. Be ready to articulate the relevance of your practice to the subject matter and what you can add to the conversation.

”
“Be comfortable putting yourself in the unknown and where you are the odd one out.”

Also finding out what else is going on where you are that can feed into your practice and provide inspiration is great idea. I visited the Anniversary Vilnius Gallery Weekend festival to discover some artists and unconventional performance spaces including a train hanger and went to museums to find out more about the history and cultural context of the country.

Acknowledgements

Thank you to the **Lisa Ullmann Travelling Scholarship Fund** for supporting me to participate in this conference, particularly to **Sophie Halford** who has supported my award throughout.

Thank you to EADMT for inviting me to attend, especially **Indra Majore-Důše** who wrote my letter of support.

Finally, thank you for **Hannah Wood** for writing a letter of support.



Image Alt Text:

1. A group of people are in a circle as they push into each others hands.
2. A photo of a dance studio.
3. Icons of a group of people, a brain with a lightbulb and a phone with apps.
4. A speaker introducing the festival.
5. Part of the poster for the festival: Visibility, Vitality Vision of Dance Movement Therapy.

Contact

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