

Neurotango® in Psychooncology by Stefanie Riegert and Gilda Bachora

The diagnosis of "cancer" is usually a shock and triggers a wide variety of reactions and feelings such as uncertainty, disorientation, fears, etc....

Psycho-oncological services are intended to help people to deal appropriately with the psychological and health-related consequences of the disease and the treatment. For example, to be able to express the feelings that arise, to address thoughts about the disease and life, to tackle upcoming reorientation in life and to regain lost stability, as well as to accompany this process.



Movement and dance are a suitable means of expression for understanding and coping with life events.

Neurotango® offers a possibility for more conscious perception, relaxation and more well-being and quality of life through mindful movement. Especially for oncological patients, it is a good possibility to develop a concept for coping with the illness that is adapted to their needs and hardships.

to develop a concept for coping with the disease.

- Tangotherapy offers a special sensitive, small-step approach to body perception, needs and feelings, while preserving one's own protective space.
- Promotes the careful building of trust
- Relationship skills are promoted and/or restored
- Symbolic expression of the body
- Mindfulness for yourself or as a couple. Mindfulness means being attentive and aware in the present moment in a certain way - without judging. (Jon Kabat-Zinn)
- Experience closeness and distance as well as respect and acceptance. (e.g. with the Neurotango psychotools: shadow or finger dance).
- Experiencing expressiveness in dance: being able to show oneself, accepting physicality, femininity, strengthening self-confidence.
- Improvisational dance promotes solution-oriented thinking and gets you out of the one-sided emotional way of thinking.
- Meditation in motion builds new energy. On a neural and physical level.
- To come to peace and to oneself, and to feel one's own attitude to life.
- Tango therapy as a possibility for joie de vivre. Joie de vivre is integrated.
- Experiencing one's own body to music, alone and/or together
- Promotes contacts and sociable togetherness. Counteracts depression.
- Strengthens confidence in one's own abilities. Gives courage to go on in life.

The practice of Neurotango® bases the showing on one's own limits and guides one to keep them flexible.

(see Rodolfo Dinzel in: Im Kontakt mit der Realität, Angela Nicotra, p. 154, Logos Verl. Berlin 2014)

In psycho-oncology, especially women with gynaecological diseases are open to tangotherapy. We have had very good experiences with it, both in the hospital and in our own practice.

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Advantages of Neurotango® in psycho-oncology:

- 1) One does not always have to talk. Many emotions that cannot or do not want to be put into words find a way to be expressed and possibly processed through body language.
- 2) Through a wide variety of Neurotango® psychotools techniques, patients can slowly build up trust in themselves and the environment. At first, physical touch is avoided and the path to physical and psychological well-being is shaped in the exercises connecting tools.
- 3) Neurotango® does not require any previous dance or music knowledge. But rhythm and music relax psychologically and harmonise physically (heart/circulation, blood pressure, brain waves).