**Programme Specification**

**1. General Information**

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| **Award** | **Programme Title** | **Duration** | **Mode of** **study** |
| MA | **MA Integral Movement and Performance Practice** | Three Years | PT only |
| DipHE | MA Integral Movement and Performance Practice (exit award only) | Two years | PT only |

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| **Institution** | Rose Bruford College |
| **School** | School of Performance |
| **Awarding Institution** | Rose Bruford College |
| **External Examiner** |  |
| **Programme Accreditation** |  |
| **Relevant QAA benchmark(s)**  **And characteristics statements** | Masters level Characteristics Statement |

**Background**

**The Integral Movement and Performance Practice MA/MFA** at arthaus.berlin / Thomas Prattki Centre addresses advanced practitioners interested in deepening the research into their already existing expressive arts based practice at the intersection of the performing, healing and educational arts.  The program aims to offer pathways towards the embodiment and expression of our creative resources, our autonomy and sense of Self as an open, never-ending process. We will work with the stories, dreams and imaginations of humanity at large, of the communities we belong to and those of our personal lives, whether to be found in our body memory or ancient myths, in contemporary art or prehistoric cave paintings, in our postmodern quests for identity and meaning or shamanic rituals.  We will investigate the process of individuation, of becoming who we are and who we would like to be and our role in the development of new stories and visions relevant for us personally, for our times and shared future. The professional background of the participants will then determine how each of them will integrate this approach into their specific field of expertise.

The Integral Movement and Performance approach has been developed by Thomas Prattki and forms the core of the program. It builds on the research into practices of embodiment by theatre reformer Jacques Lecoq, Jungian and post-Jungian concepts on personal growth, transpersonal psychology as well as mythologies and shamanic traditions from around the world. It integrates contemplative practices, insights from neurosciences and research into contemporary discourses on self development. Personal process as well as collaborative practice, self determined learning as well as intense mentoring, a regular devised performance practice  and independent research projects, this 3-year part-time MA program / 4-year part time MFA offers  a unique blend of personal process, practical exploration and academic research.

**2. Aims of the Programme**

For students with a background in movement, education, theatre and performance and performance based healing arts and a professional interest in deepening your sense of ownership over their current practice.

The MA Integral Movement and Performance Practice programme aims to provide specialist professional teaching and opportunities for study, research and embedded practice that is focused on enabling you to build on your already existing professional background as artist, facilitator, educator and practitioner in movement, theatre and/or the performance based healing arts and to enhance your leadership skills within your field of expertise.

**3. Programme intended learning outcomes**

**Upon successful completion of the MA Integral Movement and Performance Practice you will be assessed to the extent that you can:**

1. Apply a range of skills and effective methodologies that enable you to work effectively and productively in an area of personal movement-related practice in diverse professional situations.
2. Combine and utilise the insights, practices and knowledge you have developed within the programme across a wide range of professional and performance contexts.
3. Articulate and create practice that reflects, embodies and embraces complex pedagogical, creative values and perspectives.
4. Demonstrate the development of an effective and original writing and research practice that complements and enriches your work and practice.

**4. Learning and teaching**

With a commitment to experiential, holistic learning and teaching, the programme is designed to develop working methods that encourage collaboration, creativity, responsibility for learning, critical reflection, self-evaluation and team work.  You are expected to play an active part in determining and shaping your independent learning individually as well as learning through being a member of the group.

**Learning**

Learning is supported by: working in your own professional context, workshops, rehearsals, performances, performative writing, online resources (including use of the College VLE), library resources, student-led presentation, lectures, seminars, self-directed study, progress reviews, group and individual tutorials, feedback tutorials, screenings, discussions, teamwork, exercises, information gathering/research and enquiry, visiting speakers, critical reflection and work based learning.

**Teaching**

Classes, workshops and lectures will be conducted by experienced academic and practitioner members of arthaus.berlin and College staff and a range of external senior expert and recognised specialists in both academic and practice fields.

Structure of the programme

The MA program is offered as a 3-year part-time program made of 5 modules requiring personal presence in Berlin or wherever the module takes place. In between the modules you will be able to structure yourself your ongoing research and study time. This format gives participants whose private or professional circumstances would not allow the completion of a  postgraduate degree on a full time basis the possibility to obtain a Masters degree over a longer period of time.

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**MA Integral Movement and Performance Practice / 3 years part-time**

Module 1 : Towards an Integral Movement Practice

Module 2 : Performative Writing / Vade Mecum

Module 3 : Towards an Integral Performance Practice

Module 4 : Towards an Integral Leadership Practice

Module 5 : Independent Research Project

**MFA Integral Movement and Performance Practice / 4 years part-time**

Module 1-5 : as above

Module 6 : A Widening Field

**5. The structure of the programme**

**Year One : Towards an Integral Movement Practice**

Integral Embodiment

Embodied Individuation

The first year is comprised of two study periods of 4 weeks at Thomas Prattki Centre for Integral Movement and Performance Studies . The first study period introduces participants to the practical and theoretical framework of the program, *Integral Embodiment*, which offers pathways for research into the interrelatedness of body, movement, internal and external environments and the construction of Self through an integrative multi-sensory practice. The second study period proposes with *Embodied Individuation* a movement based approach to the process of Self-realisation, linking Jungian and post Jungian concepts on Individuation with the mytho-poetic, movement based pedagogy of Jacques Lecoq.

Throughout the process participants create a vade mecum through writing in a range of registers to document their personal journey. At the beginning of the second year participants will share their vade mecum with the entire group, whether through installation, movement or any other form of expression.

The time in between the intensives will be used for reading, writing and critical reflection. Participants will form small peer groups to develop a practice of regular exchange, shared studies around specific exercises given by the programme leader. Regular tutorials with the team allow for a supervision of the participants journey.

**Year Two: Towards an Integral Performance Practice**

**Performance and Individuation I**

In Dialogue with the Shadow Body

**Performance and Individuation II**

An approach to the Androgynous

The second year comprises two study periods of 7 weeks at arthaus.berlin / Thomas Prattki Centre for Integral Movement and Performance Studies. Each study period offers a 4-week study period, exploring through theoretical studies, movement, performance, myth and the expressive arts different aspects of the individuation process, and a 3-week period for performative research and sharing.

The first study period, *In Dialogue with the Shadow Body*, explores the Jungian concept of the Shadow through the Integral Embodiment Framework introduced during the first year of the program. Working with mythological motifs such as the *Night Sea Journey* through mask, movement and the expressive arts, participants are invited to investigate classical and contemporary shadow concepts and to apply their investigations to contemporary culture as well as to their personal /professional lives. The final 3 weeks of the study period is dedicated to performative research in order to take one’s personal journey as a point of departure for the creation of performances.

The second study period, *An Approach to the Androgynous,* explores the Androgynous as an integral principle of the individuation process, which moves beyond the still existing dichotomies in most contemporary western cultures and beyond. Participants are invited to create “androgynous spaces” and later in the study period performances, which explore qualities of the Androgynous such as fluidity, the interdisciplinary, inter-being and the non -hierarchical.

**Year Three: Towards an Integral Leadership Practice**

**Personal Manifestos**

An Approach to Integral Leadership

**Independent Personal Project**

The third and final year of the programme comprises a 4-week study period at arthaus.berlin / Thomas Prattki Centre for Integral Movement and Performance Studies and the Independent Personal Project, which concludes the programme. The aim of the third year is to integrate the outcomes of the first two years of the programme into one’s own professional practice.

The first study period, *Personal Manifestos*, invites participants to develop their personal manifesto of how they imagine Integral leadership in their field, and how to create spaces for personal and professional growth through a more integral vision of the interplay between body, movement, environment - internal and external - and Self-realisation. At the end of the study period, participants will share their manifestos in a form of their own choice with the group.

The second and final study period, the *Independent Personal Project*, gives participants the opportunity to implement their manifesto into their own professional practice. Under the regular supervision of their tutors each participant is invited to create a project within their professional field. This can be an artistic performance project, an educational project or any other project which demonstrates the participants ability to transfer the experiences of the study periods into their professional practice.

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| **Master of Arts** | | | |
| **Provisional module code** | **Module title** | **Credits** | **ETCs** |
| MAIMP 701 | **Towards an Integral Movement Practice**  1. The Practice of Embodiment  2.  Night Sea Journey Part 1      Listening to the Body | 30 | 15 |
| MA 702 | **Performative Writing/Vade Mecum** | 30 | 15 |
| MAIMP 703 | **Towards an Integral Performance Practice**  1. Night Sea Journey Part 2     Integrating the Shadow Body  2. Night Sea Journey Part 3     Discovering the Androgynous Body | 60 | 30 |
| MAIMP 704 | **Towards an Integral Leadership Practice**  1. Night Sea Journey Part 4     Moving towards the Integral Body  2. Personal Research Project | 60 | 30 |
|  | | **180** | **90** |