

## "The Importance of Contextual Assessment of Ballet Dancers"

Every dance school should have a 'student report' made by health professionals. This kind of document should contain a series of information about the history of the dance student, being determinant for some preventive actions to be made by the school, along with the student's parents. This really is a very important issue, as it refers to the use of a tool that not all schools know or use, but that is really effective and helps a lot in the monitoring of the students: the anamnesis.

I, in particular, see this theme as fundamental to schools and gyms, especially for application with children and teenagers. In my work I always apply this method because it is an important tool for the student's contextual evaluation. Let's understand better! Anamnesis is a very old term that originated from the Greek and that means an interview conducted by the Psychologist with the intention of being a starting point to Psychodiagnosis. In the context of dance schools, we do not want to make a psychological assessment of the student, but, as I said before, a contextual evaluation that seeks to understand specific aspects of each nucleus - family, school, individual and educational.

An anamnesis is a type of semi structured interview that has to be applied with correct forms and techniques. It should be applied to students (in the case of elders) and to parents. The dance psychologist is the most appropriate professional to perform this interview, as he will collect the data and analyze relevant information involving teaching, learning, performance, family and social context and emotional and cognitive issues, generating a complete evaluation. After the preparation of this material, it should be returned to the parents of the students, regardless of age. This is important for the parents to be aware of issues involving their child, to be involved in the whole process and to support necessary actions. In addition, this assessment should be recorded in the student's history and should be consulted by teachers, management and dance psychologist whenever they find it necessary.

Ideally, the school should have a multidisciplinary team, doctor, physiotherapist, psychologist and even a nutritionist, who can work together directly with the students. But do not think that this is utopia or that it exists only in professional companies or schools like the Bolshoi. If the cost of directly hiring this team does not fit the school budget, it is possible to achieve this through partnerships with universities, with the help of teachers or directors with training in these areas or partnerships with medical associations or multidisciplinary clinics. I know and follow several schools in different places that can offer this monitoring with excellent results. Even so, in the impossibility of a complete team, look for a dance psychologist to assist in this process essential to understand the dancer as a biopsychosocial being and to guarantee his income and well-being, that is, his integral health.

**Cintia Diniz** (Brazil) – Psychologist, MBA in Psychology, studying Master in Psychology of Development and Education. RAD RTS, Ballet Teacher, classical, and contemporary choreographer. Columnist about the psychology of dance in the magazine, digital newspaper, and dance web sites. Consultant at ballet schools in Brazil.

**Contact:** [fb.com/decorpoementecomadanca](https://www.facebook.com/decorpoementecomadanca) / [fb.com/diniz.cintia](https://www.facebook.com/diniz.cintia) / [@diniz.cintia](https://www.instagram.com/diniz.cintia)

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