

Exploring Latin Dance in an Online Group Setting to Promote Accessibility, Inclusivity, and Wellness

Saturday, March 29, 4:30 – 6:30PM EDT

PRESENTATION DESCRIPTION

This interactive presentation will explore case reviews from the presenter's research on how using Latin dance in distance counseling benefits marginalized communities and others who do not have the resources to attend in person. These case reviews will illustrate the experiences of people from diverse backgrounds, such as those with disabilities, postpartum mothers, and people of color who experience stress, burnout and microaggressions. In addition, three additional dance styles are introduced – Cumbia, Bachata, and Rumba, and how to honor the origins of these dance styles, and respect the people that came before us who founded these dance styles.

LEARNING OBJECTIVES

1. Therapists and practitioners will be able to identify guiding questions to use when during reflection time and how to use online tools in an online Latin dance wellness group to create community, inclusivity and wellness.
2. Therapists will be able to apply the knowledge about the origins and histories of the Latin dance styles in a way that honors and respects the indigenous and peoples who came before us who founded these Latin dances.
3. Therapists will be able to explore the universal themes of the Latin dance styles and how to connect their own personal experiences to the dances, as well as how to hold space for other perspectives in an online group space.

CONTINUING EDUCATION

2.0 ADTA, 2.0 NBCC

PRESENTER INFORMATION



Carolina "Cuquis" Robledo, MS, LPC-Associate, EMDR Trained, CMIP, NCC, an LPC-Associate in Houston, TX working at Authentic Healing and Counseling. As a counselor with a disability (Cuquis has dwarfism), she empowers her clients through advocacy and reveals their true authentic selves. Cuquis works with individuals both with and without disabilities with medical traumas and other life transition issues. Her passion is using Latin dance to help individuals feel accepted in their bodies and increase feelings of self-efficacy. Cuquis' love of Latin dance comes from almost being paralyzed from a complicated spine surgery in 2007 and using Latin dance to recuperate physically, mentally, and emotionally.