JIDS JOURNAL OF INTERDISCIPLINARY DANCE STUDIES

RESEARCH ARTICLE / 中文 · CHINESE

# 体验、内观、普世：公共舞蹈疗愈人文关怀的理念转向与多元实践路径

## Experience, Introspection, and Universality: The Humanistic Turn and Diverse Practice Pathways of Public Dance Healing

姜郑嘉梓


### 摘要

公共舞蹈疗愈是面向公众、以身体参与促进自我觉察、情绪调节与社会联结的非临床性舞蹈实践。本文基于宁夏大学及相关校园、社区与社会实践案例，从人文关怀出发提出“体验—内观—普世”的价值框架，分别对应身体在场、自我觉察与平等共享。文章首先梳理社区广场、企事业单位、校园、剧院以及专业院团与院校等实践场域，继而讨论政府公共文化服务与非政府主体协同的支持机制，并在长期实践基础上归纳“普惠平等、自主选择、团队整合”的基本理念及情境热身、身体协调、身心融合、主题创作和互动游戏等实践方式。本文强调，公共舞蹈疗愈不等同于临床意义上的舞蹈/动作治疗，其核心在于以安全、包容和参与为前提，拓展公众进入舞蹈文化和身心体验的机会。由此，公共舞蹈疗愈可作为公共艺术教育与文化服务的一种实践路径，在促进个体成长、群体联结和公共文化参与方面体现人文关怀。


关键词　公共舞蹈疗愈；人文关怀；身体体验；自我觉察；公共文化服务


### Abstract

This article conceptualizes public dance healing as a participatory, non-clinical form of dance practice that uses embodied engagement to support self-awareness, emotional regulation, social connection, and cultural participation. Drawing on campus and community practices associated with Ningxia University and related social projects, it proposes a humanistic framework of experience, introspection, and universality, corresponding to embodied presence, self-awareness, and equitable participation. The article identifies community squares, workplaces, schools, theatres, and professional arts institutions as potential practice settings; discusses the coordinated roles of public cultural services and non-governmental actors; and synthesizes three guiding principles - inclusive participation, respect for autonomous expression, and group integration - together with practical components such as contextual warm-up, coordination exercises, embodied awareness, thematic creation, and interactive dance games. Public dance healing should not be conflated with clinical dance/movement therapy. Its value lies in creating safe, inclusive, and accessible opportunities for people to engage with dance, bodily experience, and social relationships. As such, it offers a possible pathway for public arts education and cultural service grounded in humanistic care.


Keywords　public dance healing, humanistic care, embodied experience, self-awareness, public cultural service