



# Gumboot dancing as a means to occupational enrichment of individuals admitted in forensic psychiatry

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# INTRODUCTION – Area of Service



## ▶ FORENSIC UNIT

## ▶ DIAGNOSES OF MENTAL HEALTH CARE USERS (MHCUS)

### ▶ SCHIZOPHRENIA & BIPOLAR DISORDER

## ▶ REHABILITATION TO **REINTEGRATE** - COMMUNITY

## ▶ WARDS: ACUTE -> MONITOR -> REHABILITATE

## ▶ PROBLEM AREAS:

### ▶ ↓ INSIGHT, ↓ MOTIVATION, ↓ MOTOR SKILLS, X BEHAVIOUR, ↓ AFFECT, ↓ SOCIAL SKILLS

## ▶ MAIN AIM OF GROUP THERAPY: **HEALTH & WELLNESS**

## ▶ GUMBOOT DANCING → EVIDENCE-BASED PRACTICAL RESEARCH

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# GUMBOOT DANCING



- ▶ ORIGINATED IN SA DURING APARTHEID ERA (COLLINS, 2017)
  - ▶ MINE WORKERS & MIGRANT WORKERS
  - ▶ OPPRESSIVE LAWS RESTRICTED **COMMUNICATION** BETWEEN MINERS
  - ▶ LEAD TO DEVELOPMENT OF "MORSE CODE" (KELLERMAN, 2014)
    - ▶ STOMPING FEET, SLAPPING BOOTS AND SINGING
  - ▶ MHCUS – **SESO THO & XHOSA CULTURAL GROUPS** – KNOWN ACTIVITY
  - ▶ MAKES USE OF **PSYCHO-MOTOR ACTIVATION**
    - ▶ CONTRIBUTES TO OVERALL MENTAL WELL-BEING (PROBST, 2017)
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# GUMBOOT DANCING



# METHODS USED

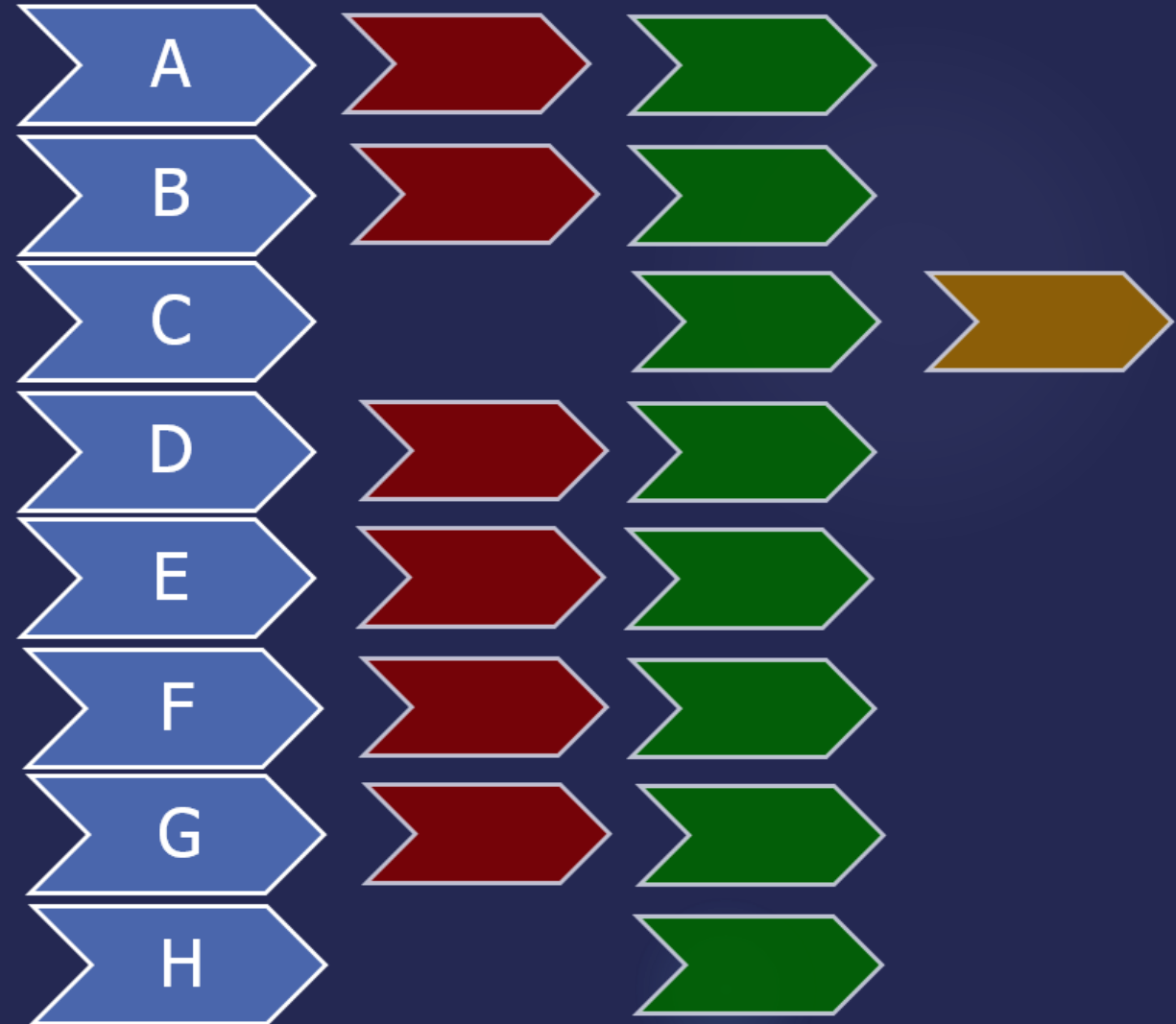


- ▶ INFORMAL SCREENING – OPEN GUMBOOT SESSIONS (4-WEEKS)
  - ▶ PARTICIPANTS INCLUDED WITH **70% OR < ATTENDANCE**
    - ▶ TOTAL OF **8 MHCUS INCLUDED**
  - ▶ VISUAL MEDIA USED & ANALYZED BY X5 QUALIFIED THERAPISTS
  
  - ▶ TWO METHODS USED:
    - ▶ **1. VONA DU TOIT'S MODEL OF CREATIVE ABILITY** – TO EVALUATE MOTIVATION (LEVELS)
    - ▶ **2. LIKERT SCALES** – RATING SCALE: REPRESENTS VIEW ON THE POSITIVE EFFECTS ON:
      - ▶ EMOTIONS, SOCIAL CONTACT MAKING, NEGATIVE EFFECTS, SIDE-EFFECTS.
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# RESULTS - VONA DU TOIT'S CREATIVE ABILITY

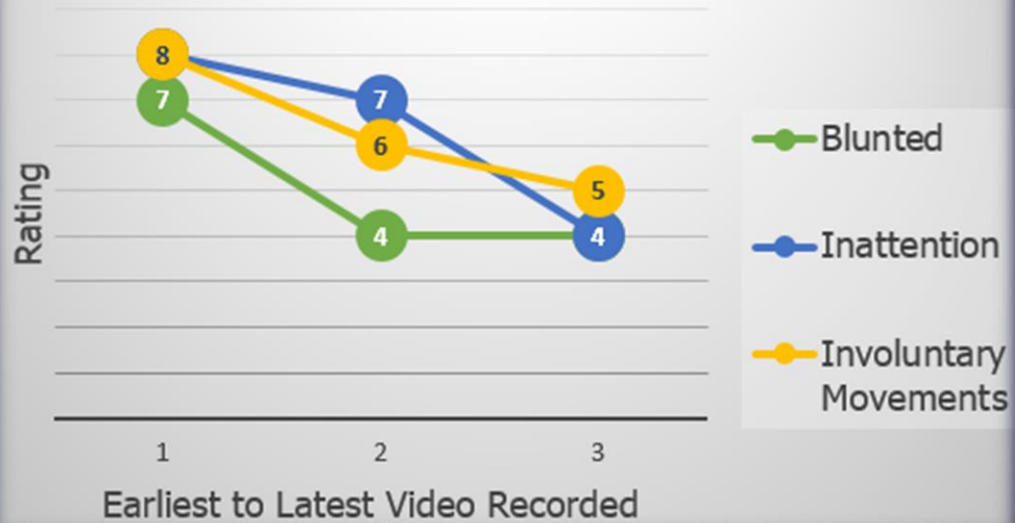


Motivation Level	Action Level
Tone	Purposeless
Self-Differentiation	Destructive
<b>Self-Presentation</b>	Explorative
<b>Passive Participation</b>	Norm awareness
<b>Imitative Participation</b>	Norm compliance
Active Participation	Original
Competitive	Competitive-centered
Contribution	Situation-centered
Competitive Contribution	Society-centered

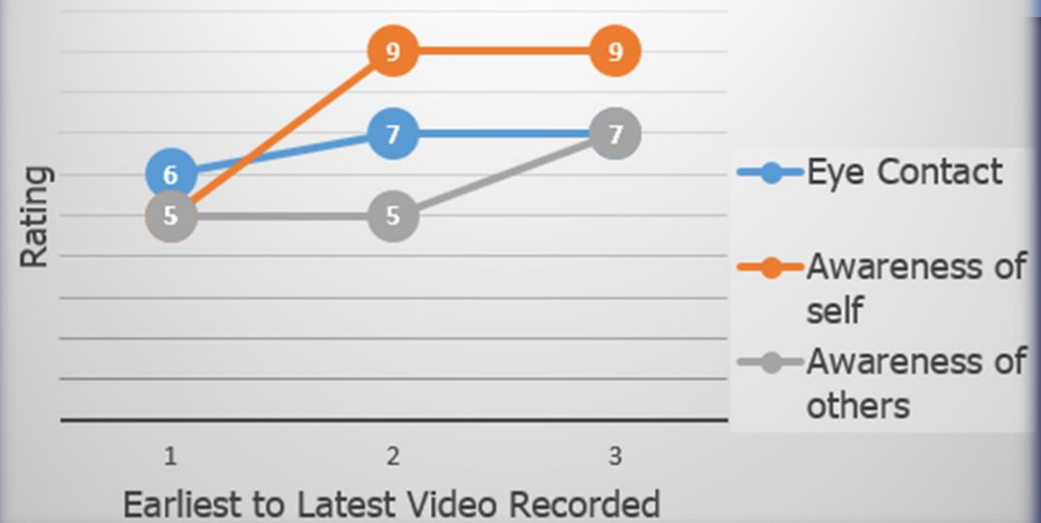


# RESULTS - LIKERT SCALES

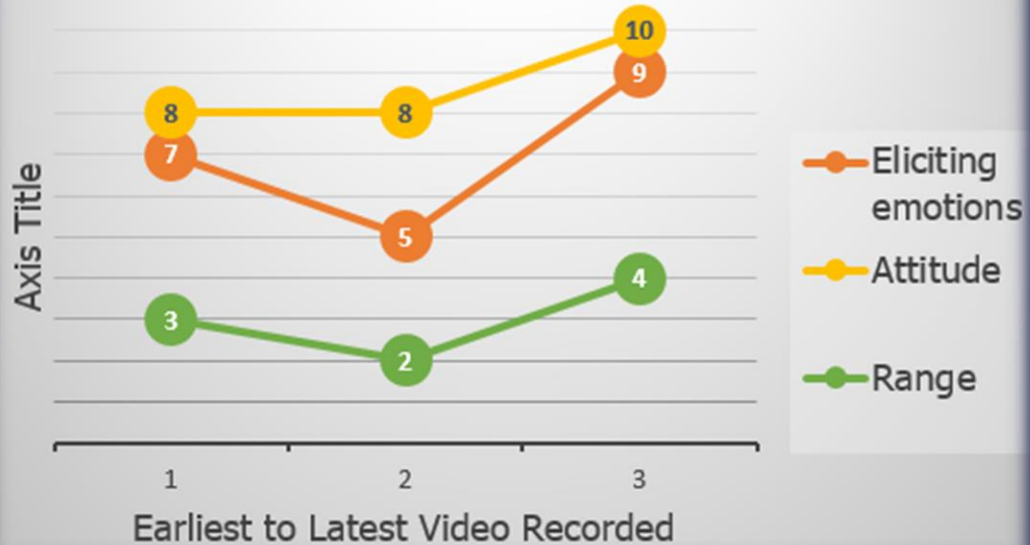
## Negative Symptoms



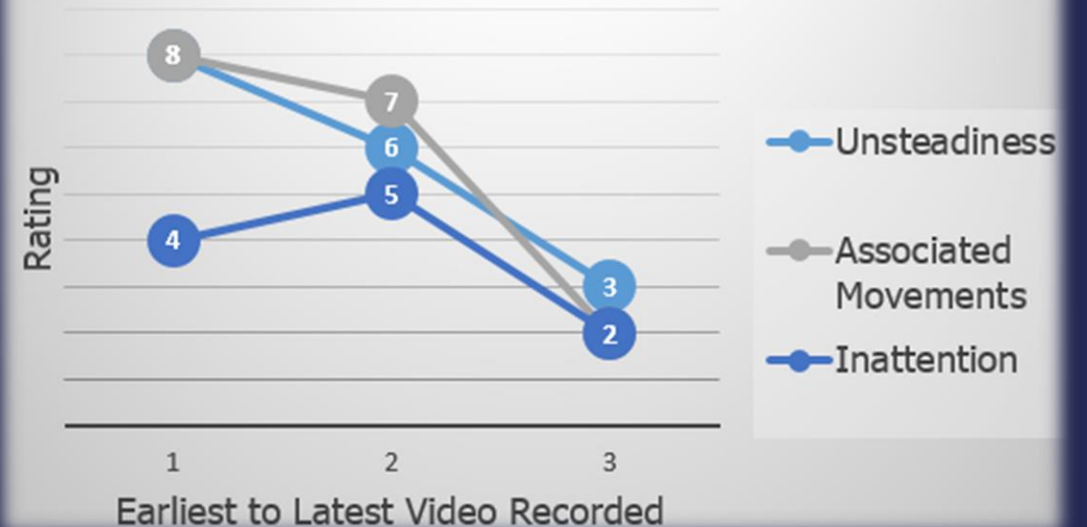
## Social Contact Making



## Emotional Functioning



## Side-Effects



# CONCLUSION



- ▶ GUMBOOT DANCING – VALUABLE TOOL
  - ▶ CULTURAL EXPERIENCE
  - ▶ OCCUPATIONAL ENRICHMENT
- ▶ CLEAR POSITIVE INFLUENCE ON EMOTIONAL AND SOCIAL FUNCTIONING
- ▶ MOTIVATION CARRIES OVER TO OTHER TASKS IN DAILY WARD LIFE

“The group of patients we currently have generally don’t have any behavioral problems, but there has definitely been a change in their sense of responsibility and energy levels” since the gumboot dancing programme commenced. “Miss Monique! When are you bringing the gumboots again”.

**“Miss Monique! When are you bringing the gumboots again?”**

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**Thank-You!**

## REFERENCES

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