

Thursday, March 4, 2021

Mental Health

Company: NYU Langone's Harkness Center for Dance Injuries
Venue: Virtual / Harkness Center for Dance Injuries
Location: New York, NY

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Kristen Stevens

Harkness Center for Dance Injuries is excited to partner with Gibney once again this spring to provide a series of virtual workshops open to the public.

Join us Thursday, March 4 at 1:00 PM EST for the third in the series, "Mental Health," with Elizabeth Barchi, MD.

This workshop will explore mental health considerations specific to the dance training environment shaped by the COVID-19 pandemic. Topics discussed include the biopsychosocial model, resiliency, perfectionism in an imperfect dance environment, and dancers' relationship to their art form.

Register here:

<https://gibneydance.org/class-schedule/>

Join us for additional workshops on March 18, April 1, April 15, and May 6.

Sign up for Harkness Center e-news: <https://us7.list-manage.com/subscribe?u=a2d63cfc8309350d1ea6d5411&id=0036d73f8e>

NYU Langone's Harkness Center for Dance Injuries
614 2nd Ave. 2G
New York, NY, 10016
<https://gibneydance.org/class-schedule/>

Schedule
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