

A new department at the Staatsballett Berlin to support dancers' health and well-being
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At the beginning of the 2016/2017 season a new health and well-being department was created for the dancers and artistic staff of the Staatsballett Berlin. The idea was initiated by Anneli Chasemore M.Sc and Soraya Bruno with the support of Dr. Christiane Theobald.

The department was launched with a 3-month trial period prior to which the dancers completed an initial questionnaire. The aim of the department was to reduce injuries and pain and to help dancers cope with injury by providing psychological and emotional support. An important aspect of the department was also to provide care, support, and coaching for the dancers to help them develop as individual, healthy and balanced artists. The department also works with the ballet staff, introducing motivational workshops and coaching sessions.

The concept has now been further developed to provide and coordinate comprehensive and holistic healthcare advice and psychological support to the dancers. A vital link has also been established with the sports medicine department at the Charité hospital, Berlin to provide dancers with quick and easy access to specialised medical care.

The department has since its establishment been working with about 50-55 dancers of the company as well as ballet masters in the following situations:

- Rehabilitation from illness/injury and return to performance – physical and psychological support
- Pain management and advice in dealing with injury and helping to avoid early injuries from becoming chronic
- With the cooperation and support of the in-house physiotherapists support where necessary in finding a specialist
- Providing a new link and quick and easy access to the Sportmedizin Abteilung at the Charité hospital
- Injury prevention advice and coaching as well as specialised supporting exercise programmes
- Condition and strength training programmes and personal coaching
- Psychological issues – performance related and non-performance related
- Performance coaching and enhancement (physical and psychological)
- Motivational coaching for ballet masters
- Conflict mediation
- Nutritional Advice Gyrotonic/Gyrokinesis training
- Pilates training
- Screening

Kurzbiografie des ersten Autors: Anneli Chasemore wurde in Guildford, England geboren. Sie absolvierte ihre Ausbildung zur professionellen Balletttänzerin an der English National Ballet School in London. Es folgten Engagements an dem Norwegian National Ballet, an dem Scottish Ballet und dem Ballet Victor Ullate in Madrid. In Deutschland tanzte sie unter anderem am Mainfranken Theater Würzburg und an der Oper Halle. Nach 19 Jahren auf der Bühne entschied sie sich zu studieren und folgte Ihrem Wunsch, Tänzer zu unterstützen und sie „gesünder tanzen zu lassen“. Sie absolvierte im Dezember 2013 den Masters in Dance Science Studiengang MSc an der Trinity Laban Conservatoire of Music and Dance in London. Sie wurde eingeladen, Ihre Recherche zum Thema „An investigation exploring the health and well-being of former professional classical ballet dancers“ bei der IADMS Konferenz in Basel, 2014 zu präsentieren. Seit 2016 arbeitet Anneli Chasemore verstärkt in den Bereich Dance Science, und unterrichtete Dance Science als Fach auf der Professional Dancers Teaching Postgraduate Diploma Kurs, RAD Berlin. Zusammen mit Ihre Kollegin Soraya Bruno gründeten sie im gleichen Jahr das neue „Health Department“ beim Staatsballett Berlin und betreut dort die Tänzer der Company in Fragen der Tänzergesundheit/Verletzungsreduktion und Performanceoptimierung. Zudem ist Anneli Chasemore seit 2012 erfolgreich als GYROTONIC® Trainerin zertifiziert und besitzt der Professional Dancer´s Teaching Diploma der Royal Academy of Dance (PDTD 2012).

Sie arbeitet auch als Gasttrainingsleiterin für Ballettcompanien (mit dem Schwerpunkt „Dancer health in Training/ rehabilitations coach“).