

The culture of attunement is based on the notions of embodied subjectivity and the perception of self in motion. It seeks to inspire and give concrete tools to caregivers so that people experiencing dementia can have the possibility to realize equal and authentic encounters between human beings through inter-corporeal and inter-affective recognition. Concretely, we use tools derived from theatre pedagogy and the knowledge of conscious breathing: through exercises that actors use to prepare and to know themselves in order to permit the public to dream, we co-construct the caregivers' self-knowledge. Caregivers who train with us build knowledge of their own way of being receptive (i.e., how I empathically sense and recognize what the other person is trying to convey to me) and of being communicative (what tension do I feel in my body, how am I breathing when making a gesture, or saying words?). Why is this self-knowledge important? Because people with dementia no longer have the ability to communicate verbally with clarity and determination what they desire or need. They are, in fact, experts in emotion and relationship, but they no longer know how to use these skills consciously: they are no longer interlocutors, but inter-actors, that is, they act out with their bodies and behaviour what they desire, or need, but without being able to choose or regulate its manifestation and intensity. The culture of attunement thus promotes an intergenerational wellbeing between a present and receptive caregiver who is attuned to themselves and who welcomes the transmitted communications of the elderly person, enabling them to attune to themselves through this intersubjectivity. The relational attunement ultimately generates a sense of belonging and wellbeing.

The GINCO group, through the construction of a "culture of attunement", has been exploring two major themes for the past 6 years: physiological aging and aging with dementia. The first: starting with a book we wrote, we propose a training for practitioners who work with groups of elderly people on "encountering emotional wellbeing" in order to foster the recognition of an embodied identity in a "present" body to improve the quality of the recognition of one's own emotional state. Wellbeing, in the sense of being well with oneself and the surrounding world. The second exploration concerns the world of dementia. In this field, we have activated multiple situations.

1. Scientific research: Efficacy of the TNF training in senior nursing homes: integrating learning, body and emotions in synergy. A randomized, double-blind controlled trial with oxytocin measurement.
2. A university course "Theatricality meets dementia", open to all
3. Videos of target-oriented theatrical exercises that we disseminate free of charge to caregivers, which aim to activate new ways of knowing between caregivers and those who receive care and accompaniment through shared moments of wellbeing and enjoyment
4. Conference: "Brain, body and theatrical arts: "embodied" wellbeing and relationships. The conference offers reflections concerning the entire span of life, conveying that the sense of limitations (from the perspective of neuroscience) is an experience to be shared as well as a way to construct an identity of belonging to a community. The theatrical activity promotes continuous opportunities for encounters: with people who experience these limitations, with family members/friends who accompany them, and with those who embody holistic care professionally.

