

# Dance Movement Therapy (DMT) MOVES in ASIA

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It has taken more than a decade for me to see DMT move into my own country, Singapore. When I first came to Australia to study DMT in the year 2000, it was an intervention that I had hardly thought of. Only late last year, 2013, Dance Movement Therapy (DMT) was highlighted in the main newspaper of Singapore. Being the pioneer in DMT from Singapore, I had the opportunity to contribute to reports on its growth in my country and in other places in Asia where I have provided training workshops. I have seen that the interest in DMT has grown over the years among people in Singapore who want to pursue study in it overseas, and to explore dance movement as therapy.

## **In Singapore:**

Over the last five years when I first started to introduce the 2-day training workshop on DMT, my intention was to bring awareness of DMT to

Singapore and Asia. Over these years, I have seen the interest growing in DMT and more people being trained as therapists in America. Soon I will be seeing a full certification in DMT introduced in Singapore. Reflecting over the last five years of training, all the workshops have been well received. Almost 350 people in Singapore have been trained in an 'Introduction to DMT' with population groups of children and seniors. Those that have been trained are able to apply the basic movement fundamentals and to use it as an adjunct therapy. Besides training workshops, there have been several requests to carry out DMT sessions. Recently we carried out our "Mummy and Me" programs (based on DMT) with expatriates in Singapore. Last September 2013, 'Alzheimer's Singapore' invited me to conduct DMT sessions for caregivers. This was my first experience with my own Chinese race, having worked in Australia since 2000 with my main concentration on Jewish Holocaust survivors. Indeed this work with the Chinese was a break-through for me, as well as for the caregivers to experience body-based work. We received positive feedback from the organisation resulting in further sessions for this coming September for a closed group. Another invitation came from La Salle College of Arts Singapore, where once I was a pioneer arts student. I was invited to facilitate a DMT session for the dancers. The session has given dancers a new perspective and an option if they want to pursue the study. Finally we captured the attention of the Ministry of Education Singapore, which has given me the opportunity to facilitate two DMT experiential sessions for teachers. Soon we will be introducing it into the school programs for the students.



**Training workshop 'DMT for Children', 2012**

The upcoming programs for Singapore 2014, will include delivering training workshops on 'DMT for seniors' (6<sup>th</sup> run) and 'DMT for Children' (4<sup>th</sup> run) and the new curriculum on 'DMT for special needs adults'. The latter being a corporate training. Open experiential classes for DMT will also be held at Nanyang Academy of Fine Arts this coming June (re-run) and a pilot program will soon be carried out for people with advanced cancer.



**Professional development class at La Salle College, 2013**

**In Korea:**

In June 2013, I represented Singapore in the panel discussions with 13 other speakers from other countries; and facilitated a DMT workshop on 'The Self in Connection' at the Korea Dance Therapy conference. This trip to Korea opened another window of opportunity for me to provide a one-day training workshop on 'DMT for seniors and people with dementia' at the Korean Culture Education Service (KACES). This was recommended by the president of the Korean Dance Therapy Association

**In Malaysia:**

In October, 2013 we have taken the 2 days training workshop 'Moving with Meaning for Children Method', (based on DMT) to Kuala Lumpur, Malaysia. We received an overwhelming response from teachers working in the childcare centre and health professionals working with special needs children. For this April 2014, our new training workshop for parents and professionals on 'Developmental Movement' (Level 1 & 2) based on the work of

the Kestenberg Movement Profile will be conducted at JB, Malaysia.



**'Moving with meaning', JB, Malaysia, 2011**

**In the Philippines:**

In 2012, we have taken the DMT training workshop to Cebu (in the Philippines) and it was their first time of hearing about DMT. Participants came from psychological and education backgrounds. The 2-days training workshop 'Moving with Meaning for Children Method' was recognised by the Education Board as well as by the Psychological Association of the Philippines. The 3-hours professional development session was well received by over 100 people responding to the session, and with a person diagnosed with cancer sharing her experience during the same session. In October 2013, the training at Cavite, Philippines took on the 2 days training workshop with a day of experiential sessions, which have broadened the awareness of the people in the Philippines. This year in April 2014 the experiential session will be presented to the Psychological Association of the Philippines, and a re-run of the training workshop at Cavite; and a new one-day workshop on Developmental Movement (Level 1) based on the work of Kestenberg will be introduced. DMT will also be introduced to Palawan, an island off the Philippines where resources are limited and I will be heading to Tacloban to provide therapy sessions with children in trauma.



**'Moving with Meaning', Cebu, Philippines 2012**

This exciting journey has taken me to new places and to meet people with the same passion and interest to explore DMT. Besides providing DMT

training in Asia, I am in the last phase of completing my certification in the Kestenberg Movement Profile, after which I hope to do further research and training.

Lillian's training programs in Asia and Australia can be found at her website [www.iexpress2explore.com](http://www.iexpress2explore.com) (body/mind connection) or at [www.facebook.com/iexpress2explore](https://www.facebook.com/iexpress2explore). She continues with her private practice in Sydney, Australia, with her 'Mummy + Me program', and consultancy to nursing homes. Lillian can be contacted on: [info@iexpress2explore.com](mailto:info@iexpress2explore.com)

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**Professional development Class, Cebu, Philippines, 2012**