

# Dance Movement Therapy in the Philippines: The Journey From 'DMT' To 'DME'

*Alberto Dimarucut, Gilda Uy and Jaime Santos*

Filipinos are a dancing people. With their innate musicality, dance is used as a medium for relaxation, social recreation, physical education competency, entertainment and even simple daily life gestures. However, it has only been recently that DMT in the Philippines has become a component of the movement experiences of Filipinos. With the return of Australia-trained **Alberto Dimarucut**, together with a former colleague in dance entertainment and his MSci Program/Thesis Adviser, DMT has been applied as part of the healing ministries for special groups as well as leisure education advocacies for the general population. The 'Dance Movement Therapy Philippines-Steps through Healing' (founded in 2012) conducts sessions for sexually-abused children/teens; disadvantaged women; victims of natural/civil disasters (eg. Typhoon Haiyan). The elderly population has also benefitted from this initiative (both for abled and with degenerative diseases). As part of the advocacy of TEAM LEISURE (Towards Empowering Advocacy for Movement through Leisure Education Initiatives for Sustainable, Unlimited, Responsive Experiences) DMT is being incorporated in team building sessions of corporate wellness programs, family events, community recreation, and organizations' leadership trainings. The religious have widely accepted DMT in their renewal conferences proving its potentials in integrating the physical, emotional and spiritual well-being among its members. With applications in physical education classes (specifically dance) DMT became a de-stressing mode for academic stressors among university students. Thus, in the Philippines **DMT** is **DME<sup>c</sup>** (**D**ance **M**ovement **E**xploration), the search for the inner self leading to a better understanding of one's emotions and behaviors, an approach in **D**iscovering **M**eanings in **E**xistence (through **d**e-stressing **m**ovement **e**xperiences). (*Dimarucut, 2014, unpublished thesis*)

## **JAG (Jaime-Albert-Gilda)**

*...instruments in facilitating and supporting the person involve oneself in a process of better understanding one's physical and inner self...*



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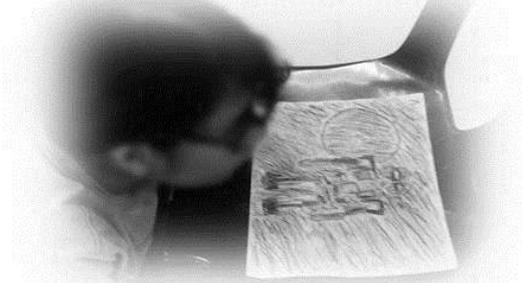
Victims of typhoon Haiyan in a DMT de-stressing session

**...the inner impulse translated to movement expression of self...**



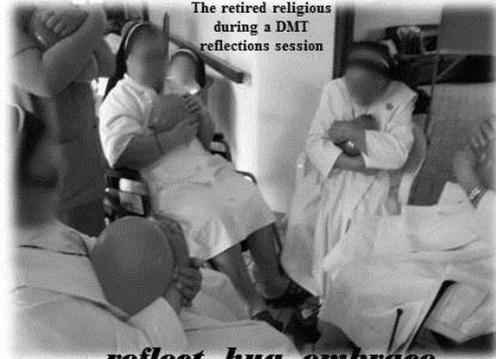
High school after-school program Dance Movement Exploration session

Reflections by a young victim of typhoon Haiyan during a DMT session

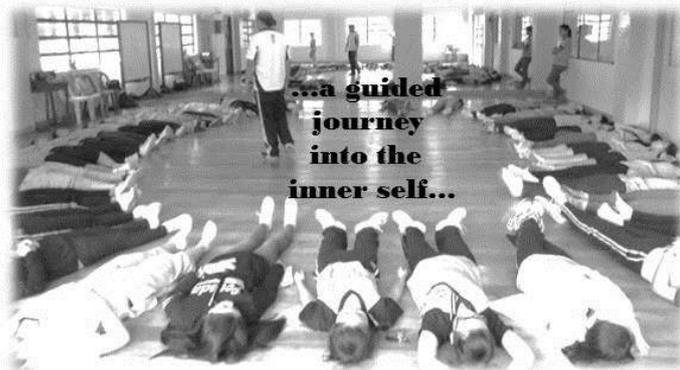


**...an object affirming the subconscious...**

The retired religious during a DMT reflections session



**...reflect, hug, embrace, share past memories ...**



**...a guided journey into the inner self...**

High school after-school program in a DME relaxation session

Raising the spirits of retired religious during a DMT session (with balloons )



Religious renewal of profession during a DME session (with garters)



***...in 2s, 4s, or more...  
...with or without anything  
on hand, we are renewed...***



Cheering for the organization during a DME team building session

**...professing our commitment to be one in serving, helping and supporting the community...**

***...the pain and relief,  
the sorrow and joy,  
the negative and positive...***

***...expressed and healed,  
even just for that moment...***

**...but together will be bonded in one dance and one movement forever because...**



An organization during a DME team building session

**EVERYTHING HAS BEAUTY BUT NOT EVERYONE SEES IT**

**Confucius**



Challenged children and teens after DMT healing sessions