

DANCE MOVEMENT THERAPY AND THE NDIS

Questions and Answers

Dance Movement Therapy is...

Dance movement therapy is the relational and therapeutic use of dance and movement to further the physical, emotional, cognitive, social, and cultural* functioning of a person. Dance movement therapy is based on the empirically-supported unity of body and mind. It recognizes that change and growth in one supports change and growth in the other. Dance movement therapists combine the elements of dance, movement systems, creative processes, and psychological and scientific theories, to address the specific needs of groups and individuals. Dance movement therapy (DMT) is delivered

by professionally trained practitioners who have Provisional Professional or Professional registration with the Dance Movement Therapy Association of Australasia (DTAA). DM Therapists utilise person-centred and inclusive approaches to promote verbal and non-verbal attunement with their clients, nurturing safe, confidential and supportive therapeutic relationships through creative movement and dance. These enable clients to work towards a range of therapeutic outcomes. More detailed information and definitions are available on the DTAA website at: <https://dtaa.org.au/therapy/>

'Dance movement therapists combine the elements of dance, movement systems, creative processes, and psychological and scientific theories, to address the specific needs of groups and individuals.' (www.dtaa.org.au)

Who is it for?

People of all ages and abilities; individuals, groups and families.

Where can it be facilitated?

Educational, medical, community and private practice settings.
DM Therapists can work collaboratively with other Allied Health or Educational providers.

What outcomes can Dance Movement Therapy help with?

DMT goals will be specific to each individual and can be aligned with NDIS goals. DMT can provide fun, creative and motivating ways to work on wellbeing goals in these areas:

- Physical functioning, body awareness and coordination
- Self-expression and creativity
- Emotional literacy and regulation
- Social and communication skills
- Improving cognitive function and memory

What does a DMT session look like?

That depends on each client but there is often:

- Improvised dance and movement
- Body awareness work
- Structured warm ups and targeted dance experiences for skills building/work on specific goals
- Role play
- Shared interaction between therapist and client/s – building social connections
- Props and music
- Guided relaxation and breath work

Find a registered dance movement therapist

Visit the members section of the DTAA website to find listings of registered DM therapists.

Can NDIS funds be used to pay for Dance Movement Therapy?

It depends on the way an NDIS Plan is managed. If it is Self-Managed you can. If a Dance Movement Therapist is working within a registered organisation you can.

If your dance movement therapist has specific qualifications or recognition that allows them to register under the NDIS, you can.

More information about dance movement therapy

For more information about dance movement therapy, an Easy Read version of this flyer and a reading list on Dance Movement Therapy and disability visit <https://dtaa.org.au/therapy/ndis-for-clients>