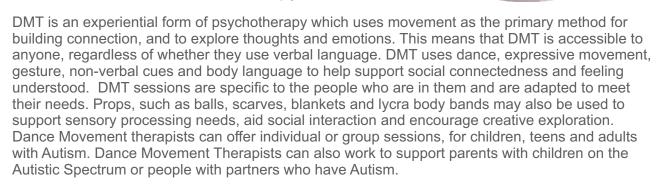
## People on the Autistic Spectrum (ASD)

Autism is a neurological condition. The traits associated with autism cover a wide spectrum and can result in experiencing, viewing and interacting with the world in neurodiverse ways.





## Benefits Include:

DMT sessions offer a chance to...

- meet new people in a fun, safe and supported way
- build meaningful connection and friendships
- feel seen, valued and understood
- increase body awareness, body integration and mental and physical flexibility
- have sensory processing needs identified and supported
- find ways to address feelings and emotions in a healthy way and increase emotional literacy
- increase psychological well-being
- have FUN!

'The major strength that is its ability to produce

- Dr. Christina

Devereaux

## References:

Devereaux, C. Neuroception and Attunement in Dance/Movement Therapy with Autism. Am J Dance Ther 39, 36-38 (2017). https://doi.org/10.1007/s10465-017-9249-1

Takahashi, H., Matsushima, K. & Kato, T. The Effectiveness of Dance/Movement Therapy Interventions for Autism Spectrum Disorder: A Systematic Review. Am J Dance Ther 41, 55-74 (2019). https://doi.org/10.1007/s10465-019-09296-5

## Find a Therapist:

To find a therapist, consult the Register of Professional Members www.dtaa.org.au or for more information, contact our DTAA National Head Office admin@dtaa.org.au