

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.



What is Dance Movement Therapy?

DMT is an experiential form of psychotherapy which uses movement as the primary method for building connection, and to explore thoughts and emotions. This means that DMT is accessible to anyone, regardless of whether they use verbal language. DMT uses dance, expressive movement, gesture, non-verbal cues and body language to help support social connectedness and feeling understood. DMT sessions are specific to the people who are in them and are adapted to meet their needs. Props, such as balls, scarves, blankets and lycra body bands may also be used to support sensory processing needs, aid social interaction and encourage creative exploration. Dance Movement therapists can offer individual or group sessions, for children, teens and adults with Autism. Dance Movement Therapists can also work to support parents with children on the Autistic Spectrum or people with partners who have Autism.

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 dance/movement therapy has in working with people with autism is its ability to produce treatment outcomes in the area of social relatedness, especially in the formation of relationships."
- 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