

# Teens Experiencing Anxiety and Depression

Dance movement therapy is particularly supportive of teens experiencing anxiety and depression both in groups and individually providing space for self reflection, relaxation and sharing of their inner world.



## What is Dance Movement Therapy?

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.

Adolescen

## What does DMT offer this population?

Common themes around identity, core values and self esteem are explored verbally and in turn moved. Characterisation as a projective tool is one type of intervention that may facilitate the release of strong emotions in a contained and fun way. DMT can assist in making sense of challenging experiences, organising them through physiological understanding, which builds a sense of trust, safety and resilience within the body. From this embodied knowing, specific, personal restorative movement resources can be created and practiced in session for later retrieval if required.

Online bullying, social and educational expectations and the current pandemic climate have increased levels of stress within this population, provoking higher incidences of self harm and suicide. Dance Movement therapy can provide a space to acknowledge these stressors with the realisation of universality, nurturing peer support, building empathy and allowing personal experiences to be freed from the body/mind before they become clustered, stuck and dysfunctional for the individual.

## Benefits Include:

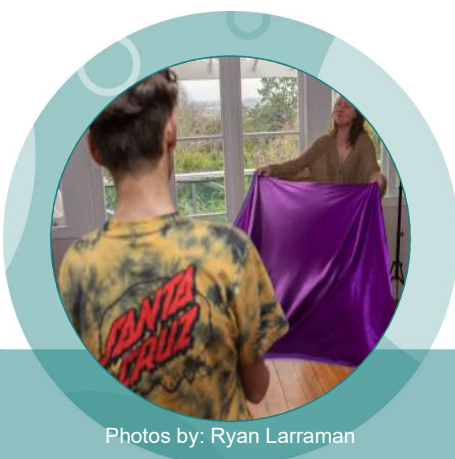
- Reduced sense of isolation
- Provides emotional support
- Encourages identification of individual emotions and encourages expression of these in non verbal ways
- Opportunity to identify with others with shared experiences

### References:

[https://digitalcommons.lesley.edu/cgi/viewcontent.cgi?article=1067&context=expressive\\_theses](https://digitalcommons.lesley.edu/cgi/viewcontent.cgi?article=1067&context=expressive_theses)

[https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6710484/Adolescent\\_s\\_from\\_the\\_age\\_of\\_13-18](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6710484/Adolescent_s_from_the_age_of_13-18)

To find a therapist, consult the Register of Professional Members [www.dtaa.org.au](http://www.dtaa.org.au) or for more information, contact our DTAA National Head Office [admin@dtaa.org.au](mailto:admin@dtaa.org.au)



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