

Dance Movement Therapy & NDIS

What is Dance Movement Therapy?

Dance Movement Therapy (DMT) is a creative therapy that focuses on body and movement. Dance Movement Therapy regards participants' subtle movements, gestures and postures to help them understand about themselves and improve social, communication and motor skills.

Therapists work with people living with conditions such as:

- Autistic Spectrum Disorder
- Intellectual Disability
- Physical disabilities
- Global Developmental Delay
- Down's Syndrome
- Audio / Hearing losses
- Dementia
- Other mental health conditions

Who can access DMT:

NDIS participants can access DMT if their plans are;

- Self-managed or
- Plan-managed

What does the session look like?

- Check in
- Breath work
- Warmups and stretches
- Body and Spatial awareness
- Moving on your own or with the therapist
- Moving with props, eg scarfs, parachute
- Role Play
- Narration and storytelling
- Verbal reflection or reflection by drawing



What NDIS participants may achieve:

DMT helps participants:

- to expand movement repertoire
- to express emotions safely
- to improve fine motor gross skills
- to learn to relate to others through movement or play
- to increase self-confidence
- to regulate emotions

How can you find Dance Movement Therapists in your area?

See the member section of your area and contact the therapist.

www.dtaa.org.au/therapy

Dance Movement Therapists are registered at the Dance Movement Therapy Association of Australasia Inc. and insured.

