



Mental Health

Those experiencing issues related to mental health conditions such as anxiety, depression, eating disorders adjustment to chronic health, grief, responses to trauma, and such as bi-polar disorder, schizophrenia, personality disorders.

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.

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.

What does Dance Movement Therapy offer this population?

- Physical, emotional and mental resources to support relief and healthy management of mood states.
- Movement resources to manage shifts in nervous states such as anxiety and panic or dissociation and immobilisation.
- Processing trauma and strategies for managing related symptoms
- Developing body awareness to support sense of being in the present, strengthening identity, and healthy boundaries.
- Building comfort with feeling emotions and emotional expression.
- Building sense of individual uniqueness and confidence.
- Connecting in healthy ways in relationships and in community.

References:

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Koch, S. et al (2019). Effects of dance movement therapy and dance on health-related psychological outcomes. A meta-analysis update. *Front Psychol* 2019;

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