

## Dance Movement Therapy to Push Emotional, Social, Cognitive, and Physical Integration of the Individual

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### Description

Dance/Movement Therapy (DMT) is defined by the American Dance Therapy Association (ADTA) because the psychotherapeutic use of movement to push emotional, social, cognitive, and physical integration of the individual, for the aim of improving health and well-being.

It emerged as a field within the 1940's as early innovators, many of whom were accomplished dancers, began to understand the advantage of using dance and movement as a form of psychotherapy. It is a holistic approach to healing, supported the empirically supported assertion that mind, body, and spirit are inseparable and interconnected; changes within the body reflect changes within the mind and therefore the other way around. DMT as an embodied, movement-based approach is sometimes difficult to elucidate, because it is critical to actively engage within the method to urge a true sense of what it's.

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Through the unity of the body, mind, and spirit, DMT provides the way of wholeness to any or all individuals. The body refers to the "Discharging of energy through muscular-skeletal responses to stimuli received by the brain." The mind refers to "mental activities such as memory, imagery, perception, attention, evaluation, reasoning and deciding." The spirit refers to the "subjectively experienced feeling of engaging in or empathically observing dancing [2].

Whilst some dance therapists work with codified dance movement and styles like ballet, folk dance, contemporary dance etc. most work within a kinetic framework of creative and expressive movement practices, usually with a significant element of structured improvisation.

DMT/P methodology is heterogeneous, and practitioners draw on a variety of psychotherapeutic and kinetic principles. Most trainings in

Dance Therapy will have a long-time theoretical base which they work from—for example Psychodynamic theory, Humanistic psychology, Integrative therapy, Cognitive behavioral therapy, Existential therapy etc. wishing on the approach or combinations of approaches practitioners work from very different processes and aims are visiting be worked towards.

Additionally, to the psychotherapeutic basis of their work, different approaches to movement and dance are additionally employed.

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Commonly requirements on most DMT/P graduate programs are Movement Analysis and Profiling (often based in Laban movement analysis and the Kortenber Movement Profile), experiential anatomy, human development and psychology, Authentic Movement, and supplementary body-mind integration practices, like Body-Mind Centering, Bartenieff Fundamentals, Feldenkrais Method or Alexander Technique [3].

Additionally, since a ramification of populations could even be encountered in DMT/P, methods are adapted to satisfy the requirements of the circumstances and clients, and this further reduces standardization.

Bonnie Meekums, a second wave dance therapist, described four stages of the therapy process, supported her experience within the field:

### Preparation

The warm-up stage, a secure space is established without neither obstacles nor distractions, a supportive relationship with a witness is created, comfort for participants to be conversant in moving with their eyes closed.

### Incubation

Leader verbally prompts participant to travel into subconscious, open-ended imagery used to create an indoor environment that is catered to the participant, relaxed atmosphere and symbolic movements.

### Illumination

Process which is integrated through conscious awareness *via* dialogue with witness, self-reflection during which the participant

uncovers and resolves subconscious motivations, increased self-awareness, can have positive and negative effects.

#### Evaluation

Discuss insights and significance of the strategy, prepare to complete therapy [4].

#### References

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