

## Dance/Movement Therapy

I am a registered dance movement therapist and have offered dance/movement therapy groups in a variety of settings &ndash;

- inpatient psychiatric units
- addictions treatment programs
- homeless shelter
- jail addictions program
- Alzheimer&rsquo;s unit in a nursing home

Over the last 20 years I have been writing, teaching and consulting in the field of addictions and dance/movement therapy. I provide consultation, training and supervision to other mental health professionals, dance therapists and students and continue to research and write about work in this field.

### Consultation:

- group management; group dynamics
- use of experiential approaches and expressive arts in counseling
- how to use dance therapy techniques in clinical practice
- non-verbal communication /kinesthetic empathy
- writing as a clinician /writing about your work

### Supervision:

- Supervision and Site Visits for dance/movement therapy students
- Supervision for dance/movement therapists and other mental health professionals
- Supervision for clinicians working with the arts in clinical practice or addictions

Definition - Dance/Movement Therapy The American Dance Therapy Association defines dance/movement therapy as the &ldquo;psychotherapeutic use of movement as a process that furthers emotional and physical integration.&rdquo; It is based on the idea that the body and the mind are integrally connected and that experiences on a body level can impact the functioning of the psyche in an immediate and positive way. Since humans first experience their world physically, it makes sense that a kinesthetic approach can engage people very directly and powerfully. Thus a dance/movement therapist uses a kinesthetic form of empathy to engage and reflect. By mirroring the client&rsquo;s posture, gesture, energy level or movement, a therapist makes a non-verbal connection and establishes an arena for understanding and communication that does not necessarily require words.

In groups, a dance/movement therapist uses a structured movement process to help participants identify and express feelings. Movement experiences are designed to release tension in a modulated manner and to focus on skills such as organization, impulse control and self-regulation. Movement interaction, music and playful exchange makes the group experience a powerful one.