

# DANCE MOVEMENT THERAPY



## WHAT IS DANCE MOVEMENT THERAPY?

Dance Movement Therapy (DMT) is a recognised creative arts therapy that uses movement to promote the emotional, social, cognitive, and physical integration of individuals. It's based on the understanding that the mind and body are interconnected, which is supported by a growing body of research.

In DMT, a trained therapist supports participants to explore and convey their experience through body movement and/or develop functional skills, depending on individual needs and goals.

### APPROACH

DMT sessions employ a range of methods tailored to individual needs and goals. These can include:

- Selective use of music and props to support engagement
- Co-regulation through joint movement
- Mindfulness/body awareness: Focusing on the present sensations within the body
- Movement improvisation: Moving without a set plan, allowing emotions to guide the movement
- Using body movement to communicate feelings and experiences non-verbally

### CREATE



### PLAY



### DANCE



### EXPRESS

## BENEFITS CAN INCLUDE:

- Development of emotional expression and regulation
- Development of communication and social skills
- Development of motor skills, coordination and body/spatial awareness
- Safe and supportive environment for exploration and expression
- Increased experience of independence and autonomy

More about DMT: <https://dtaa.org.au/>



## MEET CATALINA - DANCE MOVEMENT THERAPIST

- **Master of Creative Arts Therapy (Dance Movement Therapy), Uni. Melb.**
- **Psychologist and yoga teacher**

Catalina is deeply passionate about adopting a client-led approach, embracing a humanistic approach in therapy, and acknowledging the significance of creating a secure environment for her clients. She prioritises cultivating a safe space, and encouraging clients to engage in creative activities, and explore the multiple benefits of the arts.

Catalina has provided therapy for both children and adults and has worked with clients from diverse backgrounds. With a degree in psychology, she has previously worked in psychotherapy and counselling.

### IN SESSIONS, YOU CAN EXPECT

- A warm and safe environment that encourages personal expression.
- Focus on individual or group needs through the use of evidence-informed methods (e.g. music, props, body awareness, improvisation, movement patterning, and non-verbal communication).
- Creative exploration through movement, and guidance to make connections to feelings and experiences.
- A non-judgmental atmosphere, with encouragement to develop new movement patterns and emotional responses.
- Opportunities for social interaction and cooperation in group sessions.
- A nurturing space fostering safe and positive interactions, enabling individuals to form meaningful connections.