

# Study on dance movement therapy



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Nowadays, Dance Movement Therapy is considered very effective in cases when adults need overcome the depression. It addresses the relational and emotional issues and helps adults to rehabilitate. The body is used as an instrument to stop the feelings of depression, to renovate the powers of the body and to update the work of the mind. Dance Movement Therapy is considered very effective, especially in the modern world, and makes a contribution to the successful realization of dreams and wishes of a person that wants to overcome depression.

Dance movement therapy (DMT) – is a method of psychotherapy in which the body is an instrument, and the motion process, helping customers to experience, recognize and express their feelings and conflicts. Bodily movements of the person can be seen as a reflection of his inner psychic life and relationships with the outside world. Dance therapy is based on the premise that body and mind are interrelated. Dance therapists believe that mental and emotional problems are presented in the body as muscle clips and restrict movement patterns. A man, who turns to a dance therapist, does not necessarily have the experience of movement and dance. Here the emphasis is on how a person feels his body and movement, rather than on how well he owns a dance technique and how it looks during the dance, as described in An Introduction to Medical Dance/Movement Therapy.

Today there are different theories about dance therapy. The dance therapy uses dance and movement in psychotherapy to achieve the integration of bodily processes, emotional and cognitive. It also functions as a medium for personal development and as a means to avoid depression. On the one hand, art therapy, and on the other, body psychotherapy focuses specifically

on what the movement represents. In the 1980s it was established as a healing method that also included psychological and psychotherapy research knowledge (for example, traumatology, nonverbal communication research, creative research and body psychotherapy).

The dance therapy aims to integrate previous experiences of language and bodily memory, stimulate body awareness, develop a real body image, stimulate personal and authentic movement, develop personal insight and to others, to analyze the emotions experienced, dealing with conflicts within and inter psychic, learn new ways to build relationships and handle situations, learn to express and reflect on the movement, awareness and integrate the experience. All that will contribute to the limitation of the depression among people who use the Dance Movement Therapy, as stated in Dance Movement Therapy: Theory and Practice.

There are different ways to make individual or group therapy for all ages. The modes of expression, adaptation and communication can be seen through muscle contraction, breathing, rhythm, form, posture and dynamic movement, and can be influenced through dance therapy. Depression as well can be prevented and its causes can be also explained, as described in Theoretical approaches in dance/movement therapy.

Areas of Dance Therapy. The work areas of dance therapy are diverse. Below are the most important: psychiatry, clinical, psychosomatic institutions, psychotherapy, special education institutions, dance therapy outpatient clinics (such as the HPG, which treats patients with neurotic and psychosomatic disorders), oncology, neurology, rehabilitation institutions the

fight against addiction, crisis intervention to patients who have undergone major physical changes (for example, after accidents, cancer, etc..) preventive therapies, couple and family counseling, etc..

Diagnosis. Analyzing the movement, body posture, gestures, mime, rhythm, speed, the relationship with space and how to breath, the therapist tries to learn more about the problems of the patient. To learn even more about this field, therapists are working with special tests to find out about each of these aspects found especially when initiating therapy. Depression can be cured and also must be cured in the modern society, as there are many factors that can cause it.

Methods of Dance Therapy. The most popular methods of dance therapy are the Laban Method Body Analysis (LMA), the Movement Psycho diagnostic Inventory (MPI) and the Kestenberg Movement Profile. They are also used for analysis and diagnostics, as well as therapeutic interventions and evaluations. The four main methods of dance therapy is the art of dance, imitation, improvisation and creation. These relate to each other and complement, because through work done with the techniques of dance you learn a series of movements known and necessary for improvisation. When creating, it can be joined with the elements from the above areas, as stated in Dance/movement therapy in psychiatry.

Dance Technique. In the dance therapy there are not only represented dance styles as defined, as it is commonly believed. Simple movements such as gestures, small games and turns are the simple motion, and they also belong to the dance therapy and oral recreation of the lived experience. Examples

of motion presets can help to overcome shyness. While dancing, many fear that they can not make the right move and please the eye. In this situation, the art of dance can bring greater security to the person. The dance technique is designed to replicate the movements incorporating our inner world and understand better the feelings of the body, expand the repertoire of movements and pay more attention to the merger between mood and movement. The choice of dance style depends on the mood and the overall situation of the patient, because the various dance styles create different moods.

“ The dance/movement therapist focuses on movement behavior as it emerges in the therapeutic relationship. Expressive, communicative, and adaptive behaviors are used for group and individual treatment.”, as described in What is Dance/Movement Therapy?

Imitation. Imitating the movements of other people to create the self and thus, develop personality can be very useful. There are different situations when in order to overcome depression can only help the Dance Movement Therapy. At first it is somewhat strange idea of expressing oneself closer to the feelings, moods and imitating another person, but to imitate others and comparing ourselves with them, or perhaps to reject or contrasting them with other people helps to receive information and some answers about ourselves. Therefore, it can often be important to require the patient therapeutically mimic specific movements. Moreover, imitation is very important not only in order to be concentrated physically but also psychologically. In some cases, if the therapist feels that the patient has a particular feeling difficult to express or does not know how to express it, then

she can resort to imitation. The therapist can teach the patient a movement that matches the feeling you want to play and help you express it.

Improvisation. A feature of improvisation is letting go so unexpectedly or unplanned. Through this you are carried away by impulses, do whatever you want and what the movement represents. In improvisation there are no planned movements, because with it you decide how to use the body, space, time, strength and rhythm. With improvisation not to make any movement toward a defined state, the person that dances can express his feelings, experiences and ideas through movements.

Usually, the start of improvisation in therapy is difficult and causes fear to the patient, because he suddenly feels that freedom is in his hands and it moves in an unsafe manner and he does not know what to do. To improvise, removes all planned behavior, obligations and limits, but the patient feels at the time “ free.” This allows self-react, for example, we realize the restrictions and limitations that we get every day. Another difficulty of improvisation is to achieve self off, for example the muted intellect. Only by doing this it gets on the sub consciousness, which is necessary to awaken the feelings, events, memories and emotional movements that have been forgotten, suppressed or displaced, then power is “ personified.”

As they spend more time off, the faster you can remember the forgotten and hidden. Sometimes, this fact arouses feelings and movements that end in a catharsis. During improvisation, working with the subconscious is convenient for patients, usually functional, but still it is invaded by feelings of emptiness and absurdity. With patients suffering from a psychotic disorder does not

work the subconscious, but a real external world and creates a clear structure of the self, as stated in Dance/Movement Therapists in Action: A Working Guide to Research Options.

Creation. The creation is understood as the combination of dance technique and improvisation. With the art of dance it is intended to represent a precise movement to find the right feeling, whereas with improvisation, it is intended to represent a feeling or a mood through impulses and improvised movements. By creating a balance, it should be found between these two extremes. This combines what was learned during dance technique and improvisation, that is, learn to control people's movements and express their feelings.

During creation, the patient expresses feelings, moods and emotions, which are controlled movements to the beat of a music style. The patient has the freedom to choose what feeling he wants to represent. He chooses, controls and switches. This will generate a distance to both the patient as he does not feel his inner world and that he could get lost in it, like improvisation. People are able to combat depression through the dance.

“ Dance/movement therapists work with individuals of all ages, groups and families in a wide variety of settings. They focus on helping their clients improve self-esteem and body image, develop effective communication skills and relationships, expand their movement vocabulary, gain insight into patterns of behavior, as well as create new options for coping with problems.”, as stated in Dance/Movement Therapy.

All in all, it can be said that dance-movement therapy is a pedagogical discipline related to body movement therapy dance. It is a technique that unites both camps, dance and psychology, which aims to make the individual acquire self-knowledge and develop creativity, assisting in integrating social, physical, mental and spiritual. Depression can be cured with the help of Dance Movement Therapy and people have to try to get involved in this kind of therapy in order to get positive results in combating depression.