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Professional Certificate in Dance Movement Therapy for Mental Health

# Assessment and Treatment Planning in Dance Movement Therapy

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## Assessment and Treatment Planning in Dance Movement Therapy

### Assessment:

Assessment in Dance Movement Therapy (DMT) involves gathering information about the client's physical, emotional, cognitive, and social functioning through observation, interviews, and standardized assessments. The purpose of assessment is to understand the client's strengths, challenges, and needs, and to inform treatment planning.

### Treatment Planning:

Treatment planning in DMT involves developing a tailored plan of interventions based on the assessment findings. The treatment plan outlines the goals, objectives, strategies, and interventions that will support the client in achieving therapeutic outcomes. Treatment planning is a collaborative process between the dance movement therapist and the client.

### Assessment Tools:

Assessment tools used in DMT may include standardized assessments such as the Movement Assessment Battery for Children (MABC), the Dance Assessment Battery (DAB), the Movement ABC-2, and non-standardized tools such as observation, interviews, and self-report measures. These tools help the therapist gather information about the client's movement patterns, emotional regulation, body awareness, and interpersonal skills.

### Body Awareness:

Body awareness refers to an individual's ability to perceive and understand their own body sensations, movements, and postures. In DMT, body awareness is a key component of therapy as it helps clients connect with their physical and emotional experiences, improve self-regulation, and develop a deeper sense of self-awareness.

### Movement Patterns:

Movement patterns in DMT refer to the ways in which individuals move their bodies in response to internal and external stimuli. These patterns can reflect emotional states, cognitive processes, and social interactions. By observing and analyzing movement patterns, dance movement therapists can gain insights into the client's inner world and facilitate therapeutic change.

### Emotional Regulation:

Emotional regulation is the ability to manage and express emotions in a healthy and adaptive way. In DMT, emotional regulation is a central focus of therapy as it supports clients in processing and expressing their feelings through movement. Dance movement therapists use movement interventions to help clients

regulate their emotions, reduce anxiety, and build emotional resilience.

#### Interpersonal Skills:

Interpersonal skills refer to the ability to communicate, collaborate, and connect with others effectively. In DMT, interpersonal skills are developed through movement-based interactions, group dynamics, and therapeutic relationships. Dance movement therapists help clients enhance their interpersonal skills by promoting nonverbal communication, empathy, and social engagement.

#### Therapeutic Relationship:

The therapeutic relationship in DMT is the foundation of the therapeutic process. It is a collaborative and supportive alliance between the dance movement therapist and the client, based on trust, empathy, and mutual respect. The therapeutic relationship provides a safe space for clients to explore their emotions, movement patterns, and relationships through movement.

#### Goal Setting:

Goal setting in DMT involves identifying specific, measurable, achievable, relevant, and time-bound (SMART) goals that reflect the client's needs and aspirations. Goals may focus on improving physical coordination, emotional expression, social skills, self-esteem, or other areas of functioning. Dance movement therapists work with clients to set realistic and meaningful goals that guide the therapeutic process.

#### Interventions:

Interventions in DMT are the activities, exercises, and techniques used to facilitate therapeutic change. These may include movement improvisation, mirroring, guided imagery, relaxation techniques, group dances, and expressive arts activities. Interventions are tailored to the client's goals, preferences, and abilities, and are designed to promote self-expression, self-awareness, and emotional healing.

#### Assessment and Treatment Planning Process:

The assessment and treatment planning process in DMT is a dynamic and iterative process that involves multiple steps:

1. **Assessment:** The therapist gathers information about the client's history, strengths, challenges, and goals through observation, interviews, and assessments.
2. **Formulation:** Based on the assessment findings, the therapist formulates a treatment plan that outlines the client's goals, objectives, and interventions.
3. **Collaboration:** The therapist collaborates with the client to review and refine the treatment plan, ensuring that it is tailored to the client's needs and preferences.
4. **Implementation:** The therapist implements the treatment plan through a series of sessions, using movement-based interventions to support the client in achieving their therapeutic goals.
5. **Evaluation:** The therapist evaluates the client's progress and adjusts the treatment plan as needed to ensure that the goals are being met effectively.
6. **Termination:** When the client has achieved their goals or completed a specified number of sessions, the therapist collaborates with the client to review the progress, celebrate achievements, and plan for next steps.

### Challenges in Assessment and Treatment Planning:

There are several challenges that dance movement therapists may encounter in the assessment and treatment planning process:

1. **Limited Assessment Tools:** There is a lack of standardized assessment tools specifically designed for DMT, which can make it challenging to gather comprehensive information about the client's movement patterns, emotional regulation, and interpersonal skills.
2. **Nonverbal Communication:** Working with clients who have limited verbal communication skills can make it difficult to assess their needs, preferences, and goals accurately. Dance movement therapists must rely on nonverbal cues, body language, and movement patterns to understand the client's experiences.
3. **Cultural Sensitivity:** Assessing and planning treatment for clients from diverse cultural backgrounds requires cultural competence, sensitivity, and awareness. Dance movement therapists must consider how cultural beliefs, values, and practices impact the client's movement expression and therapeutic process.
4. **Client Resistance:** Some clients may resist the assessment process or treatment planning, either due to fear, anxiety, or lack of motivation. Dance movement therapists must build a trusting relationship with the client, provide a safe and supportive environment, and address any concerns or barriers to engagement.
5. **Goal Setting:** Setting realistic and achievable goals that are meaningful to the client can be challenging. Dance movement therapists must collaborate with the client to identify goals that are specific, measurable, and relevant to the client's needs, interests, and abilities.

### Examples of Assessment and Treatment Planning:

Here are some examples of how assessment and treatment planning may be applied in DMT:

1. A client with a history of trauma may undergo an assessment to explore their body awareness, movement patterns, and emotional regulation. Based on the assessment findings, the therapist may develop a treatment plan that includes movement-based interventions to help the client process and integrate their traumatic experiences.
2. A group of children with autism spectrum disorder may participate in a dance movement therapy program. The therapist may use standardized assessments to evaluate the children's social skills, communication abilities, and sensory preferences. The treatment plan may focus on improving social interaction, emotional expression, and self-regulation through group dances, mirroring exercises, and sensory integration activities.
3. An older adult with Parkinson's disease may seek DMT to improve their physical mobility, balance, and quality of life. The therapist may conduct an assessment to assess the client's movement capabilities, cognitive function, and emotional well-being. The treatment plan may include rhythmic movement exercises, creative dance sequences, and relaxation techniques to support the client in managing their symptoms and enhancing their overall well-being.

### Conclusion:

Assessment and treatment planning are essential components of the therapeutic process in Dance Movement Therapy. By conducting thorough assessments, developing tailored treatment plans, and implementing evidence-based interventions, dance movement therapists can support clients in achieving their therapeutic goals, enhancing their well-being, and promoting personal growth. Through collaboration,

creativity, and compassion, dance movement therapists can empower clients to explore their emotions, movement patterns, and relationships through the transformative power of movement.