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Professional Certificate in Mental Health and Dance Movement Therapy

## Introduction to Dance Movement Therapy

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Dance Movement Therapy (DMT) is a form of expressive therapy that uses movement and dance to support intellectual, emotional, and motor functions of the body. It is based on the belief that the mind and body are interconnected and that movement can be used as a powerful tool for self-expression, communication, and personal growth. DMT can be used with individuals, couples, or groups to promote healing, improve self-esteem, and enhance overall well-being.

In the Professional Certificate in Mental Health and Dance Movement Therapy course, students will learn how to use dance and movement as a therapeutic intervention to address various mental health issues. They will explore the principles of DMT, develop skills in assessing clients' needs, and learn how to design and implement effective treatment plans. This course will also cover the ethical considerations and professional standards that are essential for practicing DMT in a clinical setting.

### Glossary of Terms

#### A

**Assessment:** The process of evaluating a client's physical, emotional, and cognitive abilities to determine the most appropriate treatment plan.

#### B

**Body Awareness:** The ability to recognize and understand one's own body sensations, movements, and postures.

#### C

**Client-Centered Approach:** A therapeutic approach that focuses on the client's needs, goals, and preferences in the treatment process.

#### D

**Dance Movement Therapy (DMT):** A form of expressive therapy that uses movement and dance to support intellectual, emotional, and motor functions of the body.

#### E

**Embodiment:** The process of connecting mind and body through movement and physical sensations.

#### F

**Facilitator:** The therapist or instructor who guides and supports clients in the dance movement therapy process.

## G

**Group Dynamics:** The interactions and relationships that occur within a group setting, influencing the group's overall behavior and outcomes.

## H

**Healing:** The process of recovering from physical, emotional, or psychological distress through therapeutic interventions.

## I

**Improvisation:** The act of creating spontaneous movements or gestures without preplanned choreography.

## J

**Journaling:** The practice of writing down thoughts, feelings, and reflections as a form of self-expression and self-discovery.

## K

**Kinesthetic Empathy:** The ability to understand and share another person's feelings through physical movements and sensations.

## L

**Laban Movement Analysis:** A framework for observing, describing, and interpreting human movement developed by Rudolf Laban.

## M

**Mindfulness:** The practice of being present and aware of one's thoughts, feelings, and sensations without judgment.

## N

**Nonverbal Communication:** The exchange of information through gestures, facial expressions, posture, and body movements.

## O

**Object Relations Theory:** A psychoanalytic theory that focuses on how individuals relate to internal and external objects, such as other people or aspects of themselves.

## P

**Psychodynamic Approach:** A therapeutic approach that explores unconscious processes and early life experiences to understand and address current emotional difficulties.

## Q

**Quality of Movement:** The characteristics of movement, such as speed, rhythm, flow, and intensity, that convey emotional and psychological states.

## R

**Resilience:** The ability to adapt and bounce back from adversity, trauma, or stress.

## S

**Somatic Psychology:** A field of psychology that emphasizes the mind-body connection and the role of physical sensations in emotional well-being.

## T

**Therapeutic Relationship:** The bond and connection between a therapist and client that fosters trust, safety, and growth.

## U

**Unconscious:** The part of the mind that contains hidden desires, fears, memories, and emotions that influence behavior and thoughts.

## V

**Validation:** The act of acknowledging and accepting a person's thoughts, feelings, and experiences as valid and important.

## W

**Wellness:** The state of being healthy and balanced in mind, body, and spirit.

## X

**Expressive Movement:** The use of movement and dance to express emotions, thoughts, and experiences without words.

## Y

**Yoga:** A mind-body practice that combines physical postures, breathwork, and meditation to promote relaxation, flexibility, and well-being.

## Z

Zone of Proximal Development: The range of tasks and activities that a person can perform with the help of a more skilled or knowledgeable individual, such as a therapist or instructor.