

# Movement Psychotherapy

Movement Psychotherapy, also known as **Dance Movement Psychotherapy (DMP)** encompasses the whole person, body and mind. DMP allows individuals to use verbal and non-verbal communication to freely express oneself. It can offer ways to explore and address any psychological issues or challenges. DMP can be facilitated in an individual or group setting. Sessions are offered in schools, hospitals, out-patients, care homes, community centers, and rehabilitation facilities. The sessions give an opportunity to build on any positive/negative social, emotional, cognitive and physical aspects of oneself.

Dance Movement Therapy was founded in the 1940s in the United States and DMP was founded in the 1980s in the UK. It is regarded as an art therapy, which includes music, art, play and drama therapy. All Dance Movement Psychotherapists are registered, regulated and have been through specific University training.





## How can Movement Psychotherapy help?

- Manage emotion & difficult feelings
- Regulation
- Body Image
- Build Resilience
- Increase relaxation
- Reduce stress & anxiety
- Decrease isolation
- Enhance range of movement
- Grow confidence & Self-esteem
- Improve Mood
- Increase self-awareness
- Self-expression
- Build positive view of self
- Explore self-care and coping skills
- Build relationships
- Socialisation
- Strengthen boundaries
- Increase quality of life

## Moving Mind and Body