

# Step By Step

"IF YOU JUST SET  
PEOPLE IN MOTION,  
THEY WILL HEAL  
THEMSELVES"  
-Gabrielle Roth



**Dance/movement therapy, also known as dance therapy or simply DMT is a modality of therapy that majorly uses movement to help individuals achieve emotional, cognitive, physical, and social integration.**

Attending movement therapy in treatment



Just like Chandler, a similar question must be in your mind as well. So, Dance Movement Therapy is just... dance? Well, it's a bit more than that, a dance movement therapy session is completely different from a dance session. Dance movement therapy believes in free movement of the body, and is not limited to only restrictive steps. The idea here is that our mind and body are interconnected and through free flow movements of the body one expresses true emotions and their inner feelings.

Children who cannot sit still for traditional psychotherapy or older people who have difficulty moving well or are restricted to wheelchairs can all explore dance and movement therapy.

Even though the word "Dance" does exist in Dance Movement Therapy, the two are different and unique in their own way. Dance as an activity can be quite therapeutic and can induce happy hormones.

**A  
DANCE  
MOVEMENT  
THERAPY  
SESSION:**

- Is not choreographed
- Not played on jazz or Bollywood songs, and sometimes doesn't even require any music
- The fluidity, movement, and actions are interpreted by a qualified Dance Movement therapist
- Therapist understands these nonverbal actions and assesses non-verbal behavior of the client(s)
- Interventions are then interpreted on the basis of movements.



**A  
DANCE  
SESSION:**

- The focus is primarily to learn a specific dance form or routine
- The mood and health benefits of attending a dance class can be seen as by-products of the process
- leader-follower relationship where a choreographer usually leads the session
- Professionals who are trained and educated in a particular/multiple dance styles lead a dance class

***"SPACE IS THE ULTIMATE  
TEACHER OF RECEPTIVITY.  
IT PUSHES NOTHING AWAY.  
IT UNCONDITIONALLY  
ALLOWS FOR ALL OF OUR  
GESTURES AND  
EXPRESSIONS.  
THERE IS ROOM FOR ALL OF  
YOU. NOTHING IS LEFT  
OUT"  
-REBECCA AMIS LAWSON***

## ***Movement prompts you can try out on your own***

**Can you make your movement bigger?**

**Can you make your movement smaller?**

**\* Pretend like you have paintbrushes in your hands and paint in the air \***

**Show it with your body how a particular song makes you feel**

**Can you make your movement faster?**

**\* Try to move only one part of your body and keep the rest still \***

**Can you make your movement slower?**

**\* When the music stops, freeze, and make a shape with your body \***

## ***Activity Corner***

Split the group into pairs and organise them so they are standing opposite each other. One person makes a movement, the other tries to mirror them as well as they can, they then continue this for the time allocated (say a minute). Swap roles. When both have played both roles, they can try to coordinate movements with each other, so that both become player and mirror at the same time. This works best with slow movements and needs a lot of concentration.

You can also use this to help practice certain movements for sports e.g. passing the ball, kicks for Karate etc (you get the idea). Just have more space available if being used for these purposes.

**YOU CAN TRY IT WITH YOUR GROUP OF FRIENDS AND FAMILY!!**

## Dance Movement Therapy can help you with

- Chronic pain
- Childhood obesity
- Cancer
- Arthritis
- Hypertension
- Cardiovascular disease

- Anxiety
- Depression
- Disordered eating
- Poor self-esteem
- Posttraumatic stress

- Autism
- Aggression/violence
- Domestic violence trauma
- Social interaction
- Family conflict

- Dementia
- Alzheimer's
- Communication issues



ONLY A QUALIFIED DANCE MOVEMENT THERAPIST CAN FACILITATE A DANCE MOVEMENT THERAPY SESSION. A PROPER DANCE MOVEMENT THERAPY SESSION CAN ONLY BE CONDUCTED IN A SAFE THERAPEUTIC SETTING AND FACILITATED BY A LICENSED DANCE MOVEMENT THERAPY PRACTITIONER.

A DANCE MOVEMENT THERAPIST IS REQUIRED TO HAVE A MASTER'S DEGREE IN PSYCHOLOGY AND ADDITIONAL TRAINING (A MASTER'S OR A DIPLOMA) IN THE DANCE MOVEMENT THERAPY MODALITY. A TRAINED DANCER OR A CHOREOGRAPHER IS NOT A DANCE MOVEMENT THERAPY PRACTITIONER AND CANNOT FACILITATE A THERAPY SESSION.



## SHUBHAM SRIVASTAV

Co-Founding Director of The MoveVent Project and Zanaan

## Expert's Dialogue:

"Dance/movement is increasingly being used across the world as a tool to heal the body, mind, and soul. It can help individuals after traumatic encounters or help the mind work well in cases of intellectual disabilities. One of the benefits of dancing/moving is an increased sense of vitality – an awakening and renewal of one's life energy. Studies have shown that dance/movement interventions by trained professionals can decrease depression, improve mood, relieve stress, build confidence, and self-esteem, and strengthen positive feelings about one's self.

I have seen children who are introverted and shy, loosen up through dance and movement, become confident, and establish friendships. Individuals from underprivileged backgrounds with extremely low self-confidence in their bodies can find themselves again through dance and movement.

When it comes to people in their old age, dance can make them almost physically young again. When they start dancing/moving, the mental activity, imagination, cardiovascular and strengthening exercises coupled with breath and images transform the body and help the seniors find agility, vitality, and youth again.

One of the main reasons people dance/move is to modify their emotional state; typically, they strive to feel more joy and happiness and to reduce stress and anxiety."

# Help is just a call away!

- ICALL HELPLINE (GENERAL COUNSELLING)- 02225521111 (MON-SAT, 8AM-10 PM)
- HUMSAFAR TRUST (LGBTQIA+)- 0226673800 (MON-FRI, 10 AM-8PM)
- ARPAN (CSA)- +91-9819086444 (MON-FRI, 9 AM-6PM)
- AASRA (SUICIDE PREVENTION)- +91-9820466726 (7 DAYS A WEEK, 24 HOURS)

## WE ARE HERE FOR YOU!

If you or someone you know is experiencing any mental or emotional distress, kindly call on our toll-free mental health helpline number:

**SAMVAAD**  
**1800-102-4040**

*This helpline is active from 8 am to 8 pm, seven days a week and is handled by counsellors with varied expertise.*

In case of any mental health related concerns, please feel free to reach us on [mentalhealth@projectmumbai.org](mailto:mentalhealth@projectmumbai.org)



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