Wisconsin Public Psychiatry Network Teleconference (WPPNT)

- This teleconference is brought to you by the Wisconsin Department of Health Services (DHS) Bureau of Prevention Treatment and Recovery and the University of Wisconsin-Madison, Department of Psychiatry.

- The DHS makes no representations or warranty as to the accuracy, reliability, timeliness, quality, suitability, completeness, or results of the materials in this presentation.

- Use of information contained in this presentation may require express authority from a third party.
WPPNT Reminders

- Call 877-820-7831 before 11:00 a.m.
- Enter passcode 107633#, when prompted.
- There are 200-600 participants. Please allow others a chance to ask questions.
- Questions may be asked, if time allows.
- To ask a question, press *6 on your phone to unmute yourself. *6 to remote.
An Introduction to Dance/Movement Therapy

By: Meghan Murphy-Sanchez, MA, BC-DMT, LCPC (inactive)
Presentation Overview

• What is Dance/ Movement Therapy (DMT)?
• Core Concepts
• The Path to Becoming a DMT
• Training/ Areas of Focus
• LMA & DMT
• Bartenieff’s Patterns of Connectivity & DMT
• Who, What, & Where?
• A DMT Session
• DMT in a Group Setting
• Future of DMT?
• References/ Resources
• About Meghan...
• Questions, comments and feedback
What is Dance/Movement Therapy (DMT)?

- Follows the integrated healthcare model that treats the whole patient.
- “The psychotherapeutic use of movement to foster the integration of the body, mind, and spirit.” (ADTA, 2017)

<table>
<thead>
<tr>
<th>Dance</th>
<th>Movement</th>
<th>Therapy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Expressive</td>
<td>Functional</td>
<td>Communicative</td>
</tr>
</tbody>
</table>

Some core concepts of DMT

• The body and mind are inseparable.
• Neuropathways are triggered, altered, and created through movement, fostering new behaviors and affective states.
• Movement is functional, expressive, and communicative.
• Movement is relational.
• Movement is stabilizing and mobilizing.

(Imus, 2012)
The Path to Becoming a DMT

7 ADTA-approved programs in the United States, though programs exist worldwide in 14+ countries.

DMT programs focus on developing both verbal and non-verbal counseling skills, thereby preparing clinicians for post-graduate counseling licensure in most states.

Two states (Wisconsin and New York) currently have separate licensure for DMT’s and Creative Arts Therapists, respectively; New Jersey is currently reviewing legislation to potentially approve a Creative Arts Therapies license, as well.

ADTA has two levels of certification:

- **R-DMT** (Registered dance/movement therapist): the first level of certification for post-graduate practitioners (requires graduating from an ADTA-approved program)
- **BC-DMT** (Board Certified dance/movement therapist): the second level of certification (attained after completing 3640 clinical hours, at least 48 hours of clinical supervision over the accrual of clinical hours, and completion of application essays demonstrating expertise in the field) allows for dance therapists to practice independently, supervise, and teach.

Training/Areas of Focus

- Master Level Programs in DMT include training in:
  - Anatomy
  - Psychology
  - Traditional Counseling
  - Movement Analysis
  - Developmental Movement Patterns
  - And Beyond..
Laban Movement Analysis (LMA)

- LMA was developed by Rudolf Laban (1879-1958) initially as a form of dance and movement notation.
- As Laban continued to develop his framework, he began to expand its application to other areas of practice including “industrial work study, education, and theatre” (Moore, 10).
- As he neared the end of his life, he “began to explore therapeutic uses of dance and movement” within the LMA taxonomy (Moore, 10).
- Since then, successors/pupils of Laban have utilized his theories to expand and build a deeper understanding of movement, the human body, and the psychological implications associated with these phenomenon.
- One successor in particular, Irmgard Bartenieff, used her background in “biology, art, and dance” to highlight the benefits of exploring functional and developmental movement for greater emotional, expressive, and psychological functioning (Bartenieff, p.ix).
Laban’s Work in DMT

- Laban Movement Analysis is utilized in DMT as an observation and assessment tool. In this way, we use it to connect and attune to our clients/patients on a non-verbal level as a means to support greater body awareness, insight, potential healing/repair, and beyond.

- Within LMA exist four major categories:
  - Effort - The “How” of Movement
  - Shape - The “Why” of Movement
  - Space - The “Where” of Movement
  - Body - The “What” of Movement

- Beyond the categories, some basic principles included in his framework are:
  - The mind and body are inter-connected
  - Human movement is intentional and satisfies a need
  - Movement is a universal process of change
  - Change is patterned and orderly
  - The basic elements of movement can be articulated and studied
  - Understanding (conscious and unconscious) movement requires looking at it from multiple levels

(Moore, 2010)
Irmgard Bartenieff’s Patterns of Connectivity

- **Body-Half Connectivity**
  - Infant Development, it facilitates:
    - Hand to mouth functioning
    - Coordination of hand/eye functioning
  - Also relates to:
    - Stability and mobility in the vertical dimension
    - Developing balance on both sides of the body
    - Developing and identifying dominant and non-dominant sidedness of the brain
  - Psychological Implications...
    - Relates to the ability to evaluate and clarify issues
    - Experience of polarities
    - Simplicity in sidedness
Irmgard Bartenieff’s Patterns of Connectivity

**Cross-Lateral Connectivity** (Contra-lateral)

- **Infant Development**, it facilitates:
  - Efficient transfer of weight in the body when walking
  - Promotes 3-dimensional movement via spiraling of the spine

- Also relates to:
  - Integration of left and right brain functioning via crossing the mid-line of the body
  - Accessing diagonal connections/motions of the body
  - Proprioceptive Neuromuscular Facilitation (PNF)**

- **Psychological Implications**...
  - Promotes full-range, dynamic, and creative movement
  - Facilitates advanced thinking, processing, and expression


Significance of LMA & Bartenieff’s Fundamentals in DMT

• Language (for both the therapist and the client)
  – Providing psycho-education to clients/helping clients ‘name’ what is going on
    (Case Example: Couples Therapy & Identifying movement affinities)

• Supporting greater insight/awareness of mind-body connection and its unique significance to the client’s individual situation
  (Case Example: Managing Anxiety through Body Mindfulness)

• A guide for exploration on a movement/body level in addressing client needs
  (Case Example: Gender Identity & DMT)

• A tool for assessment, observation and measuring progress
  (Case Example: Adolescent Boy & Developmental Movement Patterns)

• Supporting a client’s ability to access creativity in a therapeutic setting & thereby accessing coping skills, self-agency & recognizing strengths
  (Case Example: DMT with adults suffering from chronic, severe Mental Illness)
Where & with whom is DMT practiced?

- Anywhere counseling, rehabilitative, educational, therapeutic, or creative services are needed.
- DMTs can work with a wide age group (infants to older adults).
- DMTs work with individuals who are physically, cognitively, mentally, emotionally, and/or spiritually struggling.
- DMT is done individually, with families, groups, and in community settings.

(Imus, 2012)
What Does a DMT Session ‘look like’?

• Differs depending on population, setting, and client needs/goals
• Lower functioning clients:
  – Expressivity
  – Increasing mood/affect, as well as experiencing mood/affect regulation
  – Communication & Relationships
• Higher Functioning clients:
  – Attuning to subtle shifts in body cues (nervous system) for greater awareness of triggers & ways of coping
  – Imagery & Metaphor application within movement and relating this to current life problems
DMT with Groups

- Socialization
- Peer-to-peer connection
- Increasing support
- Creating group integration through rhythm and thematic development
- Mobilizing via body action
- Increasing body awareness
- Creativity and Expression
- Linking meaning to movement
Future of DMT?

- Wellness culture is shifting perspective re: mind-body connection (i.e. yoga, mindfulness, etc..)
- Practice areas are constantly expanding
- Dance as therapy (i.e. Parkinsons, MS, etc..)
References/Resources


About Meghan..

Meghan Murphy-Sanchez (LCPC (inactive), BC-DMT, GL-CMA) is a 2012 graduate of Columbia College Chicago’s Dance/Movement Therapy and Counseling Department. Since graduating, Meghan worked for several years in a hospital setting providing services to adults with chronic mental illness. More recently, Meghan transitioned to working in private practice, providing individual and group services through Chicago Dance Therapy, as well as developing her own private practice—Motus Counseling—in Oak Park, Illinois. Meghan values incorporating an integrated therapeutic approach when working with clients including dance therapy, strength-based, and interpersonal neurobiology. Outside of Meghan’s clinical work with clients, she provided creative movement classes to children ages 1-4 in the Old Irving neighborhood of Chicago for several years and has also facilitated workshops for both professionals and prospective clients, covering areas such as Dance/movement therapy, Laban Movement Analysis, and Bartenieff Fundamentals. In October 2016, Meghan re-located to Albuquerque, New Mexico with her husband and has devoted her efforts this past year to gaining licensure in her new state.