



NDIS DANCE MOVEMENT THERAPY

Dance Movement Therapy is...

Dance movement therapy is the therapeutic use of body movement and dance to further the emotional, cognitive, physical, psychosocial and cultural-spiritual functioning of a person.

Dance movement therapy is based on the empirically-supported unity of body and mind. It recognizes the inter-connectedness between body-mind and a change in one supports transformational growth and change in the other. Dance movement therapists combine the artistic creative processes of dance, movement systems and psychological and scientific theories, to address the specific needs of individuals and groups.

DM Therapists utilise gestalt-oriented therapy, jungian depth work, person-centred and psychodynamic psychological approaches to integrate the body-mind experiences of a person. DM therapists facilitate a safe relational therapeutic space to express intrapsychic or interpersonal conflicts and relationships through body movement & dance. These therapeutic arts-body-based movement & psychological processes support individuals healing and growth towards their recovery.

NDIS Dance Movement Therapy

Suitable for all ages and abilities - individuals, groups and families.

Dance Movement Therapy - Goals

- Facilitate life-span development, personal recovery and wellbeing.
- Assess & develop treatment plans to focus on issues that interfere with healthy functioning.

Dance Movement Therapy - Outcomes

- Improve functional capacity through expansion of movement repertoire, mobility, self expression & creativity.
- Emotional literacy and regulation
- Social and communication skills
- Improve cognitive function and memory

Dance Movement Therapy - Sessions

DM therapists use diagnostic movement assessments, interventions, verbal processing with arts based therapies. DMT principles follow: Body and mind are interconnected so that a change in one impacts the other * Aspects of the personality are expressed through movement * Movements can be symbolic and can represent unconscious material/processes * Movement improvisation/experimentation can bring about new ways of being.

Facilitator: Sharon Paetzold, Professional Dance Movement Therapist

Dance Therapy Association of Australasia (DTAA) Reg. 218-08

ACA L-4, AASW, MHSW(Acc), ACSW (Clin)., NDIS Reg. ID 4-433C-1661

Dance Movement Therapy - Individual/Group sessions

Development of Daily Living & Life Skills

Skills Development & Training - 09_009_0117_6_3 - Fees \$65.09 (Groups)

Therapeutic Supports

Assessment, Therapy or Training - Other Therapy - 15_056_0128_1_3 Fees \$193.99 (Individual)

More information about dance movement therapy

For more information about Dance Movement Therapy and Disability
See <https://dtaa.org.au/therapy/ndis-for-client>