



The Use of Dance Movement Therapy in Social work

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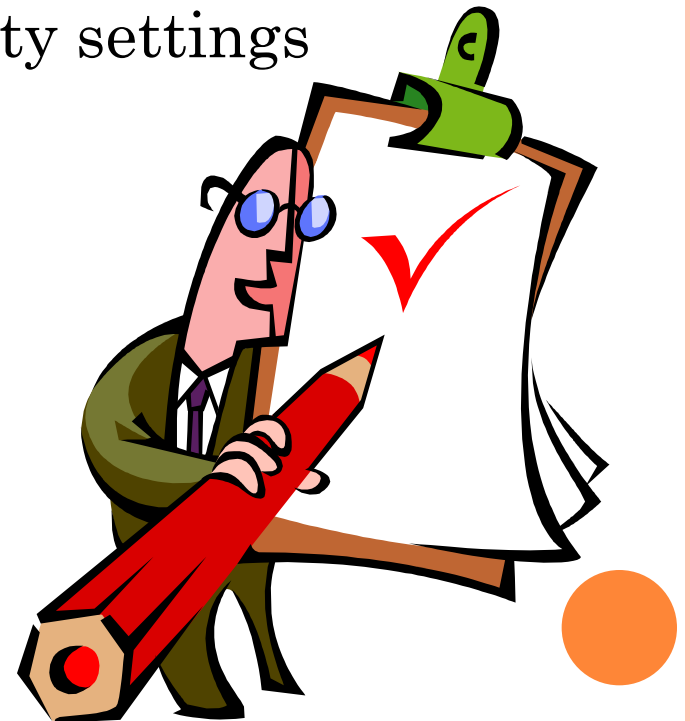
THE IMPORTANCE OF DANCE AND MOVEMENT IN OUR LIVES

- Dance for a ritual (harvest, gods)
- Dance for cultural exchange
- Dance for community bonding (village, school)
- Dance for entertainment and art appreciation
- Dance for education & skills
- Dance for health and healing



OUR AIMS

- ⊙ What is Dance Movement Therapy (DMT)?
- ⊙ Movement Theory – Laban's Effort theory
- ⊙ The DMT process in clinical setting
- ⊙ Applications of DMT in community settings



WHAT IS DMT?

- It is the use of movements and dance to help clients to express their feelings and facilitate the integration between the body and mind
- DMT is not about helping clients acquire a dance skill or exercising class.
- We work on two main assumptions-
 - a) the way client hold themselves and move expresses the way they feel about themselves
 - b) It is a holistic approach recognizing the importance of body, thinking and feeling processes and works towards an integrated self.



LABAN'S EFFORT THEORY

There are four motion factors :-

1. Space: Direct / Indirect

(Attention to space outside of self)

2. Weight: Strong / Light

(Attention to the sense of self)

3. Time: Sudden / Sustained

(Attention to decision making)

4. Flow: Bound / Free

(Attention to feelings or emotions)



EIGHT BASIC EFFORTS

○ Combination of 3 motion factors: -
(Weight, Time and Space which we called the
Action Drive)

- Pressing (Direct, Sustained, Strong)
- Flicking (Indirect, Sudden, Light)
- Wringing (Indirect, Sustained, Strong)
- Dabbing (Direct, Sudden, Light)
- Slashing (Sudden, Strong, Indirect)
- Gliding (Sustained, Light, Direct)
- Punching (Direct, Sudden, Strong)
- Floating (Indirect, Sustained, Light)



DMT SESSION

- Basic Assumptions-

Its is based on the idea that the way clients hold themselves and move express the way they feel about themselves. By expressing their feeling through movements, they can be make aware and get in touch with parts of themselves which are not communicated verbally.

Through movements, the therapist meets clients where they are, without trying to change them and without preconceived perceptions of how they should be. He/ She respects the client's experiences and work under the assumption that dysfunctional patterns have been used as a copying strategy.



DMT SESSION STRUCTURE

- Marion Chace's model-
- Talk- move-Talk
- Duration- 50 mins to 1.5 hr
- Four parts in the session
 - 1. Verbal Checking
 - 2. Warm up
 - 3. Movement Process
 - 4. Closure
- Note: The structure can be used both in individual/group sessions in a variety of settings such as mental health, educational, special needs and private consultations.



TO ELABORATE ON THE FOUR PARTS...

- Verbal checking (5-10mins)

(A theme may emerge to be used in the warm up later)

- Warm up (10-15mins)

(Facilitate clients to get in touch with their body and bring the focus to the space and the people they are with)

- Movement Process(25-30 mins)

(Props may be used as a safe medium for expressions and relating to each other. The process is non-directive and clients are encouraged to express themselves and interact non verbally.



DMT SESSION STRUCTURE

- Closure (10-15 mins)
- A discussion of emerging themes and feelings and making sense verbally of what took place during the movement process.
- Two important note-
 - Safe environment to work in
 - Consistent space and time boundary for the sessions



IMPORTANT NOTES FOR APPLYING DMT IN CLINICAL SETTING

- Therapist/ Facilitator- Trained in Dance movement therapy.
- Role of therapist- safe holding and containing
- Boundary (space and time)
- Nature of the setting (Open or closed group)
- Ethnics (Adhere to guidelines by the association or setting)
- Safe practice (confidential and recordings of sessions safely kept, clinical supervision)
- Structure/ Framework around the DMT sessions.
- Music and props



APPLICATIONS OF DMT IN COMMUNITY

- Family Life Education
 - Parent & Child bonding sessions
 - Marriage enrichment for couples
 - Intergenerational bonding
- Personal development
 - Changi Women's Prison
 - Groups and Organisations (team-building)



PURPOSES AND OBJECTIVES

- To promote bonding
- To increase self awareness
- To encourage personal expressions
- To promote positive body image
- To build a group cohesion and teamwork
- To increase resiliency to cope with stresses
- The fun and feel good factor



LET'S DANCE!



TO CLOSE,

- Irmgrad Bartenieff once said ‘ The essence of movement is change’.

I wish you all the best in this journey of change!

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HELPFUL REFERENCES

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