



A range of DMP classes



in the subconscious, but the memories can be suppressed and repressed in an attempt to re-establish a sense of stability and normality. Dance Movement Psychotherapy helps the rehabilitation of the body, which enables the patient to gain access to these subconscious memories. This can be more effective than dealing with trauma through discussion, as the patient could consciously choose to block these memories.

How do you become a Dance Movement Psychotherapist?

You will need a postgraduate qualification to work as a Dance Movement Psychotherapist. To get on to a postgraduate course, you will need a degree in a relevant subject such as performing arts, psychology or medicine. You will also need approximately two years of relevant work experience and a background in dance or movement if your undergraduate degree is not in performing arts.

FURTHER INFORMATION

Association for Dance Movement Psychotherapy UK – www.admt.org.uk

American Dance Therapy Association – www.adta.org

Dance Movement Therapy Association of Australia – www.dtaa.org

Healthy Steps (the Lebed Method) – www.gohealthysteps.com

LivingDance – www.kinections.com

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perfection. As a dance movement therapist for nearly four decades she has brought LivingDance™ to Greece, Israel, Asia and to different parts of the USA.

Kinections also provides training in Dance Movement Psychotherapy for many different types of patients. One such course is long time human rights activist, Amber Gray’s Dance Movement Therapy with Survivors of War, Torture and Violence. It uses her CenterPost Trauma and Resiliency Framework and Restorative Movement Psychotherapy, which have been developed over years of working with individuals and groups around the world who have experienced extreme trauma.

Traumatic experiences remain embedded