

Marian's classes. Along with several other Dance Movement Therapists, Chace founded the American Dance Therapy Association in 1966, which sets standards for therapists to meet in order to become licensed therapists. In the United Kingdom, the Association for Dance Movement Psychotherapy was one of the first organisations established to regulate dance therapy and accredit dance therapists.

### **Uses of Dance Movement Psychotherapy**

Dance Movement Psychotherapy can be used in a variety of ways, from helping breast cancer survivors to providing those with eating disorders with a form of expression.

Professional dancer and teacher, Sherry Lebed Davis, developed The Lebed Method with her physician brothers when their mother was diagnosed with breast cancer to help nurse her back to health. The Lebed Method includes dance movements and physiotherapy-based exercises to stretch scar tissue, increase the range of movement and prevent or manage lymphoedema.

Regular exercise is important for patients to recover, many of whom suffer from 'frozen shoulder' after a mastectomy, as well as decreased range of movement and stiff necks for many years after surgery. Lebed has also been known to help with multiple sclerosis, Parkinson's, arthritis and other cancers and is popular with the elderly as it helps increase balance and strength and consequently minimises the risk of a fall. Sherry Lebed Davis, describes Lebed as a celebration: "It releases endorphins and helps the participants forget their fears and have fun."

Dance Movement Psychotherapy can also be effective for people suffering from eating and body image problems. Research has shown that many patients with eating problems struggle with alexithymia, which is the difficulty of putting feelings into words. Since the eating problem is the body's way

of trying to cope with internal or external stress, whether the individual is aware of this or not, then the 'site' of the eating disorder is the body itself. Consequently, body-based therapies are ideal to help those with eating problems as it teaches them how to listen to their body's needs. People with eating disorders can also become socially isolated, so the group focus of Dance Movement Psychotherapy can help the individual connect to others and feel more supported.

Dr Danielle Fraenkel, the founder of Kinnections, developed LivingDance™ having witnessed the effect creative movement and kinaesthetic sensing had on individuals with eating disorders. She discovered that attention to breath, muscle connection, shape, and pulse links to a range of psychological processes, from awareness to feelings of effectiveness and identity development. The goal is connection, not

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*The Lebed Method in action*

