



“People with mental health problems are often desperately seeking emotional and creative release.”

-Claire Cattle, Reach4Dance

Background of Dance Movement Therapy

Dance Movement Therapy (DMT) emerged as form of psychotherapy using dance and movement in the 1940's by the early pioneers who were accomplished dancers who started to realize the benefits of dance and movement. Dance Movement Therapy does not look like grammatical dances rather rhythmic movement in group and in person focusing mental and emotional issues. Abstract movement leads the participants to deal with the mental and emotional issues in a whole different way.

With the financial support of MamaCash, Possibility arranged DMT for the beneficiaries.

Date: 20 – 23 July, 2018

Venue: Chelakotha Ltd.
Lalmatia, Dhaka

Facilitator: Monami Nandy Kolkata, India



Methodology used in DMT

DMT uses some movement and psychotherapeutic interventions include:

- **Trust building:** DMT starts with building absolute trust on group, partner and peers aim to be open up and feel free.
- **Mirroring:** Matching and echoing the partner's movements to show empathy and validate what the person is feeling.
- **Movement metaphor:** Using a “movement metaphor” or prop to help a person physically and expressively demonstrate a therapeutic challenge or achievement. For example: a therapist may give a person in treatment a white flag to help celebrate emotional surrender.
- **Balancing:** Balancing is the primary and important part in DMT since participants have to move individually and in group.
- **Color and emotion:** Participants express emotion and feelings using colors, art paper and any part of body except fingers.

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- **Impossible tasks:** Participants have to do any impossible task that push them to limit.
- **Assimilation with nature:** With abstract movement participants have to express his/her inner character which goes with any element of nature say tree, bird, flower, animal etc.
- **Emotion and Feeling distribution:** To build empathy and releasing emotions, participants are said to share their feelings by hugging, touching, crying etc. with the group.
- **Story telling with movement:** Participants are said to portray a story with movement.

Expected Output of DMT

Important skills that can be acquired during the process of dance movement therapy include:

- Learning how to develop and trust your ability to be present empathetically.
- Learning how to translate the nonverbal movements into insights that can be used in recovery.
- Dealing with the emotion with color, sound and movement as ventilation tool.
- Building connection with body, mind and intellectuality.
- Facilitates self-awareness, enhances self-esteem, reduces anxiety, encourages reminiscing.

