

**OUTSIDE IN:
Community Responses to Complex and
Diverse Needs.**

Creativity in Recovery

**Moving from the Inside Out: using
dance/movement therapy in the
treatment of addictions and other
mental health conditions**

Presented by
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The Gift of Creativity

“As one taps into creative flow, there are no mistakes, only new possibilities.”¹

Kossak 2009, p. 17

“Arts-based practices can help individuals to stay centered, aligned, present and alert to the moment. In therapies that utilize arts-based practices, the art making itself might be viewed as a vehicle to help create a therapeutic alliance or a therapeutic attunement.”²

Buk 2009, p. 61

Dance/Movement Therapy

- A body-based treatment The Dance/movement therapy (DMT) is successfully delivered as a stand-alone therapy in community-based care and as an integral part of a multidisciplinary inpatient treatment programs, to both groups and individuals.
- The techniques about to be demonstrated and discussed are used successfully throughout Australia and internationally to treat a range of mental health disorders that affect children, adolescents and adults, including addictions, mood disorders and eating disorders.

Why DMT in recovery?

- A body-based treatment
 - The body and the mind are linked; interventions that focus on the body impact the mind also.
 - The majority of MH treatment programs are verbal interventions. This form of treatment alone does not include a significant part of the person – the body. DMT brings clients back to the body, their most basic form of support – increasing body awareness and building a sense of self at the body level.

Why DMT in recovery?

- Body sensation and awareness are often affected in those with substance addictions, conditions that require high levels of medication, or long-term mental illness.

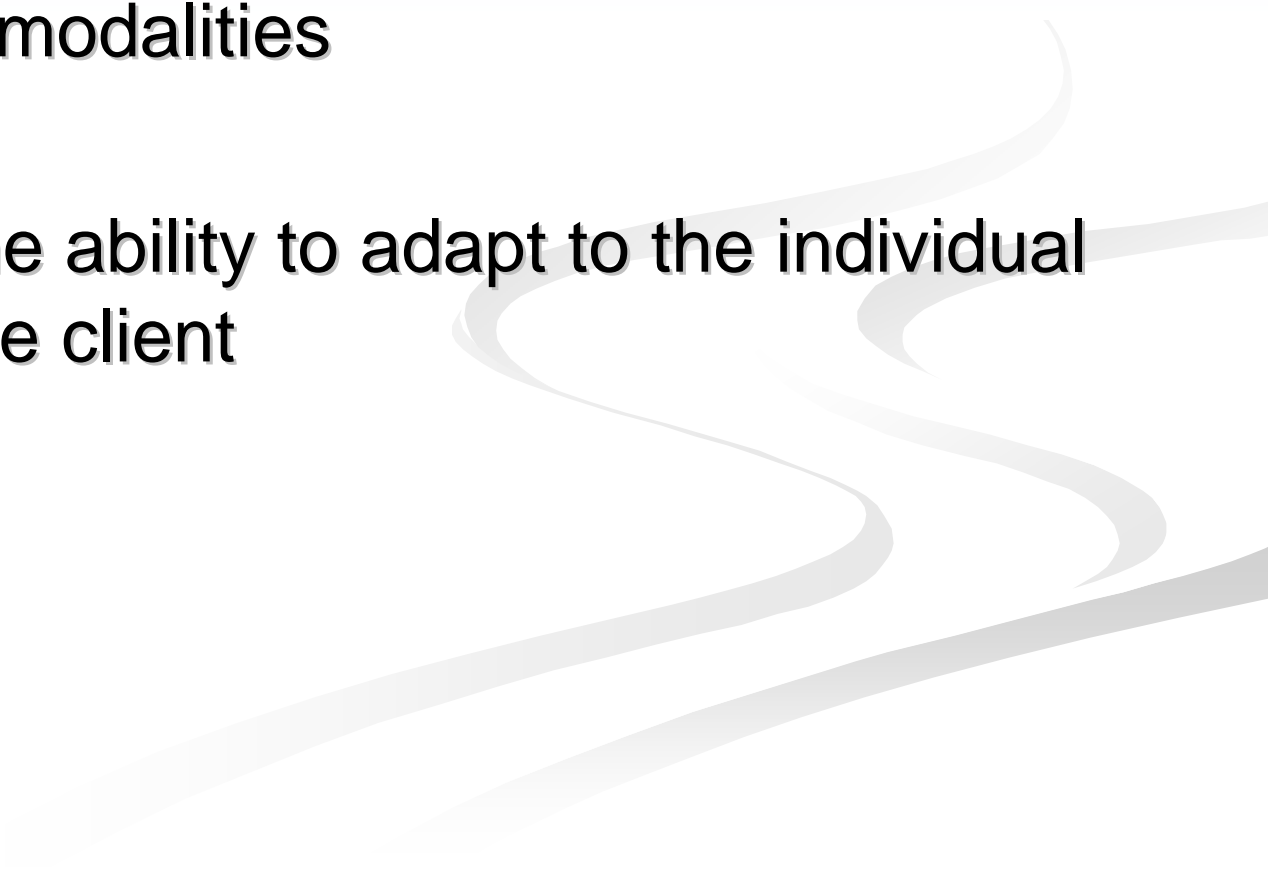
■ Creativity

- Creativity opens up new possibilities. DMT uses the processes of creating spontaneous movement or a dance individually or as part of a group. The creative process involves exploration, forming, clarifying and meaning making.
- There is no right or wrong.
- A safe environment in which to try out new ways of being.

Why DMT in recovery?

- Action-based therapy
 - addresses the physiological and psychological at once
- Non-verbal
 - There are those for whom verbal treatment options are very limited or difficult. DMT can be a safe alternative to or a precursor to verbal therapy.
- A highly adaptable form of therapy
 - Depending on the population, DMT exists on a continuum from physical activity (impacts mood, essential element of a healthy lifestyle), to intense 1:1 psychotherapeutic work.

Why DMT in Recovery?

- Processing
 - Includes verbal processing and often the use of creative modalities
 - Provides the ability to adapt to the individual needs of the client
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- The slide features a light blue gradient background. In the bottom right corner, there are several thick, wavy, light gray lines that sweep across the page, adding a dynamic visual element.

The Training of the DMT

- A DMT is trained in both psychology (psychotherapy, counseling, child and adult therapeutic strategies), dance and movement, anatomy, and dance therapy techniques. The study of developmental movement, movement analysis and interpretation equips therapists to observe their clients and develop intervention plans that are safe and appropriate. Clinical experience and supervision hours are required for professional registration.

The Workshop



Let's get moving!

The Workshop - Introduction

- Bean Bags – creating a pattern, repeating it, adding bean bags
 - Purpose: focus, memory, group cohesion, sensory stimulation, fun, reading the mood and level of cohesion of the group

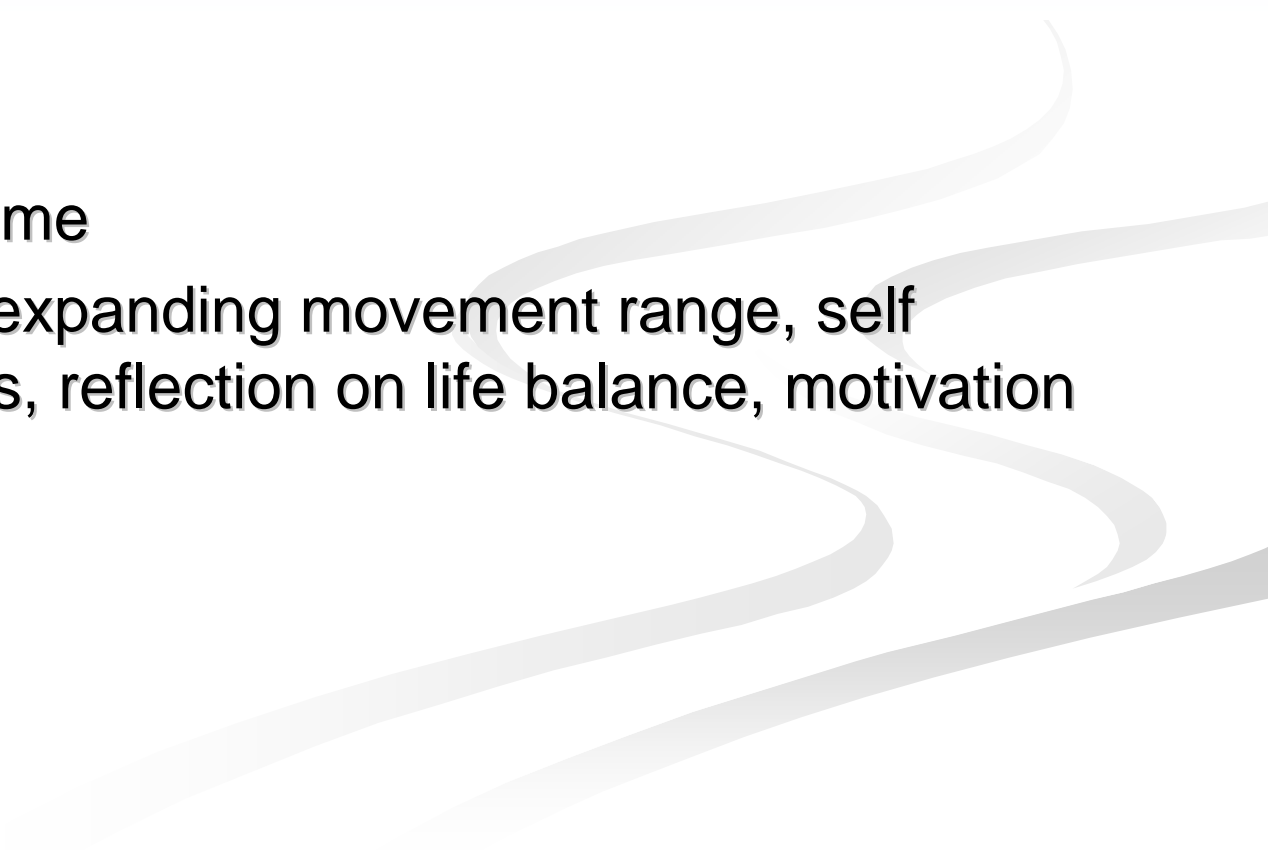
Introduction (cont.)

- Drumming – tapping self and body parts
 - Purpose: rhythmic support, community, body awareness, non-verbal communication

Warm Up

- Body part warm up as whole group
- Purpose: body awareness, warming up muscles to prepare for spontaneous movement, physical activity, increase heart rate

Theme/Body of Session

- Movement Exploration - Fast and Slow
 - Theme: Time
 - Purpose: expanding movement range, self awareness, reflection on life balance, motivation
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- A decorative graphic consisting of several overlapping, wavy, light gray lines that flow from the bottom left towards the top right, positioned in the lower right quadrant of the slide.

Containment/Reflection

- Moving Meditation

- based on Bartenieff/developmental patterning ³.

- Purpose: As a relaxation method, allowing time for the client to settle, integrate, grounding, and prepare for transition to outside world outside of the session.

Closing

- Breathing

- Grounding through the feet, awareness of body (reality)
 - Purpose: ensuring clients are grounded and present

- Reflection

- Verbal reflection on the session
 - Purpose: self awareness, meaning making

Discussion Points

■ Use of Music

- support, mood creation, illustrates a movement quality, can influence and interfere with internal processing.

■ Use of Props

- sensory integration, stimulates the senses, brings atmosphere and a sense of fun, enables connection without touch, encourages movement, especially in poorly motivated or highly medicated populations, and those with a limited movement range.

Discussion Points (cont.)

■ Planning

- all DMTs plan their sessions based on the overall needs of the client/group. However, from the opening of a session, they are trained to pick up on the energies of the client/group, and to respond accordingly. Start where the client is at, e.g. don't start with a fast Cuban rhythm if the person is devoid of energy.

References

1. Kossak, M.S. 2009, Therapeutic attunement: A transpersonal view of expressive arts therapy, *The Arts in Psychotherapy* 36 (2009) 13–18, Elsevier Inc.
2. Buk, A. 2009, The mirror neuron system and embodied simulation: Clinical implications for art therapists working with trauma survivors, Ani Buk, *The Arts in Psychotherapy* 36 (2009) 61–74, Elsevier Inc.
3. Hackney, P. 1998, *Making Connections: total body integration through Bartenieff fundamentals*, Routledge, London, UK.

Resources

- Dance Therapy Association of Australia
 - Journals and books available, member listings
 - www.dtaa.org
 - Tel: 03 9598 0635
 - Email: info@dtaa.org.au
- American Dance Therapy Association
 - Journal and publications, research resources
 - www.adta.org

Resources (cont.)

- The Arts in Psychotherapy, Elsevier Inc.
 - an international journal for professionals in the fields of mental health and education
 - www.elsevier.com
- Dance/Movement Therapy Training in Australia
 - Wesley Institute (Sydney) www.wesleyinstitute.edu.au/wi/
 - IDTIA (Melbourne) www.idtia.org.au

Questions



Thank You

- **Robyn Price**, BA, Grad Dip Movt & Dance (Melb Uni), Grad Cert Dance Ed (UTS), Grad Dip Dance Therapy (Hons) (Wesley Institute) has run dance therapy sessions in a range of settings, for children, adolescents and adults, over the past six years, including: a successful dance/movement therapy group for adults with anxiety in her local community and sessions with troubled adolescents in a secondary school setting. For the past 2 ½ years she has run weekly dance/movement therapy sessions for adults with addictions and mood disorders in two private psychiatric hospitals. She is based in Sydney. inspchar@tpg.com.au

Thank You

- **Eileen McDonald** has worked as a Dance Movement Therapist for over 20 years in both the mental health & disability sectors. She is a Lecturer in the Counselling Dept of the Wesley Institute, Sydney in the Dance Movement Therapy graduate diploma course and an international workshop facilitator using the expressive arts for integrated community arts, teamwork & communication, cross cultural communication, and Dance Movement Therapy workshops. Eileen is also a carer of family members with mental illnesses and the Co -Chair and Carer Representative for NSW of the National Mental Health Consumers & Carers Forum.
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Thank You

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