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dance movement therapy usually referred to simply as dance therapy or dmt is a type of therapy that uses movement to help individuals achieve emotional cognitive physical and social dance movement therapy dmt is defined by the american dance therapy association adta as the psychotherapeutic use of movement to promote emotional social cognitive and physical integration of the individual for the purpose of improving health and well being dance therapy involves the psychotherapeutic use of dance and movement to improve health it may help with various conditions including parkinson s and depression learn more here movement therapy or dance therapy uses movement to help a person deal with an illness physical or mental a disability or life challenges that keep them from functioning fully the aim of movement therapy is to enhance the person s cognitive physical mental and emotional wellbeing the american dance therapy association adta defines dance movement therapy as the psychotherapeutic use of movement to promote emotional social cognitive and physical integration of the individual dance movement therapy is focused on movement behavior as it emerges in the therapeutic relationship dance therapy sometimes referred to as dance movement therapy or dmt is a mental health treatment that uses dance and other forms of physical movement to improve someone s emotional and and while your brain is the master control system for your body s movement the way you move can also affect the way you think and feel movement therapies are often used as adjunctive treatments for depression and anxiety when mental effort psychotherapy or medication is not enough movement therapy refers to a broad range of eastern and western mindful movement based practices used to treat the mind body and spirit concurrently forms of movement practice are universal across human culture and exist in ancient history dance therapy is a form of somatic therapy that utilizes movement as a pathway to healing particularly for those navigating trauma because of this many practitioners believe in the dance movement therapy dmt is a form of psychotherapy that uses movement and dance to improve emotional cognitive and physical wellbeing dmt emphasizes the importance of non verbal communication and bodily movement as our first form of communication dance movement therapy dmt in usa 1 and australia 2 or dance movement psychotherapy dmp in the uk 3 is the psychotherapeutic use of movement and dance to support intellectual emotional

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we are the professional association of dance movement therapists in canada we work to promote support and develop the practice of dance movement therapy across the country resources browse resources for both therapists and potential clients wanting to learn more about this therapeutic modality including how to become a practitioner read more

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