

Dance / Movement Therapy Fact Sheet

In dance, the body is the instrument of expression. In an increasingly technological age, dance is therefore especially suited to keeping in touch with what is human. As a non-verbal form of expression, dance serves as a vehicle which can communicate to all people. Dance enriches lives...



Dance, as an expression of the human body, mind, and spirit is inherent in us all. Dance Movement, as a form of therapy, engages the total person, providing a vehicle for self expression, understanding, healing and growth.

Dance speaks to our souls!

What is Dance Movement Therapy?

Dance Movement Therapy is the psychotherapeutic use of movement as a process which furthers the emotional, cognitive, social and physical integration of the individual.

Who are Dance Movement Therapists?

For over fifty years, Dance Movement therapists have been pioneers in the in-depth understanding of how the body and mind interact in health and illness, be it an illness of the mind which is embodied or an illness of the body that impacts mental functioning of the spirit. Today's Dance Movement therapists are master's level clinicians that integrate the dancer's special knowledge of the body, movement and expressive spirit with healing skills of psychotherapy, counseling and rehabilitation.

There are approximately 1203 Dance Movement Therapists currently in 46 states and 29 foreign countries. Two are currently in South Shore Hospital's Cardiac Rehabilitation program performing Stress Management training.

Where and with whom do Dance Movement Therapists work?

Dance Movement Therapists are employed in psychiatric hospitals, clinics, community mental health centers, developmental centers, correctional facilities, special schools, rehabilitation facilities, and private practice and work with a wide range of individuals and groups with numerous physical, emotional and mental disorders.