

# Building Resiliency in Children: A Dance/Movement Therapy Perspective

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## What is Dance/Movement Therapy (DMT)?

- According to the American Dance Therapy Association, DMT is “the psychotherapeutic use of movement as a process which furthers the emotional, cognitive, physical and social integration of the individual (ADTA, 2016, para 1).”
- DMT is a creative arts therapy. Other creative arts therapies include music therapy, drama therapy, psychodrama, art therapy, and poetry therapy (NCCATA, n.d.).
- DMT is based in the understanding that humans throughout all cultures, throughout time have communicated and connected through movement/dance
- DMT utilizes dance/movement as an assessment and intervention tool
- DMT can look incredibly different depending on the therapist and the client (e.g. sitting in a chair and talking or full dance improvisation)
- Like other therapies, a therapist needs to have licensure in DMT to practice DMT (2 levels of licensure R-DMT and BC-DMT) – and **anyone can utilize the foundational concepts of human connection and movement to support children towards greater resilience**

## References and Resources

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