

# DMP

*Dance Movement Psychotherapy*

**A way of Expression and  
Communication**

DMP is a psychotherapeutic practice that  
uses movement to support emotional,  
cognitive, physical, and social integration.

# Mind And Movement In Psychotherapy

**Bonnie Meekums**



## **Mind And Movement In Psychotherapy:**

The Impact of Touch in Dance Movement Psychotherapy Katy Dymoke, 2021-10-22 This book explores the therapeutic use of touch focusing on an in depth case study of work in an NHS setting with a client with learning disabilities and situating this within a wide theoretical context This is a unique and influential study illustrating the impact of touch in dance movement psychotherapy and laying the ground for a theory on the use of touch in Dance Movement Psychotherapy DMP The case study illustrates the impact of touch upon the therapeutic relationship with the use of video transcription and descriptive reflexive accounts of the session content The case analysis sections establish the ground for a paradigm shift and for emergent theory and methods in support of the use of touch in Dance Movement Psychotherapy and other contexts The role touch takes is beyond its affect which expands our understanding of its potency as an intervention The writing is embedded in many years of practice led research in the field of dance and somatic practices in particular Body Mind Centering and Contact Improvisation in which touching and being touched is met with curiosity as a place of insight and revelation beyond the bounds of taboo and social dictat The study considers the philosophical landscape of both touch and non touch This book explores and reflects upon the use of touch considering the wider context and socially imposed perceptions that would prevent touch from taking place including philosophical and social discourses Through telling the story of a client case the book offers a wealth of thought provoking content to inspire continued dialogue Key strengths of this book are the depth warmth and perceptiveness of the case history and the way in which this is successfully linked with theory Particular attention is paid to embodied cognition and exosystemic theory the two leading developments of current thinking With the ethical practical and philosophical content the book will be of interest to psychotherapists health and social care practitioners as well as arts in health practitioners and beneficiaries in educational programs and settings Primary readership will be among DMP psychotherapists body psychotherapists drama therapists Body Mind Centering practitioners arts in health practitioners people working with clients with learning disabilities and any practitioner and researcher interested in understanding the role touch may play in the psychotherapeutic encounter

**Somatic Psychology** Linda Hartley, 2004-08-13 This book brings attention to the interface of psychotherapy and psychological theory with the somatic practices of bodywork and movement therapy To offer a client only psychotherapy or only bodywork may subtly or directly reinforce the body mind split from which so many of us suffer in some cases this will be a reinforcement of a dilemma central to the client s problems Hartley views body psychotherapy and transpersonal psychotherapy as building bridges between the once separated processes of psyche soma and spirit Today the emerging field of somatic psychology is also contributing to the expanded field of psychology a subtle differentiation of bodymind process developed through almost a century and a half of research and practice in somatic therapy and education Originally trained as a dancer movement therapist and bodywork practitioner Hartley continues to use movement and somatic process as an important foundation for her own work Training

in Dance Movement Therapy the transpersonal psychotherapy of Psychosynthesis and Process Oriented Psychology have further deepened Hartley's awareness of the relationships between psyche, soma and spirit and the need to respond to all levels of experience in therapeutic work.

*Dance Movement Therapy* Bonnie Meekums, 2002-07-04 This book is a very useful starting point for trainees in DMT or for those training or practicing in other arts therapies or allied professions who would like an overview of theories and methods in DMT. For more experienced DMT practitioners and researchers this book provides an introduction to theories of creativity and the notion of the movement metaphor as a basis for DMT theory and practice. There is constant dialogue and contextualizing between Meekum's theory and approach, psychological theories that have influenced the development of DMT, case studies and the historical development of DMT. What is important in this book is the acknowledgement that DMT is a unique psychotherapy practice with a distinctive theory and methodology based on the intrinsic interaction between movement, the creative process and psychology.

*Body Movement and Dance in Psychotherapy* Along with the how and why of psychotherapy, Bonnie Meekums provides realistic examples of people whose lives have benefited from dance movement therapy. It is my honour to recommend this book.

Dianne Dulicai, President of the American Dance Therapy Association. It is a very accessible book; it's an introduction to Dance Movement Therapy, ideal for students who have started DMT training, people who work in related fields (eg other arts therapies) or anyone who is interested in DMT. However, the book goes beyond the introduction in Bonnie's attempt to develop a new framework. It encourages practising DMTs to question their own approach, introducing a different terminology to describe the creative process. It is food for thought and for discussions in supervision.

Dr Meekums surpasses her goal of contributing to the development of DMT; her book serves as a catalyzing guide for all health care professionals who seek creative processes in healing. Meekums provides an innovative framework for DMT and offers adequate references and recommendations for further study, research and evidence-based practice. I enthusiastically recommend this book to creative arts therapists, allied practitioners and especially to practicing and intern dance movement therapists as a professional resource and guide.

Maria Brignola Lee, *The Arts in Psychotherapy*. *Dance Movement Therapy* is a concise practical introduction to a form of therapy which has the body-mind relationship at its centre. Movement, with both its physical and metaphorical potential, provides a unique medium through which clients can find expression, reach new interpretations and ultimately achieve a greater integration of their emotional and physical experience. In the book, Bonnie Meekums maps the origins of Dance Movement Therapy (DMT) and its relationship to other more traditional forms of therapy. Outlining a new model for DMT, she describes the creative process which develops in cycles throughout each session and over the course of therapy. The stages in this creative psychotherapeutic process are described as preparation, incubation, illumination and evaluation. Illustrated throughout with vivid case examples, the book defines the role of the therapist in working with clients to bring about change. This is a practical and accessible guide which will help new trainees become orientated within the field of DMT. It also has much to offer.

practising psychotherapists who wish to develop more holistic and creative ways of meeting their clients needs

**Psychotherapy (Centre Publishing Co.). v.1, 1908**,1908 Psychotherapy William Belmont Parker,1908 The Principles of Psychology: Scope of psychology ; Functions of the brain ; On some general conditions of brain-activity ; Habit ; Automaton-theory ; Mind-stuff theory ; Methods and snares of psychology ; Relations of minds to other things ; Stream of thought ; Consciousness of self ; Attention ; Conception ; Discrimination and comparison ; Association ; Perception of time ; Memory William James,1918 **Psychology**,1929 *The American Journal of Psychology* Granville Stanley Hall,Edward Bradford Titchener,Karl M. Dallenbach,Madison Bentley,Edwin Garrigues Boring,Margaret Floy Washburn,1904 *The Mind Movement* Lorna Evans,2025-03-06 The Mind Movement book will illuminate the process of working with the body breath and movement in therapy giving the reader confidence to notice moments where they can integrate these tools creatively into their current clinical practice in person and online By offering both psychoanalytic theory and practical tools readers will gain a deeper understanding of the science behind working with body breath and movement This will support them to begin sharing the wisdom of neuroscience the autonomic nervous system and vagus nerve with their clients The aim of the book is to stimulate new conversations so we all grow from this body of work Within this post pandemic world raising awareness of working with body breath and movement has never been so important *Psychotherapy*,1909 *The United States Catalog*,1928 *The Principles of Psychology* William James,1890 One of the greatest classics of modern Western literature and science and the source of the ripest thoughts of America s most important philosopher **The United States Catalog** Ida M. Lynn,1928 *Mind*,1881 **Integrating Expressive Arts and Play Therapy with Children and Adolescents** Eric J. Green,Athena A. Drewes,2013-10-28 Interventions and approaches from the expressive arts and play therapy disciplines Integrating Expressive Arts and Play Therapy With Children and Adolescents presents techniques and approaches from the expressive and play therapy disciplines that enable child and adolescent clinicians to augment their therapeutic toolkit within a competent research based practice With contributions representing a who s who in the play therapy and expressive arts therapy worlds Integrating Expressive Arts and Play Therapy With Children and Adolescents is the definitive bridge between expressive arts and play therapy complementarily utilized with children and adolescents in their healing and creative capacities **The New International Encyclopaedia**,1924 **Congress of Arts and Science: Biology. Anthropology. Psychology. Sociology** Howard Jason Rogers,1906 The New International Encyclopædia,1930 **Congress of Arts and Science: Biology; anthropology; psychology; sociology. -v. 6. Medicine; technology. -v. 7. Economics; politics; jurisprudence; social science. -v. 8. Education; religion** Howard Jason Rogers,1906 **New International Encyclopaedia**,1930

## Unveiling the Magic of Words: A Review of "**Mind And Movement In Psychotherapy**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Mind And Movement In Psychotherapy**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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### **Mind And Movement In Psychotherapy Introduction**

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