

# Hello

My name is **Jen Jackson** and I am a **Registered Dance Movement Psychotherapist** (ADMP UK).

Here I would like to introduce what DMP is and how it can be implemented.



## ***What is Dance Movement Psychotherapy (DMP)?***

DMP is based on the assumption that body, mind and spirit are interconnected. It is one of the creative arts therapies. It involves creative movement as a tool for improving the integration of different, often unacknowledged, parts of ourselves. Dance and movement stimulate the body and our sensory systems and help us feel more aware of our experiences. DMP promotes health, supports mobility, improves interaction skills and helps maintain abilities already present.

## ***What are the benefits?***

- Encourage self-understanding and self-expression
- Support social interaction, empathy, trust, personal boundaries
- Build group identity/support individual worth
- Increase self-trust and self-confidence
- Increase mobility/balance/movement range
- No right or wrong
- Enjoyment – having a good time!

## ***This process includes:***

- Creating safe environment where mutual trust and kind self-curiosity are fostered
- The use of movement as a body language
- Being aware of movement as it changes constantly – mindfulness in motion
- The use of rhythm, rhythmic movements, melody and music
- The use of movement interactions, such as movement dialogue or mirroring

## ***Working with groups***

In a group session, the focus is on self-awareness, as well as relating to others. Paying attention to the stories our bodies hold, our fears and hurts, as well as joys and places of love and growth. Moving together with others is a lively and dynamic place to be, we learn to be present to each other, trust, empathise, and create.

If you have any questions or recommendations, please, don't hesitate to talk to me.

Thank you,

Jen

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