

The Relational Dance of Telehealth in Private Practice: Staying in the here and now in the digital landscape

Tuesday, March 25, 8:15AM – 9:30PM EDT

PRESENTATION DESCRIPTION

The digital landscape has amplified barriers for dance/movement therapists and clients to stay connected to the here-and-now and can create challenges in attunement on a body level within the clinical session. This workshop will highlight the collaborative process of the relationship between therapist and client via individual telehealth sessions, define the intersections of relational integrative psychotherapy and dance/movement therapy, and describe case examples from one dance/movement therapist's experience of remaining attuned through embodied attending skills within a private telehealth practice.

LEARNING OBJECTIVES

1. Define the dual modality of relational integrative psychotherapy and dance/movement therapy in telehealth
2. Apply three embodied attending skills within telehealth practice
3. Highlight the collaborative process of the relationship between therapist and client via individual telehealth sessions

CONTINUING EDUCATION

1.25 ADTA, 1.25 NBCC, 1.25 NYLCAT

PRESENTER INFORMATION



Meredith Casimiro (she/her), MC, LCAT, BC-DMT a board-certified dance/movement therapist and licensed creative arts therapist. She holds a Master of Science in dance/movement therapy from Pratt Institute, a BA in Dance from CUNY Hunter College, is a graduate of The Ailey School and the New Orleans Center for the Creative Arts. Meredith is an instructor for the continuing education department at Adelphi University and she specializes in groups for individuals struggling with burn out and leads parent and infant bonding groups. Meredith currently owns a private practice where she treats individuals, couples, and supervisees with relational challenges. Meredith brings compassion, empathy and joy to the therapeutic space.