

# Empowering Movement and Resilience in Parkinson's Disease: A Longitudinal Case Study exploring Culturally Informed Dance Movement Therapy in Private Practice.

Wednesday, March 26, 8:30AM – 9:45PM EDT

## PRESENTATION DESCRIPTION

Dance and movement therapy (DMT) and Western dance forms have received increased interest in recent years in the management of Parkinson's Disease. This presentation focuses on the longitudinal case study based on the evidence-based, culturally informed DMT program using elements of Indian dance forms for Parkinson's Disease (PD). The outcomes of this study include the impact of this intervention on the physical, emotional, cognitive and social well-being of the person with PD over two years based on the qualitative and quantitative analysis. The study concluded that the application of DMT in a multidisciplinary approach to managing PD offers a holistic intervention.

## LEARNING OBJECTIVES

1. To explore the concept of culturally informed Dance Movement Therapy for Parkinson's Disease
2. To participate in the embodied experiential movements to deepen the understanding of Parkinson's Disease and the role of Dance Therapy in managing it.
3. To gain insights into the culturally informed Dance Movement Therapy studies conducted at the community-based group therapy and individual therapy in private practice for Parkinson's Disease in India.

## CONTINUING EDUCATION

1.25 ADTA, 1.25 NBCC

## PRESENTER INFORMATION



**Tejali Kunte, MA, CMTA** a Clinical Psychologist and certified Dance Movement Therapy facilitator with over a decade of experience. She served as the Head of Psychology and Movement Therapy at the Parkinson's Disease and Movement Disorder Society for eight years. An Indian classical dancer, Tejali's research on a culturally informed Dance Therapy program using Indian dance techniques for Parkinson's Disease, published in *Body, Movement and Dance in Psychotherapy*, has received widespread recognition on various platforms. She is a joint secretary and Research/Education committee member of the Indian Association of Dance Movement Therapy and teaches Dance Therapy at two colleges in India.