

# Moving Through: Dance Movement Therapy in Grief Work

Monday, March 23, 8:15PM – 9:30PM EDT

## PRESENTATION DESCRIPTION

Throughout history and across cultures, dance and movement have been used to express emotions and build community. In this session, we will explore the key elements of dance movement therapy of grief and bereavement. We will demonstrate and discuss movement-based activities used in our grief support program for young people and families. We will discuss how these activities can be used to support people who are grieving and how these activities can be adapted to meet the needs of people of all abilities. Please join us as we share the potential and power of moving through grief together.

## LEARNING OBJECTIVES

1. Identify key elements of dance movement therapy and demonstrate their applications to grief work with young people.
2. Implement three responsive movement-based activities for bereaved children/teens of all abilities in both an online and in-person format.
3. Create adaptive strategies for the use of dance and movement in work with young people with disabilities who are grieving.

## CONTINUING EDUCATION

1.25 ADTA, 1.25 NBCC, 1.25 NYLCAT

## PRESENTER INFORMATION



**Katie McGrail, LMHC, BC-DMT**, is the HEARTplay Services Coordinator at Good Shepherd Community Care and Assistant Director of Camp Erin Boston. Katie's experience includes supporting children and families including those with complex medical challenges and a variety of disabilities in pediatric palliative care, at end of life, and in bereavement. She is also a 200-hr certified yoga instructor with experience teaching dance and yoga to children and adults and collaborating/performing with local choreographers in the Boston area. Katie serves as Vice President of the New England chapter of the ADTA and supervises graduate students training in Dance Movement Therapy and Clinical Mental Health Counseling.



**Darrell Hyche II, MA, R-DMT**, is a clinician in the HEARTplay grief program, a Psycho-Social Provider, and a Dance/Movement Therapist for Good Shepherd's Pediatric Palliative Care Program. Darrell graduated from Lesley University in May 2024 with his Master's in Clinical Mental Health Counseling with a specialization in Dance/Movement Therapy. Darrell's therapeutic lens has been shaped by his decade of experience as a professional dancer in St. Louis, MO, his work in school-based settings with children with disabilities, and his research on the nuances of grief for communities of color. Darrell is also a licensed school adjustment counselor.



**Jennifer Wiles, LMHC, BC-DMT, FT**, is the director of HEARTplay and Camp Erin Boston, bereavement programs for children, teens, and young adults at Good Shepherd Community Care. Her project, Expanding the Language of Grief, focuses on providing compassionate grief support to people of all abilities. Jennifer has taught nationally and internationally on children's grief and DMT. She is an adjunct faculty member at Lesley University's Graduate program in Mental Health and Well-Being, where she is also a clinical site supervisor. Jennifer serves on the Board of Directors and chairs the Education Committee at the National Alliance for Children's Grief.