

Dance/Movement Therapy with Children



“Dance/movement therapy can foster creative self-expression, and provides safe and effective options for relating to others and coping with the environment.”

Dance/movement therapy (DMT) with children is utilized within general and special education, in public and private schools, and in mental health settings.

DMT is provided in group and in individual sessions, both of which support the development of the child, including the acquisition and transfer of skills in many areas. Movement interventions may set limits within which children can learn to control impulsive behavior, and to increase their ability to focus and sustain attention, which are essential in developing cognitive potential.

DMT includes a wide variety of approaches, such as expressive movement, creative dance, role-playing, and a blend of structured and improvised movement experiences.

Through movement observation and interaction, the dance/movement therapist meets the child on a primary, nonverbal level, which helps the child to develop a positive and realistic self-image. Upon entering the child’s symbolic movement world, the therapist helps to expand communication skills, creating pathways from nonverbal to verbal dialogues. As a result of this process, self-awareness, awareness of others, coping skills, and the ability to form relationships can all be improved.

Dance/Movement Therapy & Children

“Dance/movement therapy is the psychotherapeutic use of movement which furthers the emotional, cognitive, physical and social integration of the individual.”

-American Dance Therapy Association

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