

Benefits of Dance Therapy for Physical and Mental Health

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Abstract

Dance/movement therapy (DMT) is defined by the American Dance Therapy Association (ADTA) as the psychotherapeutic use of movement to promote emotional, social, cognitive, and physical integration of the individual, for the purpose of improving health and well-being. Marian Chace spearheaded the movement of dance in the medical community as a form of therapy. She is considered the principal founder of what is now dance therapy in the United States. In 1942, through her work, dance was first introduced to western medicine. Dance is a movement and Movement is a language, our first language, nonverbal and movement communication begins in utero and continues throughout the lifespan. Dance/movement therapists believe that nonverbal language is as important as verbal language and use both forms of communication in the therapeutic process. Focused on movement behavior as it emerges in the therapeutic relationship. Expressive, communicative, and adaptive behaviors are all considered for group and individual treatment. Effective for individuals with developmental, medical, Physical issue – Chronic pain, obesity, cancer, arthritis, hypertension, cardiovascular disease, Mental issue- Anxiety, depression, Disordered eating, poor self-esteem, dementia, autism, family conflict, social interaction, domestic violence, trauma, educational, social, physical, and psychological impairments. Most people understand that dancing can be good for their physical health and many are engage themselves with various form like zumba, aerobic, tabata, jazz, belly dancing etc. In dance therapy movement become more than exercise – it becomes a language. People in therapy express themselves consciously or unconsciously through dance. Recently, Iranian doctors 'Dance' to encourage corona positive patients.

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