



INDIVIDUAL DANCE THERAPY PROGRAM

The creative expression of dance therapy can enhance skills of communication and promote dynamic relationships. Movement is more than exercise - it is a form of language. People in dance therapy communicate conscious and unconscious emotions through dance and movement. Dance therapists help people work on their issues by using a "movement vocabulary" that focuses on physical expression instead of verbal.

Dance therapists evaluate body language, nonverbal behaviors, and emotional expressions. Dance therapy sessions often include observation, assessment, warm-up, motor interventions, verbal and non verbal communication, use of symbolism.



"Dance therapy is a flexible form of therapy based on the idea that motion and emotion are interconnected."

Where is Dance therapy used?

Below you will find an overview of disorders where dance therapy is often used.

Mood and emotion

- Anxiety and panic
- Depression
- Exhaustion
- Tension and stress
- Anger and aggression

Important life events

- Divorce
- Mourning and Loss
- Sexual Abuse
- Trauma and PTSD

Negative self-image and behavior

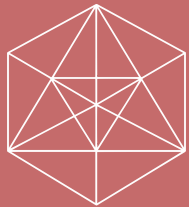
- Performance stress
- Attachment Issues
- Negative Self-Image
- Behavioral Problems
- Hypochondria / OCD Obsessive Compulsive Disorder

Psychological disorders

- Personality Disorder
- Behavioral Disorder
- Psychosis
- Bipolar disorder
- Chronic fatigue

Dealing with disability

- Physical disability
- Mental Disability (MID)
- Eating Disorders Autism
- ADHD
- Alzheimer's
- Dementia



MUSIC HUB

"SOUNDING MOVERS"

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BENEFITS OF DANCE THERAPY

- Improving the physical condition of the person and development of motor skills
- Reduce stress and it's physical effects
- Contact with emotion
- Managing painful thoughts
- Improving self-confidence
- Improving a person's personal relationships
- Improving adaptability
- Understanding the effect of ourselves on others
- Expressing emotions
- Improving self-awareness, self-esteem and personal autonomy
- Understanding the links between thought, emotion and behavior
- It encourages creativity and imagination
- Development of trust relationships