

Dance Movement Therapy (DMT) offers people of all ages and abilities a creative and embodied space to explore what motivates them, utilising verbal and non verbal tools to develop sensitivity to self and others. DMT is defined by the EADMT as the therapeutic use of movement to further the emotional, cognitive, physical, spiritual and social integration of the individual. Somatic awareness and kinesthetic empathy, movement as creative self-expression and dance as non verbal interaction, are the core components of Dance Movement Therapy. Based on the fact that mind, body, emotions and relationships are interrelated, movement simultaneously provides the means of assessment and the mode of intervention for dance movement therapists. It is a mark of the unique benefits of DMT that some of the hardest people to reach respond to this form of therapy. Theoretical concepts, practices and results are continuously investigated by the field through research, publications and discussion meetings.

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EADMT

EADMT is an umbrella organization for professional DMT Associations in Europe (including Israel), working actively to promote their further development of professional practice



and the legal recognition of the profession. Since 2010 the EADMT assures and promotes the quality of Dance Movement Therapy practice and trainings in Europe. Through social media, workshops and conferences, EADMT fosters exchange and collaboration between Member Associations. EADMT actively engages with international DMT organizations to promote the European model.

