

EADMT GA 2025

**ANNUAL REPORT OF THE WORKING GROUP
RESEARCH (14/09/2025)**

VISION AND MISSION

connect

exchange

initiate

collaborate

continue

VISION AND MISSION

Contributing to the circle of knowledge development on DMT related topics by

1. supporting EADMT members on their collaboration on European projects to create knowledge
2. adopting available knowledge by offering access to and distribute available research resources
3. participating in the conference WG by reviewing calls and conference submissions.

OUR PRINCIPAL PURPOSE

1. European research collaboration

- To facilitate participation of DMT researchers in research projects throughout Europe
- To support exchange and discuss experiences around PhD trajectories
- To promote exchange and discuss contents and research designs (literature, projects, ethics, funding..)

2. Communication between National Associations & EADMT research group

- how to communicate opportunities for collective submissions for funding opportunities.
- how to build network on research related topics
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ONGOING DISCUSSIONS

- Be a link for connection with other DMT researchers and professionals
Develop European/EADMT network structure on research related topics
 - exchange between training institutions
 - support students' research collaboration between countries
 - provide research related information (literature, projects)
- To promote the philosophy of inclusion with other different disciplines.
- To invite colleagues from other disciplines to conferences (neurologist, psychologist, computer science, etc.)

WG RESEARCH subTEAMS

- First **DMT RESEARCHERS FORUM 2025**

Sub group :

Antonella Monteleone, Loredana Larionescu, Hanna Strzalkowska

Facilitators of the six subgroups of discussion during the event :

Barbara Erber, Helle Winther , Kaisa Kella, Silja McNamara,
Simone Kleinlooh, Ana Coimbra Oliveira

- **MEET AND MINGLE for Researchers at Vilnius Conference**

Sub group :

Kaisa Kella, Silja McNamara, Loredana Larionescu, Eduard Martin-Colomer

SPECIFIC ACTIONS IN 2024/25

- First **DMT RESEARCHERS FORUM 2025**



DMT RESEARCHERS FORUM 2025

EADMT Research Working Group invited professionals to join our community event aimed at creating a network of DMT Researchers across Europe.

We organised an **online meeting** to:

- Meet researchers from many European countries
- Share shortly about your research interest
- Find out what others are working on
- Network and dream together about strengthening DMT research in Europe
- Get support you need to shine as a DMT Researcher

The meeting was on line (ZOOM)

19 June 2025 at 6 PM CEST / 5 PM BST / 7 PM EEST

Participants : 58 registered 34 active participants

The meeting started as a plenary session and after a short introduction the participants were divided into smaller breakout rooms where everyone briefly introduced themselves and brainstormed together about what could be done thanks to the international network we are building. We dreamed together, building a community and sharing ideas on how to make DMT Research and our profession stronger. Each breakout room was moderated by one of the EADMT Research Working Group members. The last part of the meeting was plenary so that each smaller group could share their view with the rest.

The breakout rooms were divided based on different fields of research that were built through an online survey previously submitted to our community . The themes were:

1. Health & wellbeing (facilitator Barbara Erber)
2. Children, adolescents, family, caregivers, mothers (facilitators Helle Winther)
3. Effectiveness of DMT (facilitator Kaisa Kella)
4. Diversity and inclusion, gender & identity, LGBTQ, disability, autism (facilitator Silja McNamara)
5. Clinical field (psychopathology, depression, trauma, eating disorders, dementia) (facilitator Simone Kleinlooh)
6. Social-cultural field (education, intercultural, refugees, creativity, burnout) (facilitator Ana Coimbra-Oliveira)

COMMENT	CATEGORY
Artsbased research metethods - together with childrenonline group for researchers to connect/share	children adolescents and families
Embodied and emotional awareness for kids and young people in all schools. Dig dream	
Families - children and parents- work together	
DMT research projects- where vosces of children and young people are heard.	
DMT with children in primary school ->prevention	
Listen to adolescents and children's voice in qualitative study, empower their advocacy	
Hearing Children and Teenagers' voices in Research - through art & embodiment / movement	
online group for researchers to connect/share	interconnection between DMT researchers .
connection, collaboration, sharing	
More connections- teams- we are not on islands- we are together as DMT professionals and researchers	
Dreaming together isi great- let us dream more and then go to action	
Frequent meetings online for researchers to pitch their work/share	
Big mind map of Research in DMT	
more intercultural and international research	
Find researchers in the same area of interest	
Find funding opportunities for action	
Look also for research gaps and innovative ideas - to enhance publication chance - good journals often look out for that	
We dream about a Center focused on pushing the field forward. We need to know each other, apart our clinical habilitys and interests.	
Think about how to better comunicate, be understood and be interesting (!) for others. Improving our language in order to better translate what we know and what is our field - interventions, results and potential - to global and diverse political, scientific and cultural agents.	
DMT will become a 'real' therapy, we will be recognised.	
Role of interoception in mental health and in DMT would be interesting and important topic to study in the future	mental health
in the future, AI could possibly show social interaction patterns that happen in DMT	social development
this is the beginning of something.	prevention and well being
Physical complaints & DMT research	

Advocate DMT More recognition integrating quantitative and qualitative research More collaboration with main stream - medical field (clinical group) MORE research in DMT Work on acknowledgement of DMT Distinguishing DMT from other approaches we are dreaming of paid positions for DMTs Implementing DMT sessions as a part of every curriculum and connection in community Train 20 DMTs (internationally) in one DMT activity and offer it to 10 clients per group. Lots of data for researching effectiveness, working mechanisms, etc. (clinical group)	efficacy ethic education in DM T researc
building bridges between DMT and medicine/ neuroscience prevention in health field building bridges between DMT and medicine/ neuroscience More DMT research on Healthy Adults & Prevention DMT will become a 'real' therapy, we will be recognised Research in clinical field, psychotherapy department patients more power for the word 'dance' Change the cultural Perception/Meaning of "Dance"/"DMT".	
'Research enhance to develop DMT curriculum in schools, to increase body awareness and emotional awareness DMT as long life education Including clients perspectives in research Yes! Especially that nowadays some medical journals also welcome patients' perspectives - as part of evidence based medicine/ practice	
Connecting research on arts & wellbeing with DMT research In effectiveness study the dreams are actually pushed by necessity Focusing both on quantitative researchh (RCTs) but also maybe work on creating qualitative research teams - which could be more realistic to do together online with less financial resources	
Visibility through research, making DMT understable to science, police makers, national regulatores; other clinics in order to increase space of influence – going beyond field level towards police makers and be a part of global level. Concern about cultural and social throwback - we have a responsibility to lobby and advocate for the field and the comunnities; pulling together resources and wisdom.	
More DMT research on Healthy Adults & Prevention	

MEET AND MINGLE FOR RESEARCHERS DURING VILNIUS CONFERENCE

Ongoing event projected by Silja McNamara, Kaisa Kella, Loredana Larionescu , Eduard Martin Colomer









RESEARCH WG
ORGANIZES

Meet & Mingle

SEPTEMBER 13 • 11:15 AM • VILNIUS



PLEASE
INTRODUCE
YOURSELF



@eduardsaltapic

CURRENT MEMBERS

Barbara Erber

Kaisa Kella

Simone Kleinlooh

Silja McNamara

Ana Coimbra Oliveira

Alenka Simonic

Hanna Strzalkowska

Paulina Jääskeläinen

Helle Winther

Coordination:

Antonella Monteleone

Loredana Larionescu

(on the background Eduard

Martin-Colomer

From the Board:

Rosa-Maria Rodríguez-Jiménez



THANK YOU FOR YOUR ATTENTION

SPECIFIC ACTIONS FOR 2025-26

Vilnius, 15/09/2025



THANK YOU FOR YOUR ATTENTION

**ANNUAL REPORT OF THE RESEARCH WORKING
GROUP (06/10/2024)**