

# Dance Movement Therapy

**Natasha Goldstein**

“The therapeutic value of mind/body connectivity informs my process, and I am committed to helping clients of all ages, backgrounds and levels of functioning to achieve overall wellness, balance and self-expression.”



*Dance Movement Therapist Natasha Goldstein joined our REC Center to provide our participants an opportunity to enjoy some music and express through a combination of conversation as well as movement.*

Dance/Movement Therapy sessions facilitated with members of the REC Center at the Alzheimer’s Association, Delaware Valley Chapter (Philadelphia, PA and Marlton, NJ) focused on promoting emotional support, reminiscence and a feeling of control with the intent to increase overall alertness, well-being and comfort. Members were seated in a circle formation and various music selections of the 40s, 50s, 60s and 70s, as well as some sounds found in nature (rain, the ocean, birds, etc.), were played in the background. Throughout the process, members were given the opportunity to productively express their thoughts and feelings both verbally and through movement. Members were encouraged to move at their own pace, and engaged in repetitive and rhythmic, low to medium intensity movements that evolved in the moment, while emotionally and physically connecting with their peers. Members also engaged in some hand holding, focused eye contact and shared movement sequences as a group and with partners. Feeling states that surfaced

included contentment, frustration, fear and loss surrounding change/transitions, and were validated and processed by the group often in a playful manner, with some prompting by the facilitator. During the latter half of the sessions, various sensory items (scented hand sanitizer, scarves, lavender, etc.) were introduced and explored. This sensory stimulation fostered relaxation, mind-body connection and reminiscence, as well as reinforced the groups’ themes and goals.

***“Dance/Movement Therapy is the psychotherapeutic use of movement to promote emotional, cognitive, physical, and social integration of individuals.”***

- American Dance Therapy Association (ADTA), 1966 / American Dance Therapy Association (ADTA) Website (1966, retrieved on 2.11.10).

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