

Dance Movement Therapy



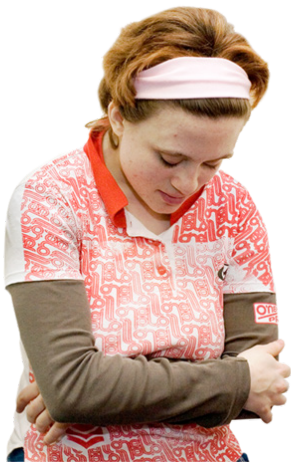
Information for service users
Easy read

A member of staff or a carer can support you to read this booklet. They will be able to answer any questions that you have.

What is dance movement therapy?



Dance movement therapy can help you to try and understand your feelings. You will be working with a dance therapist. They will work with you on any difficulties you are having.



You might be worried about:

- How you are getting on with other people
- Managing with things at home
- Why you might feel lonely and upset

In dance therapy you can role-play, use props, dance, and play games.



Movement can be a good way to help you relax.



Dance can be a good way to show how you feel and tell stories using your own movements or let out feelings that are hard to put into words.



Dance therapy can help you to think about:

- Things that matter to you
- Things that make you happy or sad
- Things that you would like to change

The dance therapist should be able to help you even if you find talking difficult.

Some people find they can use movement or dance to express themselves and this helps them to feel better.

You might find you learn new things about yourself and have some fun too.

The therapist is there to help you. They will listen to you and respect your feelings and privacy.



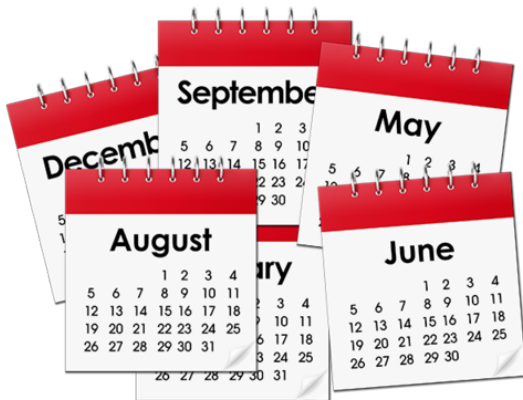


Sometimes sharing your feelings with the dance therapist can help you feel less upset or lonely.

Who will be there?

You will usually see the dance therapist on your own. Sometimes there will be dance therapy groups.

How long will the dance therapy last?



The dance therapist will talk to you about when and where you are going to meet.

How long you see the dance therapist for will depend on what you want to work on.

Do I have to be good at dance?



You don't have to be a good dancer. The dance therapist will support you to create movement using rhythmic body action and gesture.

Dance therapy is not like a dance lesson in school. Your work will not be marked by a teacher.

The idea is that you can express yourself freely using movement and dance

What will happen to the stuff I make?

The dance you make won't be for other people to see.

Any props or things you make will be kept safe by the therapist. They will be kept private.

The things you make and the work you do are for you and the therapist to look at and talk about. You can look back at your old work in therapy and see how things have changed for you over time.



Sometimes the dance therapist might ask if they can take photos or record your dance movements or conversations. These will be kept private but you will be able to see them or hear them if you wish.

When your therapy ends you can choose to take any of your work away with you.

If you don't want to take it your therapist will keep it for a certain amount of time then dispose of it. This respects your privacy.

Will other people know what is happening in dance therapy?



The dance therapist will respect your privacy and only talk to staff who need to know about your therapy.

They might write some reports from time to time but will talk to you about them to check you are happy with them first.

The dance therapist will answer any questions you have.

How do I get dance movement therapy?



If you would like to come to dance therapy you should talk to your ward staff.

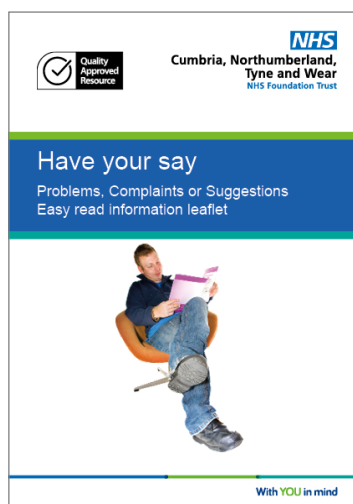
They can contact the dance therapist for you.

The dance therapist will then come to see you to assess if dance therapy would be helpful to you.



If it will be helpful the dance therapist will talk to you about starting some sessions.

Problems, complaints or suggestions



Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust has a complaints policy. This leaflet is about how to make a complaint or suggestion.

If you think that we could improve our service or if you have an idea please let a nurse know.



Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre. If you would like to tell us what you think about this leaflet please get in touch.

This information can be made available in a range of formats on request (Braille, audio, larger print, BSL or other languages). Please contact the Patient Information Centre on 0191 246 7288.

Published by the Patient Information Centre

2024 Copyright: Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust

Ref: PIC/817/1124 November 2024 V3

Website: www.cntw.nhs.uk Telephone: 0191 246 7288

Review date 2025

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