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Guide to the

Hunter College Dance Therapy Program master's theses and case studies

1972-1996

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Summary

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Abstract: A collection of master's theses and case studies written and submitted by graduate students in the Hunter College Dance Therapy Program. Arrangement is alphabetical by author and includes an author list, abstracts, arranged by general categories, and a videotape list. For related resource materials on dance therapy, see *MGRT + 95-5540.

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Creator History

The Hunter College Dance Therapy Program was begun in 1971 with the support of the National Institute of Mental Health. Forming part of the Department of Health and Physical Education of Hunter College of the City University of New York it offered the first Master of Science degree in dance therapy in the United States. The program was developed by Claire Schmais, Elissa White, and Martha Davis. In 1982 a three-year dual degree program combining social work and dance therapy was started, granting both an M.S. in dance/movement therapy and an M.S.W. in social work. In May 1996 the program was closed by Hunter College.

Scope and Content Note

A collection of master's theses and case studies written and submitted by graduate students in the Hunter College Dance Therapy Program. Arrangement is alphabetical by author and includes an author list, abstracts, arranged by general categories, and a videotape list. For related resource materials on dance therapy, see *MGRT + 95-5540.||||Held at Hunter College, Brookdale Campus (25th St.) and at the Hunter College School of Social Work, 79th St., New York.||||Master's theses and case studies of the Hunter College Dance/Movement Therapy Program are arranged and shelved alphabetically by author. In the case of joint authors, a See-reference indicates the name under which the thesis is to be found.||||An abstract for each thesis can be found in the section of Abstracts, arranged by category. The abstract category for each thesis is indicated in the Author Index after the box number. The following abbreviations are used for abstract categories:

CS: Case Studies
C: Culture
E: Elements of Dance Therapy
G: Group Therapy
H: History of Dance Therapy
P: Personal Issues
R: Research
SP: Special Populations
T: Theories
DD: Dual Degree Master Thesis

Key Terms

Subjects

Dance -- Research
Dance therapy
Dance therapy -- Case studies

Titles

Gift of Hunter College Dance Therapy Program

Names

Hunter College. Dance Therapy Program
Hunter College

Container List

Author List

An abstract for each thesis can be found in the section of Abstracts, arranged by category. The abstract category for each thesis is indicated in the Author Index after the box number. The following abbreviations are used for abstract categories:

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H: History of Dance Therapy
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SP: Special Populations
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DD: Dual Degree Master Thesis

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- b. 1 *Adams, Susan Leigh. The symbolic meaning of the circle in relation to healing in dance therapy.* 1996.
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- b. 6 *Kennedy, Sharon L. A framework for how the will is reflected in movement
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- b. 6 *Kinsey, Victoria. Applications of dance therapy for adult survivors of
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- b. 7 *Kuettel, Thomas. Common group themes.* 1978 May.
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- b. 10 *Perez, Alina. A Colombian context for the development of dance/movement therapy.* 1988.
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- b. 10 *Perrin, Anne Marie. Dance therapy with borderline personality disordered patients.* Spring 1992
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- b. 11 *Raynor, Robyn Mae. Dance therapy and children with autism: a theoretical framework.* 1995 Apr..
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- b. 11 *Reich, Judith. Longitudinal study of an adolescent in dance therapy.* 1977.
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- b. 11 *Reiss, Ellen Witt. The effects of stimulative versus sedative music on social interaction in dance therapy.* 1984.
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- b. 11 *Richards, Jill.*
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- b. 11 *Risher, Elise Ann. Zen and the art of dance therapy.* Spring 1991
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- b. 11 *Robins, Elizabeth Hope. A pilot study on the relationship between therapist empathy and patient's psychosocial stages.* 1987 Aug..
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- b. 11 *Robinson, Debra. Potentially disruptive behaviors in a dance therapy session.* 1981 Sept..
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- b. 11 *Rubinstein, Joan. The therapeutic use of movement performance in groups. (Note: Thesis on file at Hunter College School of Social Work.)* 1989 May.
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- b. 11 *Samuels, Adrienne. Dance/movement therapy: a means of expanding social interaction with institutionalized aged.* 1986 May.
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- b. 12 *Simpson, Susan. Intuition: a method of discovery in dance therapy.* 1986 May.
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- b. 12 *Smith-Stallman, Rachelle. Morale in the older adult after dance/movement therapy.* 1987 Dec..
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- b. 12 *Soler, Lola, and Shirley Wilansky. An observational research study of three behaviorally disturbed boys.* 1975 May.
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- b. 12 *Strickler, Sari Allyn. The neutral zone: a theoretical paradigm dance/movement therapy for hearing parents and deaf children.* 1995 June.
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- b. 12 *Studenroth, Amy. Dance therapy theory: a systems approach.* 1976 May.
Abstract Category: T
- b. 13 *Summit, Wendy.*
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- b. 13 *Sussman, Shari. A theoretical approach to unresolved childhood grief in dually diagnosed patients and how dance therapy breaks through the resistance to heal.* 1993 May.
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- b. 13 *Tabor, Frances.*
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See: Moss, Hagar.
- b. 13 *Thomas, Kaisha A. The healing effects of carnival in Trinidad and its relevance to dance therapy.* 1991.
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- b. 13 *Thompson, Yvonne. Estimating anxiety: verbal and nonverbal cues.* 1974 Jan..
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- b. 13 *Tingley, Cheryl E. Dance education, creative dance and dance therapy: a comparison.* 1984 Dec..
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- b. 13 *Toomey, Patricia Needham. Dance therapy as a primary process with the autistic child.* 1982.
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- b. 13 *Torres, Wilma R. An analysis of two dance therapy sessions with Puerto Rican women.* 1990.
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- b. 13 *Valpreda, Suzanne. Using story telling in dance/movement therapy with latency age children.* Spring 1995
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- b. 13 *Vrooman Sayen, Joy. Self and self development and its relation to dance/movement therapy.* 1987 Dec..
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See: Soler, Lola.
- b. 14 *Winter, Loretta. Hopi Kachina dance.* 1976.
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- b. 14 *Wittig, Joan. Countertransference responses to sex-role stereotyped
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- b. 14 *Wolf, Martha. Building group culture in dance therapy: the application of
group work practice theory. (Note: Thesis on file at Hunter College School of
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- b. 14 *Yuval, Merav. "A danse for life": dance movement therapy with pediatric
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Abstracts

Abstracts are listed here by broad general category. The theses themselves are arranged and shelved by Author.

Case Studies

Abstracts (cont.)

Case Studies (cont.)

ALL, Harriet..... 1984 Dec.

Case Study: Countertransference Reactions with a Private Client.

In my placement at the Huguenot Center there were many clients with whom I could have worked, but I was drawn to one in particular, Alice. For reasons unknown to me, my heart went out to this woman and I felt that I could help her. I discovered while working with her that there were areas in which I felt stuck and didn't know why. I was unable to get past my own blocks to gain the necessary insight to help her. The subject of countertransference came up in a psychology course and gave me the idea that my feelings had to do with this phenomena.

In researching the literature I looked at various points of view and found that I align my thinking with those writers that embrace the "totalistic" stance. As my therapeutic modality I used art and verbal therapy as well as dance therapy to facilitate communication. The phase study is an analysis of my countertransference reactions.

This study shows that my countertransference feelings affected our therapeutic relationship. When I studied the videotapes and logs I was amazed at how much my countertransference reactions affected how I ran my sessions. Rather than a process to be avoided, countertransference can be a useful and instructive tool. Though I succeeded in making a positive therapeutic relationship with my client and actually got her to move, had I understood my countertransference feelings better I could have been more effective.

AVSTREIH, Arlene..... 1973 Jan.

Case Study: Of a Black 27-year-old Woman at Bronx State Hospital Diagnosed as a Manic Depressive

See: Moss, Hagar

AZIZOLLAHOFF, Joanne..... 1992 June

Dance Therapy and Autism: A Case Study of Miss S.

The author presents an in-depth study of the evolving therapeutic relationship between her and an autistic, mentally retarded child. The study is a detailed exploration of various treatment methods in working with the autistic child, with emphasis on dance therapy methods. Comparisons between psychoeducational treatment interventions are made which illuminates the importance and efficacy of dance therapy's union with autism.

BUTHORN, Alice..... 1980 June

In Individual Dance Therapy

This case study examines the factors of genetics, stress, and social class from the perspective that working together they provide a likely framework for the development of schizophrenia. It presents the treatment process of black, schizophrenic client over a period of three months.

Abstracts (cont.)

Case Studies (cont.)

BUTLER, Karen E..... 1986 Dec.

Countertransference with a 67-year-old Male Schizophrenic: A Case Study.

See also Videotape.

This case study focuses on a therapist's transference and countertransference issues in relations to a 67 year old, chronic paranoid schizophrenic male in individual dance therapy sessions. An emphasis is given to psycho-sexual interactions.

Psychoanalytic, psychotherapeutic, and dance therapy theories on transference and countertransference are examined, in addition to recent writings on cross-gender interactions in a psychotherapeutic setting.

Fifteen individual sessions were held during a 5 month period. The study focuses on the movement interactions between therapist and client on the first, seventh and fifteenth videotaped sessions, and the eight session (which was not videotaped). In these particular sessions transference and countertransference movement patterns were strongest.

This study indicates that transference and countertransference result from unresolved issues of therapist and client and from psychosocial tensions created by age differences and cross gender interactions.

BUTLER, Ken C..... 1973 May

A Patient's Case Study.

Case study of a 20-year-old Black male diagnosed as a manic depressive.

CASELL-NYSSOLA, Abby..... 1973 Jan.

KRAUSE, Rebecca

A Pilot Study of the Movement Characteristics of Blind Children.

Seven blind children were observed for nonverbal behavior patterns that are unique to the blind individual. A movement inventory scale was developed and analyzed in terms of Effort/Shape. It was found that the occurrence of blindisms and the lack (5) of goal-directed movement correlated with degree of sight. The authors suggest that a blind child experiences disorganization of his body image and his perceptions of external reality.

CAYLER, Thomas..... 1981 Dec.

Can I be This Dance? A Case Study

In working one-to-one with a client for fourteen weeks, this therapist in training had difficulty understanding and carrying out his role in the therapeutic relationship. As recorded on video tape, the relationship between client and therapist can be seen to go through three different stages as the roles that they play are clarified. This individual relationship is shown in the light of the historical movement from the therapist as authority figure to the therapist as empathetic leader. The elements of a therapeutic relationship are outlined and dealt with in relationship to the actual work that was done in the sessions.

CHIN SEE, Gwen..... 1973 May

Case Study: Of a Psychiatrist Patient.

DANIELS, Ted..... Summer, 1973

Too Much Boy - Case Study of Dance Therapy with a Deaf Adolescent.

A case study of an emotionally disturbed adolescent deaf boy who participated in group dance therapy sessions as well as in individual sessions with a male therapist. It concerns the development of trust and communication which leads to an emerging male model for the boy. It is described sensitively and is revealed through video tapes taken over a period of several months.

Abstracts (cont.)

Case Studies (cont.)

FABSO, Jody..... 1986 Dec.

Understanding Addiction in a Patient Diagnosed as Schizophrenic.

This thesis is concerned with a 32 year old male psychiatric patient with a secondary diagnosis of substance abuse. The study examines alcoholism, nicotine abuse, caffeineism, inhalant and food abuse. The disease concept of alcoholism is used as a point of departure to examine the patient's abuse of perfume, cigarettes, coffee, nasal inhalers and food as well as his self-anesthetizing neck choking behavior.

The male patient was seen in 24 individual dance therapy sessions. The analysis of the sessions includes a review of initial working process, and an examination of the signals of substance dependence (that the therapist did not know how to address). The study reveals that many of the bizarre behaviors attributed to this psychiatric patient are actually addictive behaviors. The analysis suggests changes in approach for the dance therapy sessions stressing that the healing process of the patient is enhanced when the patient's substance dependence is addressed and treated.

FISHBEIN, Tema..... 1985 Dec.

The Development of Body Image, its Clinical Implications in Dance/Movement Therapy: A Case Study

This paper explores the development of body image from infancy to early childhood, reviewing developmental theorists and researchers to define the variables in the environment which influences and shapes human development.

The paper also presents a case study describing dance/movement therapy with a child who has severe body image disturbance, the author recreates the therapeutic process of meeting the client at the stage of her developmental arrest, and helping her to travel the path to a healthy image of her body.

The case study examines the child's developmental arrest, how it was diagnosed, and confirms the usefulness of Dance/Movement therapy in reconstructing a body image which was functional and appropriate to the child's age.

FORRY, Carol M..... Spring, 1980

Study of Behavioral Change in a Severely Retarded Adolescent Male in Dance Therapy Treatment.

The purpose of this study was to explore behavioral change over time in a severely retarded individual in dance therapy treatment. Behavioral categories were identified to follow throughout the course of treatment. The subject's progress was then rated on the basis of two videotapes; one filmed prior to treatment and one filmed after four months of treatment, through the use of a behavioral checklist and the Behavior Rating Instrument for Autistic and Atypical Children (BRIAAC). The results of this study indicate that dance therapy treatment was used successfully to reduce emotional withdrawal and promote communicational skills in the subject.

GALLAGHER, Eileen Ryan..... 1976 May

A Behavioral and Movement Study of a 2 1/2 Year-Old Child

The observed movement and behavioral patterns of a 2 1/2 year old boy are compared with the developmental theories of Freud, Erickson, Piaget and Gesell. Exercises are advised to increase the use and range of movement to aid in the child's development.

GAY, Remi..... Fall, 1972

Case Study of a Dance Therapy Group

Case study tracking the changes that took place in the group over a six-month period.

GOLDKLANK, Shelly..... 1973 May

Case Study at Bronx State Hospital.

Case study of a patient hospitalized for 41 years.

Abstracts (cont.)

Case Studies (cont.)

GOLDSAND, Rhona Ann..... 1985

Dance/Movement Therapy as Treatment Modality for Sexually Abused Children: - 2 Case Studies.

The author presents and discusses the philosophies and opinions of professionals in the fields of Child Development, Sexual Abuse, and Dance/Movement Therapy. Topics such as (a) "normal" child development, (b) childhood trauma, (c) the effects of child sexual abuse, (d) treatment and prevention strategies, and (e) dance/movement therapy for emotionally disturbed children (which is considered by the author to be a possible effect of sexual abuse) are included in an overview of the subject of child sexual abuse.

Two case studies are provided in order to illustrate dance/movement therapy treatment with two emotionally disturbed children (a boy, aged 9 and a girl, aged 12) who have been sexually abused by their respective opposite-sex parents. The case studies include: (a) history and background information, (b) movement preferences and tendencies, (c) goals, and (d) themes which evolved over the course of treatment, and (e) and analysis of the case study.

The author concludes, based on her research, that dance/movement therapy is an effective treatment modality for sexually abused children. Areas for further research are then presented by way of a closing statement.

GONZALES, Paula S..... 1994 May

Dance Therapy and Autism: A Case Study of Miss J.

This case study focuses on the therapeutic relationship between the author and a predominantly non-verbal, autistic three year old child. The behavior common to autistic children are identified and educational, behavioral and psychoanalytic treatment approaches are reviewed. The author focuses on several methods used within each approach, specifically mainstreaming behavior modification, humanistic education, and the Linwood method to augment her dance therapy interventions.

GORDON, Phyllis..... 1987 May

Alzheimer's Disease and Dance Therapy: A Case Study.

This thesis is concerned with an 81-year-old female, admitted to a skilled nursing facility due to Alzheimer's disease. She exhibited decreased agitation, greater reality orientation, increased socialization, and appropriate verbalizations when engaged in group therapy sessions. Prior to participation in the dance therapy group, the patient had been unable to participate in any therapeutic modality.

The literature review includes a history of Alzheimer's disease, and the theories pertaining to the cause(s) and treatment. It also includes an overview of the literature concerning dance therapy and the elderly. A report of this female Alzheimer's patient over ten group dance therapy sessions, documents her behavior, and attempts to explain the conditions that led this patient to exhibit decreased agitation, greater reality orientation, increased socialization, and appropriate verbalizations. The critique suggests that group dance therapy be implemented as treatment modality for Alzheimer's patients in the nursing home.

HALPERN, Margerie..... 1973 Jan.

HILL, Jennifer

Sex Differences in Parent-Child Nonverbal Interaction

Observers, analyzing movement behavior from a filmed family therapy session, compiled a movement inventory scale along the parameters of Effort/Shape, touch, use of body parts and space. Each member of the family, three men and three women, were rated by five independent observers. Sex differences, sub-groupings, pairings and individual differences were analyzed. The data obtained pointed to greater differences due to the age rather than to the sex of the individual family members.

Abstracts (cont.)

Case Studies (cont.)

HAZAMA, Emi..... Spring, 1992

Case Study of Mentally Retarded Male in Dance/Movement Therapy

This thesis examines the use of dance therapy in the treatment of John, a mentally retarded senior male. Individual dance therapy sessions helped this isolated patient participate in group dance therapy sessions and interact with others.

The discussion focuses on the dance therapy goals for John, in individual and group sessions, how his sense of humor, motivation, communication abilities and basic movement skills were improved. I focused on the modification of his behaviors that show him as a trainable individual and reflected on his attitude toward the sessions.

Through the use of dance therapy, John's anger was expressed and his interactional skills were improved.

HEGDAL, Unni..... 1984 Dec.

Work on Emotional behavior with a Mentally Retarded Client.

Given the mental deficits of the retarded population, few studies center on their limited emotional expression. This study focuses on a strategy for intervening in the emotional development of retarded children through dance therapy.

The literature review includes the biological, cognitive, psychological and socio-cultural aspects of emotional development in the mentally retarded. In addition, a separate section discusses Laban's basic concepts of use of body space and efforts. These form the core for assessing emotions. The sixteen themes which Laban developed as the basis for movement education form the basis for the treatment process.

Following is a case study of a 17-year-old mentally retarded girl, including discussions of her biological/physiological state, motor development, psychological development, and her socio-cultural history. Laban analysis is used to describe her emotional functioning. Based on this detailed analysis, a treatment plan was devised to help this client control her temper tantrums, impulses, and to develop a better self-image.

Movement themes appropriate to her level of functioning were carefully chosen and evaluated. The process was slow and arduous but there were positive results along each of the above continuum.

HELMER, Mary Kinel..... 1973 Jan.

Case study of C.O. at Yale Psychiatric Institute: [a 16-year-old Acutely Schizophrenic Girl]

See: Moss, Hagar.

Abstracts (cont.)

Case Studies (cont.)

HOLLANDER, Margot E..... 1991

When the Therapist is Female: Role Conflict and Countertransference with a Male Patient during Group Dance Therapy Session.

This paper is a case study of a female therapist's counter-transferential reactions to a male patient during group dance therapy sessions. The study seeks to identify the relationship between the patient's behaviors and the therapist's reactions, explore the possible origins of the therapist's counter-transference, and to highlight the ways in which the tensions between the roles of the therapist and female may have contributed to her on-going and pressured reactions.

The literature review presents a survey of differing view-points about countertransference with particular emphasis on the meanings, clinical significance and uses that individual theorists attribute to this term. The literature also explores the relationship between gender and countertransference by examining and contrasting the roles of the women in contemporary western society and in psychotherapeutic treatment approaches. Areas of role conflict and subsequent countertransference are identified. In addition, the literature review highlights the immediacy of countertransferential reactions in dance therapy and surveys the literature within the field.

The therapist's countertransferential reactions were culled from process notes from ten dance therapy sessions using indicators agreed upon in the literature. These reactions fell into four categories: cognitive, emotional, behavioral, and motor responses. The reactions were then examined for attitudes and behaviors reflective of role conflict and organized into another four categories: nurturance, personal authority, sexuality, and aggression.

The discussion of the case material focuses on the ways in which the therapist was and was not able to resolve her counter-transference in these thematic areas, and concludes that her countertransferential responses stemmed from conflicts between her professional role and her internalized feminine role prescriptions.

HOWARD, Katherine..... 1995 May

Grounding Luis: Individual Dance Therapy with a Patient Diagnosed as Schizophrenic

This thesis is a case study of an individual diagnosed with chronic schizophrenia. Through a journal it traces seven dance therapy sessions in which the author utilizes a movement ritual designed to help ground the patient in reality. Specifically, it looked for a relationship between physical grounding and an increase in reality-based verbalizations. The movement sequence chosen incorporated early developmental movement patterns and Laban analysis concepts of weight and space effort as interpreted by Bartenieff. Results indicate that such a structure may be a useful tool in helping to heal the body/mind split characteristic of schizophrenia.

HOWARD, Theresa Freeman..... 1990 Jan.

Case Study of a Paranoid Schizophrenic Patient.

This is a case study of a Paranoid Schizophrenic patient. The purpose of this paper is to gain more knowledge about this patient's psychopathology, movement characteristics and cultural background. This has been accomplished through observation and interaction with this patient during individual dance-movement therapy sessions, group dance-movement therapy sessions, family therapy sessions, and individual verbal therapy sessions, as well as a review of published literature.

JOHNSON, Sylvia..... 1973 May

Case Study of a Lady Living on a Geriatric Ward in Bronx State Hospital.

KARASH, Arlene S..... 1977 May

Jimmy and Peggy.

Analysis of two dance therapy sessions with autistic children.

KIRSCH, Barbara..... Summer, 1974

Case Study of Individual Dance Therapy

Intensive individual Dance Therapy was applied to a 41 year old woman institutionalized for 20 years, nine of which were spent in a wheel chair....

Abstracts (cont.)

Case Studies (cont.)

KRAUSE, Rebecca..... 1973 Jan.

CASELL-NYSSOLA, Abby

A Pilot Study of the Movement Characteristics of Blind Children

See: Cassell-Nyysola, Abby

LASKY, Terry..... 1980 June

A Case Study in Individual Dance Therapy of a 27-year-old Chronic Schizophrenic

This case study presents a twenty-seven year old, chronic schizophrenic patient named Michael, with whom I did individual dance therapy over a three and a half month period. Included are physical, psychological, and social descriptions of Michael, as well as the goals I hoped to achieve in these areas. The literature concerning the relationships that develop between parents and schizophrenic offspring served as a basis for understanding Michael's basic dilemma. The primary focus of this paper is to connect my knowledge of schizophrenia with my methods and style of working with Michael.

LAUB, Doreen..... 1977 May

A Case Study of Individual Dance Therapy of Emotionally and Retarded Boys.

Individual Dance Therapy was given to an emotionally and mentally retarded adolescent boy twice weekly for four months. The therapist's goal was to increase the boy's effort combinations, and dynamics of full effort. Laban analysis, North's personality assessment theory, Davis' diagnostic scale as well as video feedback aided in the treatment of the boy as well as the development of the therapist's technique.

LAVENDER, Joan..... 1973 May

Case Study

A case study, set in a family centered treatment service with special emphasis on developing the mothering skills of emotionally disturbed women.

LAVIE, Efrat..... 1980 Jan.

Movement Manifestations of Thought Disorder in Schizophrenia.

This paper deals with movement manifestations of thought disorder in schizophrenia. In a study of a twenty year old schizophrenic woman who was a patient being treated in an outpatient facility, observation was made of her movement behavior over a period of two months in a series of 45 minute dance therapy sessions. Viewing of the taped sessions in comparison to the written diagnosis of the patient's condition by her psychiatrist indicated that the movement manifestations exhibited during the dance therapy sessions by the patient correlated well with the psychiatrist's observation of the patient's mental status. Further investigation may bear out the contention that observation of movement manifestations of schizophrenic behavior can be an important adjunct to the diagnosis and treatment of schizophrenia.

MADDRY, Adele..... 1985

Case Study: Dance Therapy with a Male Anorectic.

Abstracts (cont.)

Case Studies (cont.)

MARKSON, Dina..... 1985 June

The Use of Props in Dance/Movement Therapy with a 9 year old Learning Disabled Boy.

This case study discusses the use and therapeutic value of using props with a learning disabled child. The definitions and characteristics of learning disabilities are discussed, along with the neurological and psychological aspects. Therapeutic techniques employed with learning disabled children have been reviewed. Among them are: sensory motor/perceptual motor theories, play therapy, props, and dance/movement therapy.

The major focus of this case study is Billy, a 9-year-old learning disabled child, who was a patient at Elmhurst Hospital. A case and family history are discussed, along with a diagnosis and initial course of treatment at the hospital.

Specifically, props were utilized as a therapeutic tool in our dance/movement therapy sessions, to foster communication, and provide an outlet for appropriate expression of feelings. It was determined that props used in dance/movement therapy are helpful in creating a structure, focus of attention, and fostering the self-confidence in learning disabled children.

MORTON, Patricia..... Spring, 1993

A Transgenerational Approach to Addictive Behavior: Movement Psychotherapy as an Intervention

This paper proposes that the rigid all or none coping mechanism and behaviors of addicts may be viewed psycho-developmentally. This perspective considers the impact of a transgenerational, unempathetic caretaking environment on the life of parents with addictions. Addictive "acting out", ritualized behaviors can be seen as dependency on the intense, cyclical emotional extremes of gambling, relationships, food, sex, work, drugs and alcohol.

A case study of a twenty year old female in recovery for food and alcohol addictions is presented. Nine movement psycho-therapy sessions offered her opportunities to explore alternatives to her rigid, ritualized behaviors. At the conclusion of the nine sessions she increased her flexibility by acknowledging, accepting and moving through her denial, grandiosity, shame, control issues and anger, which were the triggers for her addictive acting out behaviors.

MOSS, Barbara..... 1973 Jan.

Movement Study of Cary Barton Beyes; A 28 year old hospitalized male.

Through Martha Davis' Movement Diagnostic scale and the Cognition Development Ser. Dance Therapy evaluation form (Ms. Bartenieff and Ms. Brainard) this paper follows and studies the behavior and movement of a 28-year-old hospitalized male.

MOSS, Hagar, with HELMER, TABOR, AVSTREIH.... 1973 Jan.

Exercise in Movement Observation.

Four case studies by Hagar Moss, Mary Kinel Helmer, Frances Tabor, and Arlene Avstreich.

MURPHY, Norma E..... 1982 Dec.

Dance Therapy in a Multi-disciplinary Approach in Treatment of an Abused Mildly Retarded Young Woman.

This is a case study of an abused, mentally retarded young woman. The literature was reviewed to examine some of the concepts regarding the occurrence of child abuse, the relationship of child abuse to mental retardation and therapeutic approaches. Dance therapy, relaxation, and massage therapy were used in a multi-disciplinary treatment program. Changes in body awareness, self-esteem and interpersonal relationships that occurred in dance therapy, generalized to other groups.

Abstracts (cont.)

Case Studies (cont.)

ODLIVAK-WRIGHT, Nicholette..... 1988 May

Alzheimer's Disease in a Community Mental Health Setting: A Case Study

This case presentation examines the course of treatment of an 84 year old male, Alzheimer's patient who participated in a community mental health day treatment program. The literature review includes a general overview of Alzheimer's Disease, including Reisberg's seven stages of cognitive decline. Treatment approaches to Alzheimer's patients, include Folsom's model of reality orientation and Dietsche's use of reminiscence.

The review concludes with an overview of dance/movement therapy, specifically the goals for the elderly as described by Fersh, Garnet, Caplow-Lindner, Harpaz & Samberg, Sandel, and Helm. S case study of an Alzheimer's behavior over an eleven month period looks at the interplay of his decline wit his participation in verbal groups and "non-verbal" creative arts groups. This thesis concludes that there is a need for further research, specifically the development of a program model which can maximize the patient's "successful" participation without frustrating him with groups beyond his cognitive level.

O'DONNELL, Joan Patricia..... 1982 Dec.

Music in Dance Therapy: A Look into its Use.

Twenty dance therapists, who have been working in the field for at least one year, responded to a questionnaire on how they use music in their dance therapy sessions. The questionnaire consisted of thirteen multiple choice questions and one question asking for a list of their favorite albums for their dance therapy sessions. The perceived mood of the music was found to be the most important aspect to the dance therapists questioned. Questions were raised and suggestions made for further study of the subject.

PAPALEO, Lois..... 1975 May

Case Study: Portrait of J.C.

This case study compiles a new group of non-verbal impressions and body action observations unaffected by diagnostic labels. These observations depend on the techniques of dance therapy and movement analysis to form the main lines of the portrait of J.C.

PAPILLON, Sandra A..... 1976

Case Study.

Case Study of a 28 year old Paranoid Schizophrenic Male.

PHELPS, Lynne Francesca..... 1985

Play as a Therapeutic Process with Latency-Age Boys.

Play, a major activity in the life of the latency-age child, provides children with a familiar language in which they can express their feelings. In working with hospitalized latency-age boys, forms of play were used in dance/movement therapy sessions. One-hour therapy sessions were conducted once a week with latency-age boys over a nine-month period. Chronological sessions notes were written immediately following each session, and form the basis of the discussion. In this discussion, session observations are looked at in light of the literature on latency, play, and development. Various play activities, namely random play, game activity and symbolic play, were used as therapeutic tools to aid patients in meeting their needs. Random play was characterized as an activity which allowed patients time alone to practice and succeed at a task. Game activity is defined as patients' using play to interact and socialize with each other. Increased interaction made possible symbolic play, as seen in the drama "Fishy-Fishy". As patients' feelings became more readily available within sessions, this symbolic play drama became an accessible therapeutic tool that offered patients a safe outlet for working through their problems. The progression from random play to game activities, then to symbolic play, mirrored the individual's development of social, physical and emotional skills and the deepening of the therapeutic process.

Abstracts (cont.)

Case Studies (cont.)

PIZZINO, Josephine..... 1988 May

Attachment: A Case Study of a Relationship between a Dance therapist and a Client

This case study examines the process of how a relationship developed between a dance therapist and a communication-impaired, emotionally-disturbed preschool boy. Various theoretical frameworks are reviewed to provide a historical overview of the literature and offer alternative positions on the nature and role of relationships in the therapeutic alliance. Beginning with Freud, the drive model is discussed and viewed as the precursor of later relational models, primarily object relations and attachment theory. Reviewed are the theories of Sullivan, Fairbairn, Winnicott, Mahler, and Bolby, among others. Recent clinical studies which have sought to test the theories of Bolby are cited. Attachment issues are discussed as a logical and effective resource for work with children and other clients who lack a developed ego and the secondary process skills needed to manipulate or conceal their attachment needs. In recognizing the fragility of the child's ego, the attachment needs can be a useful tool for dance therapists in creating a therapeutic alliance and help the client discover appropriate behaviors and communication skills.

QUILL, Leslie J..... 1987 Jan.

Case Study of a Hallucinating Schizophrenic in Dance Therapy.

This is a case study working with an actively hallucinating male schizophrenic in dance/movement therapy. Discussed here is the role of the group's supportive environment in his increased awareness of himself and an increased ability to relate to others. By acknowledging and accepting the hallucinatory experiences as real for him and by focusing on the behavioral consequences of the hallucinations there was considerable progress made toward decreased hallucinatory activity. Through movement, I identified and focused on behaviors that reflected his overall functioning problems and helped the group provide him with constructive feedback in a nurturing way. By learning more effective socialization skills the patient then is able to choose to interact with others more instead of resorting to his hallucinatory world.

These relating skills gave him an improved sense of self and more social confidence. This confidence and ability are the first steps toward his changing long existing patterns of reverting to hallucinations to gain reinforcement and validation.

REICH, Judith..... 1977 May

Longitudinal Study of an Adolescent in Dance Therapy

A case study describing the movement and behavioral characteristics of a seventeen year old boy. The contention is that there exists an observable development towards healthier movement patterns over the course of dance therapy for this patient.

REISS, Ellen Witt..... 1984 Aug.

Effects of Stimulative Vs. Sedative Music on Social Interaction in Dance Therapy

Although music is widely used in dance therapy groups, little research has been done to examine the effects of music on people during dance therapy. As social interactions among group members is a primary goal in dance therapy it was decided to study the effects of music on this factor. Music psychologists have used the construct of stimulative versus sedative music to study the effects of music on various physiological and affective behaviors. Stimulative music is defined as music which features strong rhythm and loud volume, while sedative music features sustained melody as it's most prominent element. This construct was borrowed for the present study. Seventeen dance therapy students were asked to improvise movement to music during two sessions, one accompanied by stimulative music and the other by sedative music. Sessions were videotaped and analyzed to determine the number and duration of interactions occurring among subjects. Criteria for interactions were: eye contact, touch and verbalization. Results showed that stimulative music prompted fewer interactions of longer duration.

SERLIN, Leni..... 1973 Jan.

SHOEMAKER, Pam Roth

Movement Behavior in Couples Psychotherapy

See: Shoemaker, Pam Roth

Abstracts (cont.)

Case Studies (cont.)

SEYMOUR, JoEllen..... 1978 June

VALENTE, Andrea

Effects of Dance Therapy on the Chronic Patient

The methodological approach involving 1) reviewing the literature concerning institutionalization; 2) describing the history of an institution, and 3) analyzing and discussing in depth a series of 3 video tapes showing a chronic schizophrenic patient in dance therapy session.

SHEPPARD, Paula E..... 1984 Dec.

Becoming a Dance Therapist: A Case Study of Personal Growth

This paper begins with the hypothesis that personal growth is an integral and important part of training. The author surveys the literature on the training of dance therapists and group psychotherapists to find out how educators view the role of personal growth. She then reconstructs a narrative of her own experience as a student in a dance therapy training group.

Training was found to facilitate emotional growth by helping the student to become aware of and to resolve interpersonal difficulties that would otherwise detract from leadership effectiveness.

The specific issues that arose for the author during training were: distrust of peer group members, fear of self-disclosure, need for group acceptance, vulnerability toward and over-dependence on the group, and transference toward instructors. The two activities that were found to be most helpful for resolving these difficulties were introspective log-keeping and process commentary discussions.

The growth process that took place during training was found to provide the author with a new level of interpersonal ease - one that positively influence not only her professional interactions, but also her personal relationships.

SHOEMAKER, Pam Roth..... 1973 Jan.

SERLIN, Leni

Movement Behavior in Couples Psychotherapy

A study using videotapes, looking for any changes in movement behavior which might correlate with the drug schedules, and to systematically observe and make clear the sex role patterns in movement behavior.

SHOR, Ruth M..... 1982 Jan.

Effect of Dance Therapy on Ego Boundary Disturbances.

The purpose of this research project was to determine the effect of dance therapy, given three times a week for six weeks, on the ego boundary conditions of eight young schizophrenic inpatients at St. Elizabeth's Hospital. A test-retest design with experimental and control conditions was used. The Barrier/Penetration scale of the Rorschach Inkblot test was used to measure change in the penetrability and impenetrability of the ego-boundary. Statistical analysis consisted of a two day analysis of variance with one repeated measure. The effect predicted was a higher Barrier score and lower Penetration score in the experimental group after the intervention of dance therapy. It was predicted that there would be no change in either the Barrier or Penetration score in the control group during post testing. No statistically significant differences were found when the mean Barrier and Penetration scores of the experimental group were compared to those of the control group on post-testing. Nor were there any statistically significant differences found when the pre- and post-Barrier/Penetration mean scores of the experimental group were compared. It was suggested that negative results may be related to 1) the low number of the sample size; 2) the short time period of the intervention, and 3) the differences in ward milieu of the experimental and control groups. With improvement of these conditions, further study of this hypothesis is suggested..

Abstracts (cont.)

Case Studies (cont.)

SMITH, Pamela..... 1995 Apr.

Three Case Studies on the use of Dance Therapy with Autism and Pervasive Development Disorders Including Neurological Implications of Autistic Syndromes.

This thesis incorporates three individual case studies on children diagnosed with Pervasive Developmental Disorders and Autistic features. Dance/Movement therapy is used as a therapeutic intervention for working with each child. The neurological aspects of their developmental disorders are considered in terms of how dance therapy may help improve their learning capabilities and organization of the world. Individual progress is assessed through session logs, progress reports, and individual testing. Neurological functioning theories are adapted in an attempt to discuss possible causes for developmental difficulties and possible interventions for improving development using dance therapy. It was found that individual dance therapy sessions did help improve social interactions and relations to people, organization of thoughts and sensory input, improved eye contact and focus on activities, and increased body and spatial awareness. Learning improved within individual dance therapy sessions, and all three children progress in relations to dance therapy interventions used.

SOLER, Lola..... 1975 May

WILANSKY, Shirley

An Observational Research Study of Three Behaviorally Disturbed Boys.

A case study of three disturbed boys using both description and analysis of videotapes.

TABOR, Frances..... 1973 Jan.

MOSS, Hagar

Case Study: A 38-year-old Male-Schizophrenic-Paranoid Type

See: Moss, Hagar

TOOMEY, Patricia Needham..... 1982 Dec.

Dance Therapy as a Primary Process with the Autistic child

The author presents a comprehensive study of the therapeutic process as it evolved in work with an autistic child. A detailed exploration of the dance therapy experience in a time frame of nine months is presented. The relationship is detailed to support the concept of dance therapy as the primary source for intervention with the autistic child. Conclusions are made which indicate the important results this therapy may effect.

UBELL, Shirley..... 1984 May

An Adult Anorectic Treated by The Arts in a Freudian Wonderland

This study examines the use and theory of a variety of arts therapies combined with psychoanalysis in the treatment of one adult anorectic: the author. The details of the case are traced from the time I was 43 in January, 1972, when a psychiatrist gave me the diagnosis of anorexia nervosa until my psychological rebirth 12 years later. I have examined the theories underlying the various therapies: Freudian analysis, music therapy, poetry therapy, art therapy, and dance therapy. I have shown how each therapy contributed to the restructuring of my personality and how the combination achieved what each along could not.

VALENTE, Andrea, and JoEllen Seymour..... 1978 June

Effects of Dance Therapy on the Chronic Patient

See: Seymour, JoEllen

Abstracts (cont.)

Case Studies (cont.)

VELLA, Graceann E..... 1992 May

Case Study of a Depressed Adolescent with Borderline syndrome in Dance/Movement Therapy

The purpose of this paper is twofold. An overview of an empirical and theoretical literature on depression in children and adolescents is presented. This is followed by a case study involving a depressed borderline boy, and a treatment plan implementing dance therapy treatment as an intervention for these problems. This paper's aim is to integrate the theoretical and empirical aspects of developmental theory and theories on borderline and depressive syndromes with dance therapy. Also included are issues relevant to diagnosis and assessment. This paper suggests that there is an unequivocal relationship between depression and dance therapy as a treatment modality for individuals and groups of patients with borderline and depressive diagnoses.

VISCONTI, Donna Marie..... Fall, 1991

A Case of an Emotionally Disturbed Girl

See also videotape list.

This paper presents a case study of Lara, an emotionally disturbed 7 year old Soviet Jewish girl, and includes the analysis of three videotaped dance/movement therapy sessions. I chose to work with Lara because I was drawn to her odd yet intriguing personality. When I had first seen Lara, sitting amongst a room full of children, she was withdrawn into her coat and would haphazardly strike out with sudden vocal bursts and kicking. Lara appeared to be the most disturbed child in the room and yet she emitted the loudest non-verbal message of wanting to be heard. At that moment I considered her case to be challenging and one from which much could be learned.

My goals in dance/movement therapy for Lara were to establish a trusting relationship, increase her sense of self-esteem, and enable her to acknowledge and explore her own emotions. The literature review covers pertinent aspects of Soviet culture, theories of child development, and the use of dance/movement therapy with the abused and emotionally disturbed child.

Through the use of dance/movement therapy Lara was able to make advancements and experience trust and nurturance that she had not yet been able to fully experience with her mother and other caretakers. At the time of our last session together, Lara was beginning to verbally express the feelings she had buried deep inside

WEINER, Linda..... 1987 May

Countertransference with Eating Disorder Patients with Borderline Features

Dual Degree Masters Thesis

WILANSKY, Shirley..... 1975 May

SOLER, Lola

An Observational Research Study of Three Behaviorally Disturbed Boys

See: Soler, Lola

Culture

ADDERLEY, Michael..... Spring, 1996

The Healing Effects of Junkanoo Dance in the Bahamas and its Relationship to Dance Therapy.

This thesis examines dance and dance therapy, and in particular, the history and healing effects of Junkanoo dance in the Bahamas. Comparisons are drawn between Junkanoo and dance therapy, as it relates to the positive effects that Junkanoo continues to have on the individual Bahamian, as well as the entire country. This theory is based on the fact that the people of the Bahamas have been enjoying this grand event for many decades, which I feel can easily be referred to as, "dance therapy".

Abstracts (cont.)

Culture (cont.)

BASBERG, Gunvor S..... 1980 June

Introduction of Dance Therapy to Norway.

Norwegian society as it relates to dance therapy - prospects for dance therapy training.

CHANG, Meg H..... 1982 June

Towards an Understanding of the Role of Ritual Dance in Dance Therapy: a Comparison of Dance Therapy and Voodoo.

Preliminary exploration into the relationship between dance therapy and ritual dance indicates that ritual is powerful tool which affects the participants emotionally and culturally and has the ability to alter psychological structure. A comparison of Haitian Voodoo and dance therapy is made in the areas of cosmological, psychological, social functions, and elements.

Psychological functions include: sublimation; canalization; relief of stress, anxiety, and fear; catharsis; identification; projection; self-renewal; and opportunity for change. Social functions include: socialization, education, reinforcement of values, cohesion, and social change. Ritual dance is relevant to dance therapy as it enhances group process and enriches personal experience.

CHERRY, Joetta..... 1988 May

Expressions and Characteristics of Black Urban Males in Dance Therapy.

It is my intention to discover new avenues toward understanding the significance of what is being communicated by the expressions and characteristics of the Black Urban Male. This paper elaborates on the ways particular behaviors serve as a precursor for the expression of emblematic and adaptive integrations -- persisting for many throughout their life-time.

By extracting and identifying these behaviors, I hope to make the Dance Therapy session a safer place for both the therapist and the client to interact and communicate.

It is my conjecture that the average Black male is still in search of his masculinity, his sexuality, or if you will, his *manhood*. Many of us are, and for a long time will remain, preoccupied with our social and racial identities. For this reason, I feel that the dance therapy session can be a further enactment of inherited and learned behavioral patterns and beliefs.

I firmly believe that within this verbal and non-verbal medium, namely the dance therapy modality, we will find a constancy in how the Black male perceives, internalizes, synchronizes and interprets his information -- indeed, how he communicates with himself and the outside world.

Abstracts (cont.)

Culture (cont.)

DE JEAN, Denise..... Spring, 1994

Bembe: A Healing Experience

The purpose of this thesis is to, discuss the relationship between bembe and dance therapy, and to discuss the importance of myth and ritual in the life of an individual. A theory is developed using a cultural ritual to expand theories of dance therapy to meet the needs of an existing community within the mental health care system made up of third world peoples and cultures.

The framework for a theory that links dance therapy to the bembe ritual is developed from theory that links dance therapy to the bembe ritual is developed from theory on ritual, healing, and dance therapy. It has been long understood by ancient peoples that myth and ritual are intrinsic to their experience of themselves and their universe. Ritual was the expression of myth in a physical form. Community rituals were directed towards healing, sustenance, and cohesion. These experiences were choreographed by the chief healing agent, the shaman.

Healing was as much needed in the past as it is in the present. Healing and types of healing experiences are as numerous as man's ability to create on a theme. In urban centers of the modern world healing continues to occur, using rituals that have transuded from ancient times to current days. Bembe, is one such ritual. It connects the individual to the universe by allowing the deities to align first with the individual, and then with the community through the process of possession and cleansing.

Dance therapy is another form of healing, that connects the body/mind of an individual to themselves and then to the community of humanity. Both of these techniques, ancient healing rituals and dance therapy are working towards the same goals. Healing of the individual with the community.

DRIPCHAK, Valerie..... 1996 May

Improving Intercultural Interactions - Implications for the Dance Therapist

The purpose of this study was to explore the subject of culture and how it currently applies to the field of mental health and, more specifically, to dance therapy. By recognizing and acknowledging cross cultural differences in a therapeutic relationship, there is less risk that the therapist will misinterpret behaviors of culturally different clients. As the first step in being able to communicate on a cross cultural level is understanding culture and what issues inevitably arise out of it, the concept of culture and other related terms were defined and explored. A brief review of the literature on nonverbal communication and cross cultural differences was also presented. In order to effectively demonstrate the depth to which can effect communication, the author researched the African American culture from cultural, historical and nonverbal perspectives. Issues in having White therapists treat Black clients of a lower socioeconomic status were presented as well, including suggestions for improving upon such relationships. In addition, a questionnaire was created to identify and assess the awareness and competencies of the dance therapist as they relate to the culturally different. Ten female graduate students, enrolled in the Hunter College Dance/Movement Therapy program, participated in this study. The sampling of students placed high importance on the influence of culture, indicating they were well aware of the importance of becoming culturally skilled.

DUGGAN, Diane..... Spring, 1973

Phenomenon of Trance Dance.

This research paper compares 4 groups of people which represent 3 distinctly different cultural movement styles, in trance dancing and the role movement plays in the induction of trance states.

Abstracts (cont.)

Culture (cont.)

El Guindy, Howaida..... 1992 May

The "ZAR": Dance Therapy for Egyptian Women.

The purpose of this study is to examine one of Egypt's oldest dances, the Zar. This dance is performed for the sole purposes of healing and therapy and is practiced by Moslems, Christians and Jews, in Egypt, the Sudan and Ethiopia where it originated. Dating as far back as the ancient times, the Zar has undergone some minor changes due to the various cultural influences that came through Egypt. Ritual and rhythm remain common aspects in all Zar dances, wherever they are practiced. This paper will present a close look at the Zar's historical and cultural roots, and an analysis of those aspects of the Zar that make it therapeutic. Next, a comparison between the Zar and dance therapy will shed some light on dance therapy's own historical roots. Finally, this paper asks the following questions: what aspects of the Zar can be incorporated in dance therapy, or vice versa, to make both practices more understandable, effective and accessible modalities to the respective populations?

FOUNTAIN, Lois H..... 1982 June

Perspectives on Afro-American culture and nonverbal communications.

This paper explores the culture and nonverbal communications of Afro-Americans. The effects of slavery, racism and racial theories and how these factors have influenced Afro-American culture are examined. The importance for dance therapists to understand Afro-American culture as a referent for observing and interpreting their nonverbal communication is also discussed.

GILAD, Miri..... 1984 May

The Role of Dance in Creating Trust in Therapeutic Relationships.

The topic of this thesis was conceived during my own personal process of becoming a dance therapist. The differences in cultural movement, behavior, and dress between myself and the clientele I was directed to work with was a barrier to the therapeutic process. As I documented these experiences, I noted changes that were taking place in this process and suggested what was needed to transform the interaction based on my own personal experience and published theoretical material in the areas of cultural background and the culture of movement differences. During the six months I worked with black adolescents, I was able to videotape the movement sessions. I used Effort Shape to define the movement differences between therapist and clients and then studied the movement differences in relations to cultural background (Israeli and black Americans). The conclusion I drew from this study was that the cultural differences I perceived as an obstacle weren't the real issue. It was my willingness to surrender and belong to the group which opened the door for a therapeutic relationship. My change initiated growth and mutual acceptance.

HARMON, Nicole K..... 1994 May

Race, culture, and ethnicity, as it relates to dance therapy from an African-American perspective.

The purpose of this study is to help bridge the gaps in the dance therapy modality when working with African-Americans. Through the examination of issues pertaining to the African-American culture, we see how the culture manifests in the therapy session when given space to present. Equally important to the therapeutic alliance is the dance therapist's own awareness of the issues that are provoked and manifested when working with African-Americans. These are highlighted in a discussion from one African-American's experience when working with and embracing the African-American experience in dance therapy session.

The study focuses on an analysis of the author's interactions with other African-American group members in a dance therapy session. A videotaped dance therapy session is analyzed using "Analysis of Interaction in Movement Sessions" (AIMS) which identifies behavioral and system elements, to examine these interactions. By extracting and identifying these interactions, personal insights is gained by creating a welcoming environment in which African-American group members can interact and communicate. It is the conjecture of the author that an African-American dance therapist has greater interactions with those group members who are also African-American in a pluralistic group.

Abstracts (cont.)

Culture (cont.)

JINGU, Kyoko..... Spring, 1996

Cross-Cultural Issues in Dance Therapy for Japanese Clients.

The basic assumption is that cultural values affect the way people respond to dance therapy sessions. By reviewing the literatures, Japanese and mental health, Japanese psychological construct and its relation to interpersonal expressive behavior, and Japanese ways of understanding body, movement, and dance are examined to elucidate effective use of dance therapy and particular considerations when working with Japanese clients.

LANDAU-TRIESTMAN, Atara..... 1993 Dec.

The Totent Tanze: a Death Dance as a Wedding Rite.

This thesis examines the history and healing effects of a Jewish Chassidic wedding and festival dance. Parallels are drawn between dance therapy and the Death Dance, or as it is also called, "The Resurrection of the Dead Dance". The Death Dance serves as a catharsis for the bride and groom, the dancers and the community as a whole. The theory behind this thesis is that this dance would not have prevailed over centuries if it did not serve a basic emotional need. The dance supplied a metaphor representing ambivalence and fear during times of change upheaval.

LEEDS, Mimi..... 1985 Aug.

Breakdancing: a Cultural Phenomenon.

This paper presents an historical perspective on dance as a cultural and personal statement as derived from the existing literature. Dance is examined through five different categories which are generated through the literature. The five categories are: dance as ritual, dance as recreation, dance as education for the group experience, and dance as a means for emotional release and dance as a vehicle for personal reflection for the individual experience.

Then, breakdancing, a contemporary form of street dance, is described through personal observation, and through the perspectives of breakdancers, inner-city adolescents and several authors who have explored the breakdancing phenomenon. Secondly, the meaning of breakdancing is derived through examining the relationship of breakdancing to the above-mentioned general categories of dance expression. Through this evaluation, the impact of the breakdancing statement is acknowledged. A video tape is included in this project which illustrates the process and meaning generated through a workshop on breakdancing.

The last segment of this paper explores the implications of breakdancing as a vehicle for therapeutic intervention. Here, my role as a dance therapist is described, highlighting the use of dance therapy training to generate non-traditional group format. The therapeutic process is explored, creating a model to work with cultural groups and age ranges which are dramatically different from the therapists personal background.

MASUDA, Erika..... 1987 May

Comparison of a Leader's Japanese and American Characteristics in Leading a Japanese and an American Dance Therapy Group.

I reviewed some of the Japanese and American cultural characteristics in the literature review. Those are geography, history, population density, religion, groupism vs. individualism, deviant vs. unique, dependency vs. self-assertion, verbal and non-verbal characteristics, posture and movement characteristics.

I videotaped one dance therapy session with each ethnic group. My Japanese and American culturally characterized behavior and verbalization in leading dance therapy were examined in order to determine my preference with each group.

The results showed significant differences between my behavior in the two groups in regards to body position, kinesphere, one-sided movements, and in direct verbalization. Overall, I introduced both cultural traits in both groups spontaneously. However, my Japanese characteristics were dominantly observed in the Japanese group and American characteristics were dominantly observed in the American group.

A major problem was that this research was done with each group in slightly different conditions. There were differences in regards to the knowledge of dance therapy, advance notice of the session which makes the results infinite.

Abstracts (cont.)

Culture (cont.)

NEGLIA, Nicole A..... 1988 May

The Problem of Health Care Delivery for Haitian Americans and its Implications for Dance Therapy.

This paper includes a literature review that covers the history of the Haitian people and the development of their "personality" and cultural behavior. The influence of African culture and religion on their world view is discussed. The importance of Voodoo, an indigenous combination of African Vodun and French Catholicism is explored. Haitian theories of illnesses revolve around spiritual and natural causes. Pressures of acculturation, added to individual and cultural factors, lead to unique problems for the Haitian American immigrant receiving health care. Specific problems to be aware of are: language difficulties; immigration status; attitudes towards authority; shame about illness; fear of hospitalization and racial discrimination.

The case study follows the seven sessions of treatment of a middle class Haitian American wife in a private psychiatric setting. Treatment was not as effective as it might have been because cultural assumptions were made about both her symptoms and her family relationships. Treatment recommendations call for an improved awareness of the health care provider's own cultural biases as well as awareness of Haitian American attitudes. Studies show that this increased knowledge improves delivery of health care and leads to more effective treatment. Other recommendations include a more direct approach in counseling and the use of older, respected family and/or community members for support. Dance therapy fits into the mental health care of Haitian Americans quite well because of positive cultural attitudes towards dance. Dance is seen as a sign of well being. Dance therapists should be aware of Haitian American movement patterns.

PEREZ, Alina..... 1988 May

A Colombian Context for the Development of Dance/Movement Therapy.

This paper presents a context for the development of dance/movement therapy in Colombia. It gives a view of the current state of therapeutic trends in psychiatry, psychology, and shamanism, pointing out historic development, prevailing therapeutic frameworks and concerns, and present practice and usage. It also provides a description of Colombian rituals and festivities celebrated in small villages. In these communities dance plays an important role in the maintenance of group cohesiveness and identity. The celebrations include: The Carnival and the Wake of a Child in Evitar; the Adoration of the Child in Northern Cauca; The Corpus Christi celebration in Aritama; The Cubeo's Ancestral Cult ritual and the Great Mourning ceremony, and the Desana's celebrations. Spanish, African and Amerindian roots are mentioned as well as aspects of the dance events that promote solidarity, identity and cohesiveness. Dance/movement therapy is introduced as a holistic group approach that could be integrated with the Colombian heritage: beliefs, music and dance.

SUTTON-RANDOLPH, Charlese..... 1992 Apr.

How does Various Music (Gospel, Reggae, Jazz, Rock and Roll, Rhythm and Blues) Affect the African-American client's View of Dance Therapy?

This is the question posed in this thesis. The answer has been culminated through research, reviewing African-American music and dance history, and interviewing individuals on their particular responses to dance and music programs. Thirty individuals of various ethnic backgrounds residing in a nursing home were asked their views on the effects of music in a Dance Therapy program. The format chosen was an informal personal interview where the individual responded with open-ended answers. The interviews being held where the individual was most comfortable, provided an atmosphere of confidentiality and respect between interviewer and interviewees. The results of these questions were then tabulated and compared to distinguish responses in terms of age, race, sex, religion, and educational backgrounds. The conclusion of this research coincides with the literature review in that the responses of African-Americans in Dance Therapy programs relates to a history of interaction between music and dance with the culture. Individuals of this particular ethnicity then, will respond quite naturally to music of their culture when used in a Dance Therapy group.

Abstracts (cont.)

Culture (cont.)

THOMAS, Kaisha A..... 1991 Apr.

The Healing Effects of Carnival in Trinidad and its Relevance to Dance Therapy.

This thesis examines the history and healing effects of ritual dance and the events that led up to the Trinidad Carnival in particular. Parallels are drawn between dance therapy and Carnival, as it was evident that Carnival had positive effects on both individual people and the country as a whole. The theory behind this thesis is based on the fact that for the past one hundred and fifty years, the people of Trinidad and Tobago have been engaging in what has, within the past twenty years, been called "Dance Therapy."

TORRES, Wilma R..... 1990 May

An Analysis of Two Dance Therapy Sessions With Puerto Rican Women.

Traditional roles of Puerto Rican women were studied and compared in two dance therapy sessions as to the presence of cultural stereotype for Hispanic women born in Puerto Rico and in the United States. To attain a better understanding of the issues that effect these women the literature covered traditional roles for Puerto Rican women, role expectations and perceptions. The five subjects were psychiatric patients at Woodhull Medical and Mental Health Center for short term inpatient treatment. The women volunteered to take part in two dance therapy sessions which were videotaped and analyzed. The themes for session A and B were then extracted to focus specifically on the behaviors that related to their roles and their cultural identity. The analysis focused on how the following themes were expressed: the internalized sense of powerlessness that is ingrained early in their lives, the submissive surrender to authority figures as well as to the group's norms, the bantering that allows for interpersonal relationships to exist and develop the commitment to nurturing, the deep rooted association to the island and everything linked to it and finally the need to suppress their aggressive and assertive behaviors. These issues were exemplified in both sessions.

WAGER, Jody..... 1981 Jan.

The Effectiveness of Dance Therapy with the Hispanic Patient - a Pilot Program.

The purpose of this paper is to assess whether dance therapy was effective in meeting the treatment needs of the Hispanic patients at St. Elizabeth's Hospital, Washington D.C. For this purpose, a pilot program was developed. It was structured as an 18 session program of which three sessions were videotaped and later scored for the following parameters: touch, facing and proxemics. Social interaction was hypothesized to increase through participation in this culturally relevant group.

WINTER, Loretta..... 1976

Hopi Kachina Dance.

The study of the Hopi Kachina and their intuitive relationships to dance. Their intuitive reactions to dance prove to be the genesis of Dance Therapy.

Elements

Abstracts (cont.)

Elements (cont.)

ADAMS, Susan Leigh..... 1996 May

The Symbolic Meaning of the Circle in Relation to Healing in Dance Therapy.

The circle functions as a symbolic and structural form in rituals, art, dance and healing, specifically psychotherapy and dance therapy. As an archetypal image, the circle instills a sense of wholeness and universality and the ensuing well-being that accompanies the feelings of belonging to something greater than ourselves. In this sense circle has significance in the healing of the individual and the community. To prove this premise, examples are provided regarding how the circle has been utilized in healing rites as well as in current psychotherapeutic practices (such as in group process, archetypal psychology and dance therapy). This thesis attempts to illustrate how the circle in ritual has curative effects. Primary in its therapeutic value is that it gives meaning to one's life through the continuous connection with others.

Dance alone has great curative potential. As a kinesthetic process it connects one to their emotions and allows cathartic discharge of emotion. One also shares this experience with others in the circle of dance, inducing a feeling of acceptance and commonality with others. The arts, specifically dance are essential in our lives as human beings, and they play a paramount role in rituals. Humans have an inherent need for symbolic experience and this experience has intrinsic benefits to the individual and the community. Our role as dance therapist is to create an environment where the individual feels safe and can begin to feel whole and complete as a separate individual who is functional in their community. Dance therapy obtains great potential for healing due to this utilization of two proven curative means; the circle and the dance. These two elements provide the context for the process of dance therapy which can be akin to ritual, which is also proven to have great curative potential.

ALBERT, Jennifer..... 1982 May

The Nature of the Dance in Dance Therapy

The purpose of this study is to identify the nature of the dance in dance therapy based on a descriptive analysis of a videotaped dance therapy session. The literature review focuses on how art forms and dance in particular are used to communicate human ideas and emotions. It also focuses on the historical role of dance and the basic features of dance design. Using a diachronic record of the selected parameters, the session is divided into three sections, based on the presence of a particular style of dance. The three sections are then analyzed to determine what dance features are present and how they serve the therapeutic process. The three styles of dancing, classified as modern, ethnic and folk, each serve a specific purpose in the life of the group, including social integration, curative ritual, and ceremonial celebration.

AVERY, Thomas B..... 1979 Jan.

Analysis of Side to Side Movement Patterns

Side to side movement patterns in an individual dance therapy session were examined to test the correlation between increased interaction between the client and the therapist, and this spatial behavior. It was found that the synchronous use of time, space and effort variables formed a consistent pattern of proceeding interaction than the side to side variable.

BERGMAN, Roberta..... 1982 Dec.

An Analysis of a Therapist's Attitude in One Dance Therapy Session.

The purpose of this study is to determine the dance therapist's attitudes as conveyed through her verbal responses to patients during one dance therapy session. One tape of a dance therapy session with a group of female chronic schizophrenic patients is reviewed. Consistent attitudinal patterns emerged with repeated hearings of the tape. Attitudes were classified according to C. Roger's theories regarding therapeutic conditions (1967). This study is the first of its kind to analyze the attitudes of the dance therapist through her verbal behavior.

Abstracts (cont.)

Elements (cont.)

BORENSTEIN-SAKS, Michal..... 1982 June

A Content-Analysis of a Therapist's and Client's Verbalization: a Comparison Study Between Two Dance Therapy Groups.

This study is aimed at better understanding verbal phenomena in Dance Therapy. Attention will be placed on the communication between therapist and patient, particularly its verbal expression. In order to study the verbal communication in Dance Therapy, two groups, led by the researcher, were tape recorded. The groups differed one from the other by the setting, the age of the patients, and by the type of population. After transcribing the tapes of the two sessions, a content analysis was conducted, and categories of verbalization were developed. A comparison between the results of the two groups has been made. The analysis showed a difference in both groups with regard to the leader's verbal behavior as well as the client's verbal behavior.

BURNS, Linda..... 1988 May

Eye Movements and Dance Therapy

This paper aims at expanding and increasing dance therapist's understanding and awareness of eye movements to aid in assessing of clients and in the practice of dance therapy. The development of human vision is discussed in relation to its physiological and interactive components. This is followed by a summary of the major theories of eye movement behavior provided by Ekman (1972), Neuro Linguistic Programming (1979), and Kavner (1978). Ekman's work discusses six specific emotions that are located in the eye and facial area. NLP distinguishes eye movement patterns that are related to thinking, feeling, hearing visualization, and creativity. Kavner shows how eye and body movements are linked together and how working with one can effect the other. Eisenberg (1975), Kendon (1967), and Knapp (1972), discuss different approaches to observing eye movements. Cultural, sex and psychological differences of eye movement patterns are also presented. This paper is concluded with some developmental approaches to enhance visual behavior and some approaches based on the foregoing theories for using eye movements in dance therapy sessions.

DELAHANTY, Alice P..... 1990 May

Play's role in dance therapy and the dance therapist's role in play

See Personal

ENDLER, Stephanie..... 1976 June

A Study of Competencies of a Dance Therapist

A list of competencies of a dance therapist was compiled as an evaluation of the Intern Training Program at St. Elizabeth's Hospital. In a blind pre-test, post test independent DTR raters observed an intern's dance therapy skills in videotaped patient sessions. The list of competencies and the rating scale were found to need revision.

FISHBEIN, Tema..... 1985 Dec.

The Development of Body Image, Its Clinical Implications in Dance/Movement Therapy: A Case Study

See Case Study

GARGAN, Michele..... 1978 June

The Role of Interpersonal Touch in the Dance Therapy Session

The necessity for touch in the dance therapy session is discussed in terms of the dance therapy session as a symbolic recreation of developmental stages and as a ritual experience of healing and transition.

GOLDIN, Joan..... 1973 June

Correlations Between Nonverbal Behavior and Verbal Content in Psychotherapy

Through film analysis, data was gathered to further understand the correlations between non-verbal behavior and verbal context in psychotherapy.

Abstracts (cont.)

Elements (cont.)

GREENBERG, Ruth..... 1985 Nov.

Touch and Verbalization in Four Dance Therapy Sessions.

Are touch and verbalization related elements in a dance therapy session were studied. This study's hypothesis was that when touch occurs in a dance therapy session, the amount of verbalization increases; therefore an increase in touch will result in an increase in verbalization. Four dance therapy sessions with psycho-geriatric outpatients were videotaped and analyzed (two sessions with touch and two sessions without touch). Five minutes at the beginning, five minutes in the middle, and five minutes at the end in each of the four video taped dance therapy sessions were randomly chosen to be observed by two raters. The two raters recorded the number of times they observed touch and verbalization occur. It appeared that there was no significant difference in the number of verbalizations in the two sessions with touch, versus the two sessions without touch. It appeared that this group and its leader was limited in its ability to explore feelings through verbalization, and expression of emotional content was improved through the use of touch

HAR-EL BELACH, Rivi..... 1991 Apr.

The Psychological Implication of Moving in Different Planes.

This study explores the relationship between three personality traits(risk-taking, self-esteem and social participation) and the use of different planes(sagittal, vertical and horizontal). Analysis of the results of three personality tests given to a group of dance therapy students supports the following

HARRIS, Sydney Mesh..... Spring, 1990

Play and Games with Learning Disabled Latency Age boys

Play and games are natural forms of expression for the latency age child. The literature reviewed includes that on play and games and the development of each in relation to a child's physical, cognitive, social and emotional development. Play therapy theories, learning disabilities, and hyperactivity are also discussed.

While working with a group of latency age, learning disabled boys, various types of play and games were used in dance/movement therapy sessions. The boys were seen for half an hour sessions, twice weekly, over a period of six months. Progress notes written after each session provide the material for the discussion. The goals and activities of the sessions are analyzed reflecting upon the literature.

Various play and game experiences were utilized in order to approach the particular goals of improving socialization skills, developing impulse control, providing opportunities for a physical release and an emotional outlet, and improving self esteem. This population requires the therapist to create a safe and structured environment in order to help the children gain control and focus their energy. At the same time, establishing a sense of freedom of expression and acceptance is necessary for a child to feel safe enough to share their inner world.

HOBART, Joni..... 1989 May

The Effects of Touch on Communication With Geriatrics: A Videotape Analysis

This study is an analysis of a videotaped dance therapy session with nine female and two male geriatric clients to see whether touch improves communication as measured by increases in focal attention and verbalizations. This videotape was observed in four, six minutes intervals and one seven minute and 23 second interval. Each instance of touch, focal attention, and verbalization was recorded as it occurred for each group member over time. The data did not support the hypothesis that touch would improve communication as seen by increases in focal attention and verbalization. Rather, the results show that increases and decreases in touch correspond to increases and decreases in focal attention and verbalization. While there were isolated moments where touch preceded instances of focal attention and verbalization, the data did not prove touch to always precede increased episodes of focal attention and verbalization. Rather touch shares a close interrelationship with both focal attention and verbalization. In conclusion, the writer suggests a further study to test the effects of touch on the elderly with suggestions for more precise videotaping procedures.

Abstracts (cont.)

Elements (cont.)

LEVANOS, Irene..... 1988 Dec.

Body Image in Dance Therapy: A Self-Analysis

The thesis is divided into three parts, each of which deals with a different aspect of body image. The first part is a comprehensive review of the literature. The review begins with a brief discussion of the definition of body image and then moves on to give an historical account of the development of the theoretical construct. This is followed by a discussion of the role of body image in psychoanalytic theory, in psychopathology and in non-clinical populations, with particular emphasis being given to the kinds of tests that have been used to measure body image. The review closes with a discussion of the ways in which poor body image may be transformed through Dance/Movement Therapy and cognitive therapeutic techniques.

The second part of the Thesis is the case study, which serves as both a self-analysis of body image and as a personal record of body image transformation during the course of one semester in the Dance/Movement Therapy Program at Hunter College. The record is in the form of both journal entries and evaluative comments of the visual/kinesthetic exercises performed during the semester. The third part of the thesis summarizes the self-analysis. It highlights that which has been learned about body image, and it selects those elements of the Dance/Movement Therapy process which were found to be most helpful in bringing about body image transformation.

LIPSCHUTZ-HABERFELD, Renee..... 1988 May

Dance Therapy, Movement, and Spirituality: The Exploration and Journey of a Jewish Dance Therapist

This paper is an investigation of the relationship between dance therapy and spirituality. It is a case study based on the writer's personal experience of becoming an observant Jew while studying to become a dance therapist. The role of dance and movement is examined in the Bible, during the Jewish prayer service, Jewish holiday celebrations, the worship of Hasidic Jews, and in Israel. The relationship between Judaism and psychology is investigated, with an emphasis on Jewish mysticism. Analogies are made between concepts in Jewish mysticism and elements of dance therapy and its practice. A Hasidic counseling session is compared with a dance therapy session. In the case study, the writer's personal history is presented, leading into a discussion of dance therapy as a spiritual modality and as a means of reaching one's soul.

MARKSON, Dina..... 1985 June

CASE STUDY: The Use of Props in Dance/Movement Therapy with a 9-Year-Old Learning Disabled Boy

This case study discusses the use and therapeutic value of using props with a learning disabled child. The definitions and characteristics of learning disabilities are discussed, along with the neurological and psychological aspects. Therapeutic techniques employed with learning disabled children have been reviewed. Among them are - sensory motor/ perceptual motor theories, play therapy, props, and dance/movement therapy.

The major focus of this case study is Billy, a 9 year old learning disabled child, who was a patient at Elmhurst Hospital. A case and family history are discussed, along with a diagnosis and initial course of treatment at the hospital.

Specifically, props were utilized as a therapeutic tool in our dance/movement therapy sessions, to foster communication, and provide an outlet for appropriate expression of feelings. It was determined that props used in dance/movement therapy are helpful in creating a structure, focus of attention, and fostering the self-confidence in learning disabled children.

Abstracts (cont.)

Elements (cont.)

MELSON, Barbara..... 1980 May

Body Image and its Relation to Self Concept in Individual Dance Therapy Sessions with a Normal Male Adult.

Body image and self concept are independently identifiable constructs which are integrally related. Developmentally, their formation begins with the body. Since the ego is first the body ego, effective treatment needs to deal directly with the body; dance therapy is such a direct approach. Through descriptive case material of a normal adult male, discussion illustrates the dance therapy process in relation to these concepts, and the effects this process may have on body image and self concept.

MOSS, Susan..... 1976

An Analysis of a Video of a Dance Therapy Session

This study is an attempt at understanding more about what happens in a DANCE THERAPY session, by examining and comparing specific variables with in one particular session.

MOWRY, Patricia..... 1984 Dec.

Therapist Verbalization in the Dance Therapy Process: A Content Analysis.

This study is a content analysis of a dance therapist's verbalization during a dance therapy session with depressed patients in a short term care psychiatric hospital. The purpose of the analysis was to study the therapists verbalization in order to determine whether or not her client centered philosophy was reflected in the types of standard she made. In a content analysis, statements are placed into subject matter categories then analyzed qualitatively and quantitatively. Through content analysis, relationships between intent and content or between content and effect can be made. In this study each statement the therapist made was classified under one of eleven statement type categories: Giving directions, offering images, informing, making sounds, observation of self, reflecting back statements, simple acceptance and using names.

The results showed that 61% of the therapists verbalization came under the categories of informing, asking questions and giving directions. This seemed to indicate a directive trend on the part of the therapist. A closer look at the intention and function of the statements revealed that the results might be a reflection of the relationship of verbalization to the dance therapy process and a response to the needs of the population studied. Evaluation by statement type did not give information about therapist philosophy. The purpose of the statement was more reflective of the therapist's indirective philosophy than the statement type. The results also showed that statements in various categories were used to make interventions with the same purpose.

NIEMAN, Margaret Snider..... 1984 Dec.

The Function of Touch in Two Dance Therapy Sessions

How touch functions in dance therapy was studied. Some authors believe that touch in therapy can only be sexual. This study's hypothesis was that touch would occur more often during issues such as support, nurturance, and closeness, than during sexuality and aggression. Two dance therapy sessions with forensic patients were videotaped and the movement before, during and after touch was analyzed. Touch appeared to function in nine ways: for play, support, communication, closeness, guidance and helping, nurturance, discipline and control, to facilitate group interaction, and to infantilize.

O'NEILL, Mary..... 1988 May

The First Semester of Dance Therapy Training: An Analysis of the Teaching and Learning Process.

This thesis analyzes the training in the first semester of the Dance Therapy I course at Hunter College, examining the teaching methods and the learning process. The material analyzed was obtained from the journals of three students in the first semester. Training methods in the field of psychotherapy were examined, as well as relevant literature in the methods of teaching dance therapy. Outlined in composite form are tasks which address the course's three primary goals: self-awareness, learning how to do a warm-up, and learning empathic mirroring. The teaching method was found to be both experiential and didactic, and closely resemble the T-Group model. The teaching and learning are both seen as building block processes, as a concept builds on the preceding one, and overlaps the one(s) which follow.

Abstracts (cont.)

Elements (cont.)

OWEN, June D..... 1980 Jan.

A Content Analysis Study of a Therapist's Verbalizations as Reflected in the Process of One Dance Therapy Session

In order to study verbalizations of a dance therapist and their relation to the process of dance therapy, a content analysis was made of an audiotaping of a dance therapy session with a group of elderly women at a Senior's Club. The content analysis involved using two categories of verbalization which relate to the types of the communication and to the subject matter of the communication. The results show the highest percentages of communication verbalizations classified as directing, informing and questioning; and of subject matter categories classified as behavior and body. These results indicate the nature of verbalizations used by this dance therapist and reflect the process during one dance therapy session.

RASKIND, Elaine..... 1980 Jan.

Perspectives of a Dance Therapist Personal and Theoretical

This thesis is an account of my struggle as a woman and as a dance therapist working in a treatment facility which rigidly adheres to the medical model. I relate my inability to find within that model the complexity and richness that is articulated in dance and movement and I suggest a model with communication as its base. Most importantly, I speak here of the conflict which arose in this agency when women asserted themselves and spoke in favor of a perspective that includes the effect of the social and cultural milieu on development.

SPEIER, Jeanne R..... 1982 May

The Beginning of a Dance Therapy Session

This thesis serves to go beyond descriptions and to draw out what problems exist at the beginning of a dance therapy session, and how these problems are dealt with. It will be observed that the beginnings of a dance therapy session provide important clues to the attitudes and predispositions of the group as a whole, and are a vital point at which a dance therapy session is especially vulnerable and fragile. This thesis relies on information gathered from a review of literature, which discusses the phenomena of beginnings generally and as specifically regarding dance therapy, as well as from a comparative analysis of the first five minutes of four different dance therapy sessions. The study will find primarily that the dance therapist herself is of elementary importance at the beginning of a dance therapy session in establishing a fulfilling dance therapy experience.

STEEL, Mary..... 1976 June

A Content Analysis Study of Therapist's Verbalizations in One Dance Therapy Session

The author developed nine categories of verbalizations from a pilot tape of her own sessions. These categories were applied to a research tape of an experienced Dance Therapist. A review of the literature on therapist's verbalizations and the data suggest that Dance Therapist's verbalizations were concerned with support of the movement experience and effecting direct behavior change.

TRUSCH, Tavia S..... 1980 June

The Dance Therapist in the Public Hospital: Centralized vs. Decentralized Services.

The author presents a general overview of Pilgrim Psychiatric Center, its history and how centralization and decentralization of this hospital occurred. A detailed exploration of advantages and shortcomings of dance therapy programs and the dance therapist's role in each model is presented. Since total decentralization may not always be possible, a plan of action for program implementation is offered. Conclusions are made which support the concept of decentralization of professional staff and interdisciplinary team treatment as being most effective in meeting psychiatric patient's needs.

Abstracts (cont.)

Elements (cont.)

TURKENITZ, Tamar..... Spring, 1991

Stages of Social Participation as it is Manifested in a Dance Therapy Session

This study explores developmental stages of social participation (interaction) as patterns of behavior that are evident in a dance therapy session with psychiatric inpatients.

Stages of social participation are defined as solitary, parallel, and cooperative. A taped dance therapy session was analyzed for the presence of these social participation characteristics. The data reflects the relationship of social developmental stages with the group process of a dance therapy session.

Dance therapy was founded to elicit cooperative stages of social participation. The structure and the progression of the group allows each participant to experience all of the stages of social participation. Individual characteristics emerged from the consistencies of those patterns across time throughout the session.

WEINSTOCK, Marybeth..... 1984 Dec.

Planning and Implementing a Dance Therapy Program

The many variables that need to be considered in planning and implementing a dance therapy program are reviewed. Topics included in this investigation are: Organizational theory, Organizational Change theory, Planning theory, Organization of Educational Programs (emphasis on Special Education), and Dance Therapy Settings Interviews were conducted with dance therapists who have implemented programs successfully. The author's participation in beginning a dance therapy program in a supportive environment (Infants Home of Brooklyn) is described, then analyzed in light of the theoretical material. Guidelines are offered to dance therapists who are planning and/or implementing programs, bearing in mind that this is a beginning effort, and that further research is indicated. Several recommendations are made to the American Dance Therapy Association, including: the hiring of specialists in fields related to innovation in organizations so that their skills be learned and applied by dance therapists as a tool for furthering the field, and; to begin integrating the reviewed theoretical material with the advice of experienced dance therapists, and include this information in the curriculum of graduate dance therapy programs, so that students graduate with skills necessary to successfully propose and implement programs.

WEISS-NORMANDIN, Debra..... 1989 May

Similarities and Differences between Occupational Therapy and Dance Therapy.

A comparison study of occupational therapy and dance therapy in psychiatric treatment.

Group Therapy

BELL, Allison..... 1978 June

Stages of Development for a Dance Therapy Group - as they relate to Short-term treatment

Based on existing theory and research on the process of group development in verbal groups, this paper explores stages of development for a dance therapy group and the implications that such a developmental process may have for the therapist working in a short-term psychiatric treatment facility. Parameters observed and analyzed in three Dance Therapy thesis papers are compared and analyzed in terms of whether they can be observed as markers of developmental stage. The conclusion of the paper outlines the possible movement parameters of developmental stages as hypothesized by the author, and examines the effect upon the therapist's role that the presence or absence of these parameters may have in short-term dance therapy.

DIPALMA, Eleanor..... 1976 May

Cohesion in Dance Therapy Session

A checklist format was used by the observers for recording the non-verbal processes of group interaction in a DANCE THERAPY setting in a psychiatric center.

Abstracts (cont.)

Group Therapy (cont.)

FELDMAN, Yeva..... Spring 1995

Group Dance Therapy with Borderline Individuals with Histories of Childhood Sexual Abuse.

This thesis is the culmination of extensive research and clinical experience with borderline personality disorder population with histories of childhood sexual abuse. There are few sources specifically addressing the use of dance therapy with this population. This thesis attempts to pull together literature pertaining to borderline personality disorder and survivors of sexual abuse with literature of dance therapy with similar populations to create an effective model of dance therapy for this population. The group dance therapy model presented in this thesis focuses on authentic movement, structured improvisation, role playing and other movement interventions. This model of dance therapy attempts to teach the borderline clients with histories of sexual abuse to be able to tolerate their feelings, to control and modify self-destructive behavior and to gain a sense of self identity, mastery, and a positive regard for their bodies and themselves. The above symptoms are from numerous other symptoms and issues that dance therapy helps address in this population. Along with a comprehensive literature review on the subject of borderline personality disorder, survivors of sexual abuse, and dance therapy with related populations, this thesis presents a dance therapy model which integrates the literature review with specific and applicable dance therapy interventions, clinical illustrations and model group dance therapy sessions.

FISCH, Lauren..... 1987 Aug.

The Effects of Processing during or after a Dance Therapy Session.

This thesis investigates the different effects that processing during a dance therapy session and processing after a dance therapy session has on a group of patients. Processing was defined as an interpretation, an observation, a clarification or a question, directed towards a group of patients or an individual patient.

Two dance therapy sessions that were conducted by a dance therapy intern at Gracie Square Hospital. were compared. Both sessions took place on an inpatient short term psychiatric ward. In session A, the intern deliberately processed during the movement experience, which was 45 minutes long. In session B, the intern deliberately processed after the movement experience, there was 35 min. of movement and 10 min. of processing. The effects of the different methods were analyzed by a content analysis of the patient's verbalization in both sessions.

In session A, where processing took place during the movement experience, the percentage of patient verbalization was 34.4. In session B, where processing took place after the movement experience, the percentage of patient verbalization was 16.5. The content analysis of the patient's verbalization revealed that 63.5% of their statements were of feeling, experiential and insightful content in session A, and 66.7% in session B. No statistical difference was found at the .05 level, between the quantity and quality of the patient's verbalizations in both sessions.

FRENI, Toni..... 1988 Dec.

Movement Therapy Techniques: Applications for Couple Therapy.

The purpose of this paper was to explore applications of movement therapy techniques for intervention with couples. The literature review includes discussions of the socialization of males and females, problems that arise in partnering, and therapeutic approaches to deal with these problems. A discussion of two cases is then given. The two couples' movement interactions were observed in Ballroom dance sessions one hour per week for a three month time period. The cases were discussed in four categories: Power and Control, Intimacy/Autonomy/Boundaries, Communication, and Problem Solving and Negotiation. These same categories were then used to structure discussions on applications of movement therapy techniques when specific relationship problems were presented in these areas of the couples interaction. The conclusion includes ideas for further research and populations that might benefit from the techniques described.

Abstracts (cont.)

Group Therapy (cont.)

GELLER, Carin..... 1980 Jan.

The Integration of Dance Therapy into Family Therapy: a Systemic Perspective

Using a systemic orientation, this paper provides a description of two family systems - a healthy system and a pathological one - and describes the family therapist's role as an enabler of systemic change. The dance therapy group and the dance therapist's role are likewise described in the systems context. Upon viewing each of these systems and modes of intervention, certain conclusions as to compatibility of approaches and the value of joining the two fields emerge. Finally, models for the practical application of an integration of the two fields of practice and knowledge are presented.

GREENBERG, Wendy..... 1982 June

A Phenomenological Study of the Use of Symbolism in Dance Therapy

A structural analysis of the movements and verbalizations contained in a group dance therapy session, identifying the function and form of symbolism in dance therapy. Major aspects included in this study are: how the symbol arises, its form and appearance, how it is used, its relationship to verbal imagery and its therapeutic effect on the group.

HILLER, Corinna A..... 1996 May

Dance Therapy at The Momentum AIDS Project: A study of Expected Outcomes for an HIV+ Group

People with HIV can benefit from participating in dance therapy. Five dance therapy sessions were held at The Momentum AIDS Project with men in the symptomatic and asymptomatic stages of HIV infection. Nine standard expected dance therapy outcomes for an HIV+ group were created from the work of Comer (1992), Hartstein (1994), and Coburn (1995): 1.) Express and accept all emotion 2.) Self awareness 3.) Reassess identity 4.) Explore self-esteem 5.) Explore conflict and psychic growth 6.) Social Support 7.) Explore developmental needs 8.) Develop trust 9.) Learn coping mechanisms and how to meet needs.

Analysis of videotapes and groupleader's logs from the sessions found that all 9 outcomes were experienced in a least 2 session and 6 outcomes were experienced in every session. Participants' responses to questionnaires, administered after the 5 sessions, identified 8 out of the 9 outcomes, excluding only exploring conflict and psychic growth.

HINES, Martha Anne..... 1980

The Nature of a Theme in Dance Therapy as Related to the Focal-Conflict Model

The purpose of this study is to determine the nature of a theme in a dance therapy session, specifically as it relates to the Focal-Conflict Model of Whitaker and Leibderman. The following topics are covered in the review of literature: themes in verbal therapy, themes in dance therapy, and premises of dance therapy as related to conflict. The nature of a theme is presented as a synthesis of the above material and each component is discussed as it may manifest itself in the movement process. One dance therapy session of college students is reviewed. It is concluded that the Focal-Conflict Model is of value in analyzing the movement theme of a group. Specifically, there seems to be a group, and movement of the session toward a solution; that movement toward a solution is determined by the amount of synchrony in group movement.

HIRSCH, Deborah..... 1977 May

SUMMIT, Wendy

Videotape Analysis of a Dance Therapy Session as it Relates to Group Cohesiveness

A videotape of Chaiklin's Osawatomie Dance Therapy session was analyzed for parameters thought to promote group cohesiveness. The data is presented in graphs of 5 of time parameters occur, length and point of occurrence. It is hypothesized that rhythmic and effort synchrony, touch and close proxemics are the major parameters of group cohesiveness. A review of the literature for all parameters chosen gives support for the data and comparisons in current research.

Abstracts (cont.)

Group Therapy (cont.)

JACOFF, Diana..... 1976 Dec.

Analysis of Group Behavior in a Dance Therapy Session

Ten parameters of group behavior were analyzed from a videotaped Dance Therapy session. Percentage of time parameter occurred, amount of time it was sustained and when in the session it occurred were all correlated. Several patterns emerged: relationships between touch and movement, synchronous activity and its developmental analog, verbal and non-verbal initiation of movement as well as methods for studying leadership styles.

KUETTEL, Thomas..... 1978 May

Common Group Themes

This paper investigates the notion of common group themes operating in the course of dance therapy sessions. It begins by examining the literature on group themes in verbal group psychotherapy and dance therapy, noting that in the latter, many references are made, but little in written. An initial definition is proposed, and related to a pilot study of group themes gathered from dance therapist's session notes. The results are examined and extended to propose a tentative statement of view, and further paths for research.

MONCRIEFF, Mary C..... 1985 Nov.

The Relationship between Dance Symbols and Group Process in a Dance Therapy Session.

This thesis is a study of the relationship between symbolism and group process in dance therapy. It involves a structural analysis of movement and verbal behavior contained in a group dance therapy session. This structural analysis serves as a means of interpreting group dance symbols in terms of group process theory. The major topics addressed in this study are structural development of the session and how it gives rise to the dance symbol, the development of the session as it reflects the group process, and the dance symbol as it supports this process.

The dance symbols within this session follow a developmental progression from lower to higher levels of complexity. Each of these levels contains symbolic content unique to its own level. The development of the session is reflected in the building and diminishing aspects of these levels. The layers of dance symbols are seen as a symbolic representation of the growth and development of the group. The entire session is seen as one symbolic dance: a dance about group members rediscovering themselves as individuals, gathering themselves into a group, interacting, performing together, and assuming new and healthier identities.

RAZUMNY, Efrem..... 1981

Dance/Movement Therapy Groups for Men Based on Male Maturity Initiation Rites.

The prologue presents the process of formulating the thesis topic: dance/movement therapy groups for men based on male maturity initiation rites. This includes a description of the author's personal growth related to the thesis.

The literature review: defines ritual, rites of passage, life-crises rites, initiation rites, and male maturity initiation rites; presents structures for rites of passage; describes two male maturity initiation rites from pre-modern cultures; and studies elements and aspects of male maturity rites, including the validity of conducting maturity rites in our society.

A workshop was conducted at an American Dance Therapy Association national convention. A preliminary test of a dance/movement therapy group model based on male maturity rites was conducted. The workshop is then evaluated incorporating a questionnaire sent to participants and further research. Connections between dance/movement therapy and pre-modern maturity rites are then addressed. The male rites of initiation dance/movement therapy model is presented consisting of threshold, greeting, childhood, liminal, celebration, and closure rituals.

The epilogue describes further steps which contributed to the writing of the thesis and enhanced the author's personal growth. The dynamics observed as part of the process of designing the model are then summarized.

Abstracts (cont.)

Group Therapy (cont.)

ROBINSON, Debra..... 1981 Sept.

Potentially Disruptive Behaviors in a Dance Therapy Session

This study identifies Potentially Disruptive Behaviors, self-oriented behaviors that do not support the group task, in a dance therapy session. Particular attention is given to whether these behaviors also interfere with others performing the group task. Potentially Disruptive Behaviors are catalysts for change and provide information concerning individual and group issues, but can threaten the group's functioning and therefore must be regulated. The leader's behavior is the key factor in this regulating process.

SHAFER, Susan..... Spring, 1980

The Comparison of Movement Patterns in Multifamily Dance Therapy Groups and Patient Dance Therapy Groups

The differences and similarities between multifamily dance therapy groups and patient dance therapy groups are compared. Five movement parameters reflective of communication processes are used to observe the groups movement patterns. They are: proxemics, formations, relationships, groupings, and synchrony. The family members are hypothesized to bring "healthier" ways of interacting to the multifamily therapy groups which would be exemplified in the above parameters.

SUMMIT, Wendy..... 1977 May

HIRSCH, Deborah

Videotape Analysis of a Dance Therapy Session

See: Hirsch, Deborah

History

ALPERT, Sharon..... Spring, 1990

The History of the Care for the Mentally Ill in America

This paper examines the evolution of dance therapy, a young and developing profession. To give a background or context to which dance therapy emerged, a broad history of the treatment for the mentally ill has been presented. This paper explores the changing and shifting social, political and economic systems from which the treatment of the mentally ill evolved. Dance therapy is but a small part within this large and complex changing mental health care system.

There are six consistent patterns or trends that influenced care for the mentally ill. They are: 1) how mental health was perceived, 2) what treatment methods were considered affective, 3) who took responsibility for providing for the mentally ill, 4) where did they reside, what kinds of housing or shelter was given, 5) who worked with the mentally ill, which professions cared for them, 6) and who were the patients?

The time frame covered is: seventeenth century colonial America when the mentally ill were treated cruelly or by neglect; the climax of the American Revolution into the nineteenth century with the rise of mental hospitals and humane "moral treatment"; the increasing population due to immigration and the subsequent decline in humane care with the rise in long term institutionalization; the emphasis on the "mental hygiene movement" at the turn of the twentieth century, through the world wars; finally the emphasis on "community mental health centers" and the deinstitutionalization movement by the latter part of the twentieth century.

The appearance of dance therapy during the twentieth century and the development of the profession are discussed. This paper explores the events that encouraged the emergence of the dance therapy profession within the health care system and within society today.

Abstracts (cont.)

History (cont.)

LIPTON, Susan..... 1979

Dance Therapy: Profession or Semi Profession.

This paper traces the historical and sociological development of professionalism in this country, using the three "learned professions", Law, Divinity and Medicine, as prototypes. The discussion covers the attributes of professions: how they have changed over time in relation to social and political force, and the current state of affairs in the search for professional status by the field of Dance Therapy.

The attributes of the prototypes were then compared with those occupations categorized as semi-professions, and Dance Therapy was found to be in the latter category. Finally, some issues were raised that should be attended to within those limits.

OGLESBY, Taysha K..... 1996 May

A Holistic View of the Development of the Hunter College Dance/Movement Therapy Program

The purpose of this study was to compile the perceptions toward the Hunter College Dance/Movement Therapy Program of the internship supervisors and the students of the program's first two graduating classes. The methodology consisted of researching preliminary background material and the distribution of surveys to the classes. Of eight surveys, which were sent to the internship supervisors who comprised the accessible population, four were returned. Of the sixteen surveys, that were sent to the accessible population of the students, nine were returned. This compiling presents a holistic view of the initial stages of the Hunter College Dance/Movement Therapy Program.

Personal Issues

ALL, Harriet..... 1984 Dec.

Case Study: Countertransference Reactions With A Private Client

In my placement at the Huguenot Center there were many clients with whom I could have worked, but I was drawn to one in particular, Alice. For reasons unknown to me, my heart went out to this woman and I felt that I could help her. I discovered while working with her that there were areas in which I felt stuck and didn't know why. I was unable to get past my own blocks to gain the necessary insight to help her. The subject of countertransference came up in a psychology course and gave me the idea that my feelings had to do with this phenomena.

The researching the literature I looked at various points of view and found that I align my thinking with those writers that embrace the "totalistic" stance. As my therapeutic modality I used art and verbal therapy as well as dance therapy to facilitate communication. The case study is an analysis of my countertransference reactions.

This study shows that my countertransference feelings affected our therapeutic relationship. When I studied the videotapes and logs I was amazed at how much my countertransference reactions affected how I ran my sessions. Rather than a process to be avoided, countertransference can be a useful and instructive tool. Though I succeeded in making a positive therapeutic relationship with my client and actually got her to move, had I understood my countertransference feelings better I could have been more effective.

BECKER, Beate..... 1988 May

The Therapist's Defenses and Countertransferences in a Dance Therapy Session

The defenses used by the therapist as seen in a single dance therapy session consist of body, sensory, tone, leadership and verbal mechanisms. In interaction they are seen to ward off perception, to succumb to and distort experience, and to reverse or compensate in response. Their effect on the session is noted. The need to defend is explored. Expressions of depression, opposition, and ambivalence, as seen to trigger unprocessed countertransferential feelings which arouse the defenses. Early antecedents are explored, and personal and client reactions are distinguished in this therapist's attempt to learn to use her own vulnerability and objectivity for skilled therapeutic interaction.

Abstracts (cont.)

Personal Issues (cont.)

CAYLER, Thomas..... 1981 Dec.

Can I Be This Dance? A Case Study

In working one to one with a client for fourteen weeks, this therapist in training had difficulty understanding and carrying out his role in the therapeutic relationship. As recorded on video tape, the relationship between client and therapist can be seen to go through three different stages as the roles they play are clarified. This individual relationship is shown in the light of the historical movement from the therapist as authority figure to the therapist as empathetic leader. The elements of a therapeutic relationship are outlined and dealt with in relationship to the actual work that was done in the sessions.

CHUTROO, Barbara..... Spring, 1991

Anxiety: A Theoretical Overview and Personal Account

This thesis presents a theoretical overview and personal account of anxiety. The first part discusses anxiety's causes, particularly its origins in childhood experiences.

The second part is a case study of my own experiences with anxiety in relation to authority during my progress through and beyond the Hunter College Dance/Movement Therapy program.

DELAHANTY, Alice P.... Spring, 1990

Play's Role in Dance Therapy and the Dance Therapist's Role in Play

This study explores play's role in dance therapy and the dance therapist's role in play. Play is defined as pleasurable, nonliteral, present-oriented, spontaneous, and self-directed. Operational correlates of these play elements are derived. A videotaped dance therapy session is analyzed for the presence or absence of the four elements. Verbalizations are also noted for the entire session. With this data play's role in group development is examined. Play, it is found, functions as a structure in which the group can redefine themselves. Group norms and individual roles are transformed through play. Expression, individual and collective, is facilitated. The therapist's role in supporting or controlling play is examined. The therapist would inhibit play when confused, overwhelmed, or anxious about losing control.

DIAZ-SALAZAR, Pepi..... Spring, 1992

Dancing My Life

This thesis centers upon the dance experience I shared with a fellow student, over the course of a year and a half, during which time I tried to answer for myself the questions as to what the dance in dance/movement therapy was: what is the reality of a dance experience and on a personal level, why I feel the need to dance? In answering these questions for myself, I have drawn upon the wisdom of dancers, dance critics, dance/movement therapists, psychologists, philosophers, poets and writers; intertwining their writings with the dances they illuminated for me.

FISCHER, Judith..... 1987 Dec.

Countertransference in Dance/Movement Therapy With Two Severely Emotionally Disturbed Girls

This case presentation examines the countertransference issues which arose in the treatment of two severely emotionally disturbed latency age girls seen together in a series of dance therapy sessions. The literature review begins with a general overview of traditional and recent perspectives on the values and uses of countertransference in treatment of children, with particular focus on work with emotionally disturbed children. Issues such as "objective hate", anger, "rescue fantasy", and the therapist's feelings of inadequacy are discussed. The literature about setting limits in therapy with children is discussed in reference to countertransference. The case study presents an analysis of the therapist's countertransference reactions as they were evoked over the course of treatment. This examination led the therapist to see how countertransference responses evolved, how they were manifested and communicated, and how they contributed to the treatment process. This thesis concludes that awareness of countertransference on both emotional and movement levels is an important tool for furthering insight into the dance therapy process. Acceptance and understanding of countertransference responses can foster greater understanding of the children's conflicts and needs and can provide information about the interactive nature of the therapeutic relationship.

Abstracts (cont.)

Personal Issues (cont.)

GLENN, Marlene..... Spring, 1991

Video Tape Analysis Concerning Issues of Separation-Individuation

A dance therapy session on a short term unit was videotaped, in order to study how a therapist handles issues of separation-individuation in a dance therapy group. Chosen parameters reveal the therapist's need for attachment. Therapist's reactions to separation issues have a major effect on the outcome of the session.

KASSAB, Smadar..... Spring, 1995

Physical and Emotional Adjustment During Pregnancy: A Self-Study

See also Video Tape List

In a case study, the author examines her movement changes in one segment of choreography over six months during her pregnancy. The physical and emotional alterations that occurred in the author, as well as the interpersonal relationship with her patients, were analyzed. Review of physical, biomechanical and emotional changes followed by analysis of her movement based on the effort/shape system. The subject's movement pattern was recorded and analyzed six times throughout her pregnancy. The analysis was related to the most used effort/shape element, represented by percentage. Generally, it was found that both author's movement behavior and author (therapist)-patient relationship were affected by the pregnancy.

KITT, Alyce Lynn..... 1983 Dec.

Anxiety: Its Effect on Client-Therapist Interaction

See also Video Tape List

A dance therapy session in a day treatment center in Suffolk County was videotaped in order to analyze a therapist's responses as a group leader. Observation of the tape revealed distinct anxiety on the part of the therapist. A review of the literature includes definitions and origins of anxiety, physiological components and types of anxiety, and main theories of anxiety. Seven clients, three females and four males, of varied diagnoses participated in the videotaped session. Ten parameters were chosen to describe the interaction between client and therapist. Therapist anxiety occurred throughout the session and was evident through much touch, little use of eye contact, a preponderance of proximity, movement changes, and much directive verbalizations. The therapist used much control during this session to help relieve her level of anxiety. Therefore, the clients were allowed little initiation or independent behavior. The manner in which therapists react to undue stress, tension, and anxiety will have a major effect on the successful outcome of a dance therapy session.

MCGUIRE, Liz..... Spring, 1992

Exploring Shame Through the Use of Movement and Dance

This paper explores the nonverbal expression of shame and its mobilization through the use of movement and dance. Shameful feelings relate to how the self perceives itself; they are by nature emotionally and physically inhibiting to the individual experiencing them. Shame's expression is generally nonverbal since verbalization is difficult due to denial and the overwhelming physiological changes in the body. Blushing and covering one's face to hide from others are indicators of shameful feelings.

This study focuses on the physical expression of shame, particularly my own movement behaviors associated with these feelings. In order for me to experience feelings of shame and to observe its manifestation, I videotaped myself moving and dancing while being observed. Analysis involved corresponding my internal-felt sensations and my thoughts with my observable movement behavior. Feelings of anger and sadness are observed as feelings of shame are experienced.

Overcoming the fears of being observed and feeling rejected are at the crux at mobilizing shameful feelings. Changing one's self-concept involves experiencing shame on a body/movement level and allowing the feelings of rejection, anger, sadness and hurt to be felt and integrated into the psyche.

Abstracts (cont.)

Personal Issues (cont.)

MCKENNA, Susan..... 1981 June

Videotape Self-Confrontation in Dance Therapy Training

I analyzed a videotape of a dance therapy session I led. I wanted to explore the effects of my leadership on the group process. During repeated viewing, I delineated three group phases and eight aspects of group and therapist behavior. These factors were charted over time, and their presence and absence was compared. The in-depth analysis of this videotaped session revealed important patterns in my leadership, particularly in relation to the ways I limit the group's exploration of feelings and movement.

MAJORIS, Darcee..... Spring, 1995

A Self-Exploration of the Importance of Personal Therapy While in Training to be a Dance Therapist

Personal therapy plays an integral part in the training of dance/movement therapists. It facilitates self-exploration that aids dance therapy trainees to be aware of and resolve intrapersonal difficulties that could inhibit their work as therapists. A question arises: How can therapist lead patients on a journey if they have not traveled a similar road themselves?

This thesis focuses on the following: personal therapy and its role in training therapists; content analysis of the author's weekly personal therapy sessions juxtaposed with the author's clinical work in dance therapy; and how personal therapy can aid dance therapy trainees in their clinical work with patients by enhancing their own self-knowledge. The information gathered comes from the author's personal experience while in individual therapy and dance therapy training. The parameters to be analyzed include the author's correlations between issues that arise in her own experience of personal therapy and her clinical work with patients as a dance therapist. The author stresses the importance of being in personal therapy at the same time as training to be a dance therapist and exploring personal patterns of interaction and their relationships to working as a dance therapist.

NADVORNIK, Kristi Anne..... 1988 Dec.

Anxiety In Leadership: An Investigation of a Dance Therapy Intern's Anxious Movements and the Underlying Causes

A comparison of leadership and non-leadership situations was done in order to discover the relationship between anxious movements and a leadership role. The review of literature includes definitions and origins of anxiety, five prominent psychological theories of anxiety, and anxiety in leadership. Four videotapes were used in the selection of four movements that characterize anxiety in myself. Three of these tapes were Dance/Movement Therapy sessions in which I was the leader, the fourth was a movement improvisation. Two raters recorded the number of anxious movements present in six random ten second segments of the control tape (the movement improvisation) and the anxiety tape (video #3). An analysis of the data revealed significant differences, indicating an association between the two tapes and the number of anxious movements recorded. An examination of the issues arising at the same time the anxious movements occurred discusses the possible underlying causes of the anxious movements and my feelings concerning the issues.

SCHMOELZ-SCHAPPIN, Nathan.... 1993 May

My Personal Song of Songs: a Creative and Spiritual Journey With Anna Sokolow

This paper reviews the history and practice of the art of dance in the West over the last two millennia. The thesis has a general focus on the use of dance as a means of healing, and its specific use to support the author's personal dance experience and its effect on his own therapeutic transformation. The author discusses his self-exploratory process while working and performing with the early modern dance pioneer Anna Sokolow on her choreographic adaptation of The Song of Songs. Three personal aspects are explored: 1) The reconnection of the author with this therapeutic tool, his body, after an unacknowledged body trauma in the form of surgery. 2) The author's spiritual return to Judaism and how the creative process helped him to integrate his beliefs into his identity. 3) The easing of the mourning process over a partnership, and the subsequent freeing of the author's ability to love.

Abstracts (cont.)

Personal Issues (cont.)

SHEPPARD, Paula E..... 1984 Dec.

Becoming a Dance Therapist: A Case Study of Personal Growth

This paper begins with the hypothesis that personal growth is an integral and important part of training. The author surveys the literature on the training of dance therapists and group psychotherapists to find out how educators view the role of personal growth. She then reconstructs a narrative of her own experience as a student in a dance therapy training group.

Training was found to facilitate emotional growth by helping the student to become aware of and to resolve interpersonal difficulties that would otherwise detract from leadership effectiveness.

The specific issues that arose for the author during training were: distrust of peer group members, fear of self-disclosure, need for group acceptance, vulnerability toward and over-dependence on the group, and transference toward instructors. The two activities that were found to be most helpful for resolving these difficulties were introspective log-keeping and process commentary discussions.

The growth process that took place during training was found to provide the author with a new level of interpersonal ease -- one that positively influenced not only her professional interactions, but also her personal relationships.

STOFFEL, Annelies..... Spring, 1990

Talking With the Dance: An Open-Ended Search With Movements and Words

This thesis is an attempt to find personal meaning in dance, in therapy and in the coming together of the two fields, in dance therapy. I have conducted this search with and through the dance itself. Dancing by myself as well as with a partner, reading relevant material and recording the experience over a span of four months, various aspects and values of dance and of therapy gradually emerge. Some of them are more of a subjective nature, others more of an objective nature: dance as a bridge between inner and outer reality, the integrating and connecting nature of dance therapy, the potential of stillness as well as of movement, the value of creativity, the importance of finding a personal truth, the necessity of doing, of committing, and of patience, the process of learning to trust, the belief in allowing a form to emerge rather than imposing a preconceived structure on a dance, a person, or a thesis.

THOMSON, Diane M..... 1988 Dec.

Defining Issues of a Co-dependent Therapist

This thesis examines the condition of being a codependent dance therapist. Co-dependency is defined as a dependent pattern of coping, which develops as a result of prolonged exposure to a chemically dependent person. This paper therefore deals with the special issues confronting the co-dependent therapist as they effect her skills and her interactions with her patients. The issue of untreated co-dependency among mental health professionals is addressed and the writer's co-dependency issues as they relate to her work as a therapist is examined.

Detailed logs reveal the issues confronting this therapist whose family history cultivated co-dependency. As a guide in defining the issues, specific characteristics are extracted from a list of *Co-dependent No More* (1987, pp. 37-45). Published material on the subject of co-dependency is used to clarify, categorize and provide a professional vocabulary supporting information gathered in the logs.

Unresolved co-dependent tendencies are identified and discussed in terms of how they interfered with the treatment of patients. The findings support the need for co-dependent therapists to identify their condition and understand its implications in their work.

Abstracts (cont.)

Personal Issues (cont.)

WHITING, Mary..... 1988 May

An Investigation of a Dance Therapist's Performance Anxiety and Stage Fright: An Autobiographical Report

During my student internship at Bronx Psychiatric Center, I investigated my leadership as if it were a performance. Within the process of this investigation, I was aware that I experienced anxiety and trepidation in my role as a beginning therapist. The review of the literature covered performance, anxiety, performance anxiety, and stage fright. As a self-study, I monitored my physiological and cognitive anxiety symptoms by means of a self-administered questionnaire. I analyzed what were my often experienced symptoms, the degree to which I experienced them, and the differential between the pre-test and the post-test. An analysis of the data revealed that most of my anxiety was related to my irrational thought process, which simultaneously affected my physiological response. I experienced each symptom to a "slight" degree, and there was a significant decrease in the degree to which I experienced the symptom prior to a session compared to after a session. The conclusion is a discussion of what were my anxiety provoking thoughts.

WITTIG, Joan..... 1989 May

Countertransference Responses to Sex-Role Stereotyped Behaviors in Dance Therapy Sessions

This paper is an analysis of a dance therapist's countertransference responses to sex-role stereotyped attitudes and behaviors during dance therapy sessions. The purpose of the analysis was to identify countertransference indicators as they occurred during dance therapy sessions, to analyze their effects on the sessions, and to explore how the situations that evoked the countertransference might have been handled in a more therapeutic fashion. The therapist worked almost exclusively with men as clients, and believed that much of her countertransference was in response to sex-role stereotyped behavior and attitudes on the part of her clients. The therapist identified her countertransference responses using those indicators agreed upon in the literature as a guide. Her own indicators of countertransference were more specific than those outlined in the literature and could be identified as occurring on a feelings level, a thinking level, and a behavioral level. Once identified, the countertransference responses were examined for evidence of sex-role stereotyped attitudes and behaviors of both the therapist and the clients. The therapist found that her countertransference responses were often in response to sex-role stereotyped behavior and attitudes. Her responses were placed into four categories: power, nurturance, empathy, and seduction. She was then able to analyze the effects of her countertransference responses on the dance therapy sessions, and finally to identify with the clients' real issues might have been, had she not acted on her own countertransference.

WYANT, Wendy M..... Fall 1994

Countertransference

This thesis presents a study on countertransference as experienced during dance therapy groups with an adult inpatient psychiatric population. An overview of the history and development of countertransference theory is provided. The author describes a method for developing an awareness of countertransference in herself as a dance therapy leader and suggests ideas for countertransference management.

Research

ARNER, Julie..... 1991 May

A Comparative Study of the Hunter College Dance/Movement Therapy Masters Program and an Encounter Group

This thesis examines the history, process and outcome of encounter groups and related laboratory training programs. Included in the literature review is a summary of the experiential courses in the Hunter College Dance/Movement Therapy Masters Program with an outline of their goals and requirements.

A qualitative analysis was performed on the results of a questionnaire distributed to eleven students near the completion of their training in Dance/Movement Therapy at Hunter College. The results show a significant similarity between the outcomes of the participants' experience in encounter groups and the outcomes of experiences for the Dance Therapy students involved in the study. Comparisons are also drawn between the nature of specific courses in the program and the encounter group.

Abstracts (cont.)

Research (cont.)

BELL, Barbara..... 1985 May

The Relationship Between Imaging, Fantasy and Movement Mirroring in Dance Therapy

This study tests the ability to mirror movement and to image by asking first- and second-year dance therapy students and social work students to duplicate the movements of a model expressing sadness, anger, and happiness. Results of the movement-mirroring test were compared to imaging and expressive ability. Results indicated a correlation between movement mirroring (empathy) and imaging for the Dance Therapy II group, but not for the Dance Therapy I or social work group alone. The Dance Therapy II group also scored highest in both movement mirroring and imaging. Imaging-test responses revealed more emotive language for higher scorers in both measures.

BEN-AMI, Ruth..... 1992 June

An Exploratory Study Examining the Relationship between Voice & Movement.

This pilot study aims at exploring the similarities between the movement and speech patterns of people. The literature includes many research reports dealing with the two channels of non-verbal communication studies which attempt to find a correlation between personality and vocal cues.

Since no studies were found in the literature dealing directly with the relationship between movement pattern and voice cues, a detailed survey was made of the research by Ekman, Friesen & Scherer (1972), which is concerned with a related subject: an attempt to find a correlation between hand movement and voice pitch.

The assumption underlying the present study is that an individual's body movement and vocal cues present similar patterns.

Ten dance therapy students, all female, took part in the study. For each one of them a movement portion was recorded on videotape and a speech portion was recorded (voice) on audiotape

BOYLE, Brian..... 1992 Dec.

Males Dance/Movement Therapists.

This study describes the reasons why there are so few males in the field of dance/movement therapy and examines the experience of males who do enter the field. The literature review covers an historical perspective of the occupational segregation of the field; a description of what dance/movement therapy entails; studies of various gender differences; sex role identity and sex role strain theory; a review of the experiences of men in nursing; and a survey of the attitudes of female dance/movement therapists toward male dance/movement therapists.

It was hypothesized that the main deterrents to males entering the field of dance/movement therapy lie outside of any resistance they may encounter from females in the field. The primary deterrents are hypothesized to be sociocultural and economic and are believed to result in strain on males in the field.

Questionnaires were sent out to 42 male dance/movement therapists and graduate students. Twenty were completed and returned in time to be used in the present study. Results support the notion that male and female dance/movement therapists have a generally positive relationship. Primary sources of strain are related to occupational status, income, lack of male colleagues and the profession being perceived as violating the male sex role. Primary deterrents to males entering the field appear to be the lack of males with any experience in dance or movement as creative expression. This too appears to be due to sex role socialization and the low status of art in our culture.

Recommendations are given about what the profession of dance/movement therapy can do to increase the numbers of men in the field in the long and short term.

BROWN, Danielle..... 1973

NAVARRE, Davida

Movement Assessment and Treatment of an Autistic Child

Through film observation this report is an intensive movement analysis of a young girl described as autistic. Descriptions of movement viewed in the film were done within the framework of the Effort Shape notation developed by Rudolf Laban.

Abstracts (cont.)

Research (cont.)

CASELL-NYYSOLA, Abby..... 1973 Jan.

KRAUSE, Rebecca

A Pilot study of the Movement Characteristics of Blind Children

Seven blind children were observed for non-verbal behavior patterns that are unique to the blind individual. A movement inventory scale was developed and analyzed in terms of Effort/Shape. It was found that the occurrence of blindness and the lack of goal directed movement correlated with degree of sight. The Authors suggest that a blind child experiences disorganization of his body image and his perceptions of external reality.

CHAGNON, Catherine M..... 1988 May

A Comparison of Three Dance Therapy Leaders With Varying Dance Skills

See also Video Tape List.

This study compares the therapeutic efficacy of three dance therapy group leaders with varying levels of dance skill. The literature reviews education and training in psychotherapy, dance, and dance therapy. A videotape analysis of each leader's session, with the same 10 subjects, was conducted using 5 categories of positive behavior outcome in dance therapy. In all but one category, differences between leaders' scores were insignificant. The data suggests that dance therapy training, as enhanced by dance skill, is the most desirable condition in attaining positive results in dance therapy.

CHEESMAN, Paula..... Spring, 1993

The Integration of Dance Therapy into the Practice of Psychiatry Rehabilitation

This paper is the synthesis of existing literature in the fields of dance/movement therapy and psychiatric rehabilitation with chronic schizophrenic patients, and the author's experiences as a dance/movement therapist in a Psychiatric Rehabilitation setting at South Beach Psychiatric Center (SBPC). Within the structure of this paper, the author suggests what dance therapists must do in order to integrate the concepts and practice of psychiatric rehabilitation into dance therapy methodology. An attempt is made to describe what it is about the Psychiatric Rehabilitation system as practiced at SBPC, that is presently incongruent to the practice of dance/movement therapy; the areas in which these two fields seem to share commonalities in the areas of treatment processes, principles and philosophy; and what would have to change in order to successfully integrate dance/movement therapy into the system at South Beach.

DONSHIK, Marsha..... 1981 Jan.

Measuring Dance Therapists' Sensitivity to Nonverbal Communication.

The PONS test was administered to a sample of student dance therapists prior to and following one year of professional training in movement observation. Changes in their ability to decode nonverbal messages in eleven channels of communication were measured. Their scores were compared with those of other mental health professionals to assess the differences in ability to decode messages in these various channels.

DYE, Kimberley..... 1987 May

Innecise: Exercise From The Inside Out

See also Video Tape List.

A sixty minute exercise class was recorded on video tape and examined for content in five movement categories: Aerobic Fitness, Body Therapy, Laban Effort-Shape, Dance, and Dance Therapy. Results were plotted according to their placement and frequency within the various class segments. analysis of data demonstrated the importance of a comprehensive fitness model that moves beyond the simple mechanics of physical exercises to equally address the emotional and creative life of the exercisers. The model, called Innecise, is recommended as a training method for exercise instructors.

Abstracts (cont.)

Research (cont.)

EHRHARDT, Bernard T., HEARN, Mary Beth, and NOVAK, Catherine.....
1988 May

Client Attitudes Toward Healing Processes in Group Dance Therapy

The literature review examines three subjects; verbal group therapeutic factors, group dance therapy healing processes, and research testing verbal group therapeutic factors. Sixth-six chronic psychiatric clients were interviewed to examine attitudes toward dance therapy. Responses were categorized under 8 healing processes postulated by Schmais(1985) and 3 processes suggested by client responses. Eight of these (Rhythm, Cohesion, Vitalization, Synchrony, Expression, Exercise, Music, & Relaxation) were depicted in segments on a videotape. Clients were shown the tape and asked to rank order which one they liked most, second most, and least. Vitalization was the most liked healing process. Exercise was second, and music was last. Variables were compared to determine significant effects on ranking order. Males ranked Expression higher than females. Clients who do not take psychotropic medication ranked expression higher than clients do. Clients over 55 ranked Rhythm higher than clients under 55. Schizophrenics ranked Cohesion higher than bipolar and personality disorder clients. Lower functioning clients ranked Expression higher than higher functioning clients. Clients with 10 years of dance therapy experience ranked Rhythm and Expression higher than the clients with less experience. The authors conclude that clients are aware of healing processes, have attitudes toward those processes, and can rank the processes in order of preference.

EPSTEIN, Suzanne..... Spring, 1987

Effects of Rocking in a Counter Plane on Reduction of Rocking Behaviors of Three Post-Institutional Retarded Adults.

This study focuses on reducing self-stimulatory rocking behaviors in three post-institutional severely to profoundly retarded adults by use of dance therapy techniques. From observations, the very nature of this behavior not only serves to inhibit environmental involvement, and is limiting to their movement repertoire, but further reinforces a negative social stigma of retarded persons in our society. Interventions were done in one to one sessions daily, and involved the experimenter rocking in a counter plane to each subject's rock. Pre-intervention baseline data was videorecorded in the naturalistic classroom environment for eight consecutive days using music and no music as testing conditions. Mid-intervention data and post-intervention data was taken in similar fashion. Significant reduction in rocking was noted by mid-measurement period, yet no change was noted between mid and final measurements. Results may either indicate that there is a ceiling limit in the degree that rocking can be reduced, or that other factors may have influenced the findings.

FEAR, Leslie..... 1994 May

Dance Movement Therapy with Hospitalized Children in a Child Life Program

This paper is the study of the integration of dance/movement therapy into a child life program. The study explores the work of a dance/movement therapist in a child life program serving hospitalized children. Many guiding principles of both disciplines were found to be similar.

FLEISCHER, Julie..... 1982 Jan.

"Body Image and Attitude Toward Dance Therapy"

This study investigates the relationship between body image and attitude toward dance therapy. Machover's Draw-A-Person test was used to measure attitude. The Sample population was drawn from the staff at New York Hospital. It was concluded that individuals with more positive body images had better attitudes than those with more negative body images, that experience in dance therapy groups fosters a more positive attitude and that ward staff should be involved in ongoing groups.

FORTIER, Cheryl E..... 1973 June

Male-Female Differences In Movement

A movement rating scale was developed for this pilot study of male/female movement differences. Clear movement preferences appeared: males stress width, large kinesphere and leadership; females move in towards their center, and are more adaptive and supportive. The findings correlate positively with cross-cultural and cross-species male/female differences, specifically in non-primate research.

Abstracts (cont.)

Research (cont.)

GOLDSTEIN, Ruth..... 1975

Videotape as a Useful Tool for Feedback and Research.

This paper explores the effects of videotape feedback in addition to studying individual behavior and human interaction in the light of newly-developed methodologies. Data is based on a videotaped record of three dance therapy students in one of their videotaped training sessions.

GUERRA, Ana..... 1989 May

The Relationship of Dance Therapy Experience with Synchrony and Proximity in Autistic Children

The purpose of this study was to examine the efficacy of dance therapy with autistic children. The literature review discusses behavioral characteristics and etiologic factors related to autism. Literature in dance and dance therapy identifies the origin of such a treatment as well as the therapeutic process. A correlational study examined the relationship between the independent variables: dance therapy experience, exposure to other creative arts, age, sex, and level of functioning and the dependent variables of synchrony and proximity. In order to estimate the possible effects of one on another, a multiple regression analysis was employed. The results demonstrate that dance therapy experience and age correlate significantly with synchronous movement. No significant correlations for proximity were established. The results suggest that dance therapy may enhance the autistic child's ability to be synchronous with others. This study supports the efficacy of dance therapy as a means to enhance socialization skills of autistic children.

GUNTHER, Phyllis Frant..... 1973 May

RICHARDS, Jill

Movement Characteristics of Urban Adolescents

The authors developed an inventory sheet and rating scale based on films of three adolescent groups containing males and females, and blacks and whites, between the ages of 15-17. Their hypothesis was: there are shared movement features and patterns that are distinctly adolescent. Results showed that urban adolescent movement is characterized by spurts of movement, short phrases, frequent postural change and courting behavior. A review of literature presents current theories and conjectures.

Abstracts (cont.)

Research (cont.)

HIMMELGREEN, Carolyn..... 1992 Apr.

Dream, Dance and Myth.

This paper shows how dreams, the world of the unconscious, can be brought to conscious awareness through movement and myth.

The literature review includes different theories and methods of dreamwork. Sigmund Freud, the father of psychology, discovered that dreams belonged to the unconscious. He viewed dreams as an expression of wish fulfillment and repressed sexuality. Carl Jung provided a more universal way of perceiving the world by introducing the "collective unconscious" wherein existed the world of archetypes, symbols, and personality types. Jung's theory of archetypal psychology is further expanded on by theorists using a feminist perspective and process work, who draw on the relationship between body symptoms and dreams. Dance therapists integrated Jung's "active imagination" into dance therapy as a way of facilitating the process of individuation. Psycho-dramatists used psychodrama to reenact real life situations as an active form of therapy to release emotions and create a catharsis. Dreamwork methods are used by theorists working with groups and individuals as a way of working with dreams without a professional facilitator.

Given what I have learned from various theorists and my knowledge of dance therapy, I established a small dream group. I combined different theories and methods in an experiment to find out what does and what does not work when "moving the dream." The techniques are borrowed from Ullman, Faraday, Moreno, and Perls but the perspective is predominantly Jungian. The purpose of this case study was to find out how the enactment of dreams can lead to further self-awareness.

The methodology includes a total of five dream enactments. The group consisted of three second-year students from the graduate dance/movement therapy program at Hunter College. One participant is the dreamer (myself) the other two are participants in the enactments. Materials consisted of a tape recorder and a dream journal. We met on five occasions in a classroom. We set no time limit; however, each session lasted from one to two hours.

Moving the dream helped to increase my insight. Recreating the dream images enabled me to connect my inner life to my outer existence. The dream images, gestures, and posturing stirred up feelings that might have stayed dormant. Myth used in conjunction with interpreting the dream enactments helped to validate my experiences and bring them to a more universal level of understanding.

IRVING, Deborah..... 1976 Aug.

Depression and Dance Therapy

The 1st section of this paper concerns itself with the etiology, symptoms and treatment of depression in older persons. The 2nd part of this paper's concern is to statistically validate our hypothesis that time structured dance therapy with moderately depressed senior citizens will significantly reduce their degree of depression.

KIRSCHENMANN, Ann M..... 1984 Dec.

Beneficial Aspects of Laughter and Smiling: Implications for Dance Therapy

The literature regarding the positive aspects of laughter and smiling is explored in terms of physiology, psychology, the interactive effect(social elements), development and in relation to breath. Humor in therapy is also investigated. Dance therapy practice is examined in light of this theoretical material. It is then proposed that playfulness, suddenness, and unexpectedness will elicit smiling and laughter in dance therapy.

A pilot study is conducted which examines the stimuli that seems to produce smiling and laughter in dance therapy sessions with psychiatric geriatric out-patient clients. The results indicate that there are a variety of stimuli which appear to elicit smiling and laughter. Playfulness, suddenness, and unexpectedness are found to produce smiling and laughter, as are communication, recognition, imagery, gestures, touch, movement themes, sounds, paradoxicalness, the therapist laughing/smiling and defensiveness. In addition, the study indicates that smiling tends to occur in response to more gentle stimuli, while laughter seems produced by more abrupt or active stimuli.

Abstracts (cont.)

Research (cont.)

KLOTZKIN, Jeannine L..... Spring, 1992

An Experiment Using Breath With Psychiatric Patients

This study examines the effect of breathing exercises and deep breathing on an in-patient psychiatric dance therapy session. The hypothesis is that patients who participate in breathing exercises will have deeper breathing and in a dance therapy session, the patients will be more energetic, more expressive, creative, interactive and have improved concentration. Patient's breathing was measured using a volumetric incentive spirometer, and it was recorded for three consecutive dance therapy sessions, before and after the session. Prior to the third session, the patients participated in 15 minutes of breathing exercises. The latter two sessions were videotaped and reviewed by raters. The results indicate that only two of the five patients had deeper breathing after the breathing exercises. One of the two patients achieved the hypothesized results, while the other actually achieved opposite results. Despite the fact that most patient's breathing did not change significantly, the group as a whole was more energetic, expressive, interactive, and better focused. Therefore, breathing exercises can be effective for deepening some patient's breathing, and they do have an effect on a dance therapy session.

LUCA, Khristine..... 1996 May

Identification of Dance/Movement Therapy as a Unique Modality in a Multi-Modal Rehabilitation Center

This research was conducted to measure senior rehabilitation patient's attitudes towards the usefulness of dance/movement therapy as a treatment modality and if they could distinguish the differences and similarities between dance/movement therapy, physical therapy and occupational therapy. The eight (female) and three (male) subjects ranged in age from 66 to 89. The subjects involved in the study were admitted to the Rehabilitation Unit for either hip, wrist, arm, shoulder and/or cervical fractures, cerebral vascular accidents (CVA) or general deconditioning due to previous illness. The subjects were prequestioned upon admission as to their knowledge of dance/movement, physical, and occupational therapies. They were also asked questions pertaining to their physical, emotional and social well-being. The subject's length of hospitalization was four to five weeks. Most patients participated in three to four dance/movement therapy sessions on average. The data collected from the pre and post-treatment questionnaires were analyzed in two-tiers (Descriptive and Comparative). The findings were positive and proved the author's hypothesis. There were significant increases in the subject's understanding of dance/movement therapy. Subjects could also distinguish this therapy from physical and occupational therapy.

MARTIN, Kathryn Marie..... 1986 May

Study of Patient-Therapist Empathy

See also Video Tape List.

The literature review covers the essential therapeutic qualities of empathetic understanding, congruence or genuineness, and unconditional positive regard or warmth. Definition of empathy is then described through nine important characteristics. Phases of empathy are discussed according to Reik's phases of identification, incorporation, reverberation and detachment. In addition, goals of empathy are discussed. Research on predictive empathy, judge-tape observation is related to verbal and dance/movement therapy.

The pilot study measures patient-therapist perception of empathy. The instrument used is an adaptation of Barrett-Lennard's patient perceived Relationship Inventory which has initially designed for verbal interaction. Questionnaires were given to the patients and therapist at the first session, the fifth session, the ninth session. Results indicated no significant increase of empathy over the nine session period by either patient or therapist nor was there a significant correlation between patient and therapist's scores. The small sample was a major problem. Additional reasons for the reported outcomes are addressed and areas for further research are indicated.

Abstracts (cont.)

Research (cont.)

MCGEHEE, Sharon..... 1980 June

Rhythmical Structure and Duration Experience in the Perception of Environmental Input

In order to determine the effect of rhythmical structure on the subjective duration experience and subsequent recognition of patterned sequential stimuli, duration estimates and recognition responses were recorded during the presentation of an audio tape of varying sequences of patterned percussive beats. The independent variables were pattern level and accent placement. Ten subjects listened to a presentation series of six sequence conditions and recorded subjective duration estimates of the intervals of the sequences and were subsequently presented with a recognition series of the same six sequences randomized with nine control sequences for which recognition responses were recorded in a 3 × 2 design. Pattern level was differentially effective on both dependent measures, depending on the presence or absence of account placement. Repeating patterned sequences were judged shorter and recognized better when accent placement was included than when it was not. The results were interpreted to support the supposition that rhythmical patterning of presented sequences of events effectively reduces the subjective duration experience of the presentation interval for those sequences as well as the structural complexity of the sequences. Implications for the diagnosis and treatment of autism were drawn from the hypothesized interaction of rhythmical structure, sequence complexity and duration experience.

MORSE, Lucy..... 1979

The Significance of Action in Integration and Change: A Preliminary Study.

I introduce the need to begin developing a theory of the use of movement in psychotherapy from the examination of assumptions. From the assumption of the unity of human experience, and using the philosophical framework of the primacy of action developed by John Macmurray, I show how the development of body boundaries, a sense of time and the discovery of options can be addressed in movement therapy. I have suggested that action organizes the person in relation to himself and the rest of the world.

MOYER HOLMBERG, Mimi..... Fall, 1994

Change in Leadership Study Concerning the Dance Movement Therapy Department and the Impact of this Change on the Graduate Classes of 1989 and 1990

This thesis examines the impact - disequilibrium/equilibrium - on the system, containing the dance therapy graduate students classes of 1989 and 1990, after the change in leadership of the Dance Therapy Program at Hunter College. An analysis was performed on quantifiable (numerical) and qualitative (descriptive words/phrases) data obtained from a study of graphs and questionnaires distributed to both the first ('90) and second ('89) year graduate students (respondents) of dance therapy.

The results of the data were summarized on three tables evaluating: (1) Emotional response; (2) Student/teacher relationship; and (3) Response to Program Elements in respect to both Past and New Leaders for both class groups. The hypothesis was confirmed that a disequilibrium would occur immediately following the change in leadership, and that over time, equilibrium (balance) would be restored within the system.

Abstracts (cont.)

Research (cont.)

MUSACCHIO, Jean..... Fall, 1992

The Great Female Cover-up: Denial of Envy and Competition Between Women; its implications for Dance/Movement Therapy

Envy, jealousy, and competition between women have long been tabooed topics. In this thesis, the relevant literature on the development of women's relationships and these particular obstacles to their growth is explored. A major premise of this thesis is that since the majority of dance/movement therapists are women, this investigation of female envy and competition is pertinent to the field of dance/movement therapy; it has relevance both to the fledgling dance/movement therapist as she goes through the socialization process of a dance/movement therapy training program as well as the more experienced, professional dance/movement therapist as she seeks the support and solace of other women colleagues.

In the discussion, suggestions are made as to how the Hunter College Dance/Movement Therapy Master's Program might modify both didactic and experiential coursework to bring attention to women's denial of the envy and competition between them. Finally, it is recommended that the typical female-female relationship of supervisor-supervisee can only be fully understood with these covert aspects to women's relationships in mind; envy, jealousy, and competition between women should be brought into the light where they can be examined, shared, and recognized as part of women's wanting. Ultimately, we women may empower each other to get what we want. (See Theory)

NAVARRE, Davida Spring, 1973

BROWN, Danielle

Movement Assessment and Treatment of an Autistic Child

See: Brown, Danielle

ORLEANS, Florette..... 1978

Seven Pilot Studies.

Seven master's theses that reflect the interest of the students, the influence of their advisors, the state of knowledge in the field, and the social climate in which their learning occurred.

PALONIS, Mary..... 1976

GOSLING, Anne

A Scale of Movement Characteristics for Hyper and Hypo Active Children

A videotape of hyperactive children was compared with a tape of hypoactive children ages 5 to 13 along specific movement and effort parameters. Through observation, a review of relevant literature on movement analysis and hyper-hypo activity, and conferences with trained dance therapists, a movement scale was compiled tested and verified. Practical applications of this scale are discussed with emphasis placed for diagnosis for placement of the child in movement groups.

RAN, Faye..... 1979

Self Esteem and Resolution of Conflicting Communication

The hypothesis of this study was that given conflicting communications through verbal and non-verbal channels, individuals with low self esteem would be more sensitive to non-verbal cues than individuals with high self esteem.

REISS, Toni..... 1975 Aug.

STASSE, Andrea

Influence of Self Esteem on Perception of Inconsistent Messages

See: Stasse, Andrea

RICHARDS, Jill..... 1973 May

Abstracts (cont.)
Research (cont.)

GUNTHER, Phyllis Frant

Movement Characteristics of Urban Adolescents

See: Gunther, Phyllis Frant

ROBINS, Elizabeth Hope..... 1987 Aug.

A Pilot Study on the Relationship Between Therapist Empathy and Patient's Psychosocial Stages

The empathy of dance therapy interns was investigated in relation to their patients' age spans. The age ranges of patients were equated with Erikson's psychosocial stages. Empathy, how it is used in dance therapy, and how it can be measured in accordance with developmental stages, were reviewed in the literature. The subjects were ten female dance therapy students between the ages of 25 and 29 who led dance therapy groups. Each intern completed three identical semantic differentials which measured ratings of empathy based on the opposing issues in clients' psychosocial stage. Each form was filled out at three different times: 1) 72 hrs. before leading group, 2) immediately after leading group, and 3) 72 hrs. after leading group. Analysis of the data revealed that subjects with the highest empathy scores worked in day treatment programs with adult and geriatric patients, led large size groups, and did not engage in personal analysis or other mind/body techniques. Those with the lowest empathy scores were found to work at inpatient hospitals, led small groups, and received personal therapy. Due to the small subject sample, statistical tests could not be conducted. The finding do not confirm the position that dance therapists empathize with their patients' psychosocial issues.

SHOEMAKER, Pam Roth..... 1973 Jan.

SERLIN, Leni

Movement Behavior in Couples Psychotherapy

A study using videotapes looking for any changes in movement behavior, which might correlate with the drug schedules, and to systematically observe and make clear the sex role patterns in movement behavior.

STASSE, Andrea..... 1975 Aug.

REISS, Toni

Influence of Self Esteem on Perception of Inconsistent Messages

A research experiment was conducted centering on the subject of non-verbal communication. The hypothesis of this experiment is that people () of high self esteem would experience less confusion than those of low self esteem when receiving a double message.

STONE, Wendy..... 1973 June

Gesture Style in Kung Bushmen and Blackfoot Indians

The gesture style of the Kung Bushmen and Blackfoot Indian are analyzed and compared. Postural shifts, Effort/Shape, use of space and body parts are scaled by independent observers viewing films of the tribes. Leadership styles are explored intra- and interculturally. It is hypothesized that gesture style is culturally learned through interaction with social and physical environment.

Abstracts (cont.)

Research (cont.)

SUTTON-RANDOLPH, Charlese..... 1992 Apr.

How Does Various Music (Gospel, Reggae, Jazz, Rock and Roll, Rhythm and Blues) Affect the African-American Client's View of Dance Therapy?

How does various music (Gospel, Reggae, Jazz, Rock and Roll, Rhythm and Blues) affect the African-American clients view of Dance Therapy? This is the question posed in this thesis. The answer has been culminated through research, reviewing African-American music and dance history and interviewing individuals on their particular responses to dance and music programs. Thirty individuals of various ethnic backgrounds residing in a nursing home were asked their views on the effects of music in a Dance Therapy program. The format chosen was an informal personal interview where the individual responded with open-ended answers. The interviews being held where the individual was most comfortable, provided an atmosphere of confidentiality and respect between interviewer and interviewees. The results of these questions were then compared and tabulated to distinguish responses in terms of age, sex, race, religion, and educational backgrounds. The conclusion of this research coincides with the literature review in that the responses of African-Americans in Dance Therapy programs relates to a history of interaction between music and dance within the culture individuals of this particular ethnicity then, will respond quite naturally to music of their culture when used in a Dance Therapy group.

THOMPSON, Yvonne..... 1974 Jan.

Estimating Anxiety: Verbal and Nonverbal Cues

A research project using video tape hypothesized that there is as much consistency with nonverbal cues in estimating anxiety.

VON DER HEYDE, Silke..... 1987 Aug.

Analysis of a Dance Therapist's Behavior at a Team Meeting.

A 55 min. treatment planning team session was videotaped in order to determine the style of a seemingly influential group member. After examining the subject's predominant movement patterns the following 11 items were selected and defined. Head nod quick, head nod slow, eye contact continuous, eye contact discontinuous, hand movement-slash, hand movement-dab, turning palms up and down, postural movement, torso sunk, torso erect, laughter-no movement. A distinction was made between talking and listening behavior. The verbalizations were divided into units, 1-403. The units were assigned to the 12 categories of BALES' Interaction Process Analysis. Analysis of the data demonstrated a clear task orientation of the subject in both the Talking and Listening categories. Significant scores of movement activity during Talking behavior show the involvement of in the sub-category of Bales' Task Area: "Giving suggestion and direction, implying autonomy for other." The results show five preferred movement patterns as characterizing the subject's style: while talking the subject uses postural movement, discontinuous eye contact, continuous eye contact, gestural movements-turning palms up and down-and quick head nods. While listening the subject uses continuous eye contact, slow head nods, discontinuous eye contact, torso erect, and quick head nods. This study demonstrates the uses to which dance therapists can apply their specialized knowledge of body language in team meetings.

Abstracts (cont.)

Research (cont.)

WARD, Cheryl Denise..... 1991 May

Group Dream-Work: Dancing The Dream - A Pilot Study.

See also Video Tape List.

This study combines group dream work and dance in order to unearth the unconscious meaning of the dream. The literature on the nature and theory of dreams as presented by Freud and Jung is reviewed. Group dream work designs of Moreno, Perls, Ullman, Shuttleworth et al., and Zinker are considered, briefly focusing on each design's inherent strengths and weaknesses. The literature of Whitehouse and Chodorow identifying dance/movement as a form of Jung's "active imagination," and Mindell's "dreambody process" is reviewed.

A new five step group dream work design is created based upon the above group designs and the techniques of dance/movement therapy. This new group dream work model appears to accomplish the following: (1) provides an inroad to the dreamer's unconscious processes, (2) gathers more information and insight into felt responses, roles, and interactions for both the dreamer and group members, and (3) provides a corrective-emotional experience.

A pilot study based upon this new dream-work design is undertaken using a group comprised of 1 leader and 5 female volunteers. The eight sessions are videotaped and later reviewed. Four of the eight sessions are chosen for their ability to illustrate this new dream-work design and are discussed. Recommendations for future reproductions of this method of working with the dream within a group context are described.

Special Populations

ABRAHAMSEN, Synnove J..... Spring, 1992

Eating Disorders: A Personal Growth Issue for Dance Therapists In Training

Students entering the field of dance therapy are predominantly women who have had dance training. As these students are a logical target for eating disorders, a questionnaire was implemented which included responses from two classes of dance therapy and dual degree students. This was to determine if there are any trends toward eating disorders and other related issues.

First a background into eating disorders is given that focuses on three components: clinical definition, social aspects, and psychological development. Dance therapy is also discussed as treatment for eating disorders.

Although conclusive evidence for clinically defined eating disorders was not established, eating disorder behaviors were indicated. The most significant finding in the research was the high percentage of body size dissatisfaction among the students. Clearly, if a dance therapist is to function highest using her body as a tool in therapy, these issues need to be recognized if not resolved.

ARONSON, Joan Neiss..... 1979 May

The Story of a Dance Therapy Session with the Elderly

This paper explores the role of dance therapy in treating the problems of old age. The story of a dance therapy session is presented through narrative and photographs, illustrating the major emotional themes of late life (loneliness, insecurity, depression, anxiety, etc.) and how they may be worked through in movement. Difficulties confronting the elderly are defined in terms of physical, psychophysical, psychosocial and intellectual variables. The interrelationship of these factors is discussed in terms of the multiple etiology of functional and organic psychopathology in older people.

Abstracts (cont.)

Special Populations (cont.)

BLATZ, Amy E..... Fall, 1993

Dance Therapy and the Self-Concept in Adults with Mild Mental Retardation: A Literature Review and Proposed Model

This paper advocates techniques for utilizing dance therapy with adults with mild mental retardation enabling them to develop and maintain a positive self-concept. A review of etiological factors, the development of the self-concept, psychotherapeutic techniques used with clients with mild mental retardation and dance therapy is presented. The basic premise is that all persons with mental retardation confront powerful stigmatizing behavior. The literature attests that they are fully aware of how they are viewed and treated and able to identify feelings of low self-concept. Dance Therapy is introduced as a way for such people to gain a capacity to express feelings, reduce isolation and improve body image, consequently improving self-concept. The model presented provides concrete activities for redefining self including: body a here-and -now approach, reality testing, cohesion, symbolism and use of weight. It is maintained by the author that the mentally retarded label can be accepted if clients redefine that label. This can be achieved through redefinition of the self.

BROWN, Danielle..... Spring, 1973

NAVARRE, Davida

Movement Assessment and Treatment of an Autistic Child

Through film observation this report is an intensive movement analysis of a young girl described as autistic. Descriptions of movement viewed in the film were done with in the framework of the Effort Shape notation developed by Rudolf Laban.

BUCKINGHAM, Jill M..... Fall, 1987

A Rationale for Family Dance Therapy for Treating the Emotionally Disturbed Child

Historically, emotionally disturbed children have received treatment in isolation from their family. With the increased acceptance of the systemic family origin of emotional disturbances in children, the need has risen for an integration of child therapy and family therapy. The traditional verbal approach of family therapy limits the active participation of the emotionally disturbed child in the therapeutic process. Therefore, this paper promotes the joining of dance-movement therapy and family therapy to create a hybrid theoretical perspective-family dance therapy. To support this hybridization, a developmental approach to treating the emotionally disturbed child through the techniques of dance-movement therapy is presented. In addition, the importance of the family system is discussed in relation to the environmental effect on the child's psychological development. These theoretical constructs are subsequently integrated to form a cohesive therapeutic perspective. Finally, suggestions are made to further the awareness of the mental health field to the value of a dance-movement based approach to family therapy.

BUTHORN, Alice..... 1980 June

A Case Study in Individual Dance Therapy

This case study examines the factors of genetics, stress, and social class from the perspective that working together they provide a likely framework for the development of schizophrenia. It presents the treatment process of a black, schizophrenic client over a period of three months.

CASELL-NYYSOLA, Abby..... 1973 Jan.

KRAUSE, Rebecca

A Pilot Study of the Movement Characteristics of Blind Children

Seven blind children were observed for nonverbal behavior patterns that are unique to the blind individual. A movement inventory scale was developed and analyzed in terms of Effort/Shape. It was found that the occurrence of Blindisms and the lack (5) of goal directed movement correlated with degree of sight. The Authors suggest that a blind child experiences disorganization of his body image and his perceptions of external reality.

Abstracts (cont.)

Special Populations (cont.)

CHAMPAGNE, Suzanne..... 1989 May

A Comparison of Movement Characteristics Between Patients With a Borderline Diagnosis and Patients With Borderline Features

The literature review provides background information on the history and the definition of Borderline Personality Disorder, including theories of development, intrapsychic structure and defense mechanisms, from various authors. The literature also covers research on group therapy with borderline and dance therapy with borderlines. This paper presents a case study of a dance therapy group which is composed of some patients with borderline diagnoses and some with borderline features. The study was done at the day center at St. Luke's Hospital in New York City.

The purpose of this study is to see if there are movement characteristics which are specific to patients with Borderline Personality Disorder as opposed to those with borderline features. Also looked at are similarities and differences between these two groups of patients. There is special emphasis on how borderline pathology is manifested in the way that the patients related to each other and to their environment. The study illustrates the difficulty which both the borderlines and the patients with borderline features have in expressing themselves in movement and in relating to others and to their environment. The non-borderlines seem to have greater ego strength to create a supportive environment within which to move. Referring to the literature, it is suggested that the borderlines have such difficulty in dance therapy because they are still relying on primitive defense mechanisms and they have an excessive amount of aggression due to real or imagined past experiences. These reasons cause borderlines to have undeveloped ego strengths which would allow them to defend against their impulses and maintain greater body boundaries. It is hoped that this understanding will help in establishing a framework for working with borderlines in the dance therapy setting.

CHERRY, Joetta..... 1988 June

Expressions and Characteristics of Black Urban Males in Dance Therapy.

It is my intention to discover new avenues toward understanding the significance of what is being communicated by the expressions and characteristics of the Black Urban Male. This paper elaborates on the ways particular behaviors serve as a precursor for the expression of emblematic and adaptive integrations -- persisting for many throughout their life-time.

By extracting and identifying these behaviors, I hope to make the Dance Therapy session a safer place for both the therapist and the client to interact and communicate.

It is my conjecture that the average Black male is still in search of his masculinity, his sexuality, or if you will, his *manhood*. Many of use are, and for a long time will remain preoccupied with our social and racial identities. For this reason, I feel that the dance therapy session can be a further enactment of inherited and learned behavioral patterns and beliefs.

I firmly believe that within this verbal and non-verbal medium, namely the dance therapy modality, we will find a constancy in how the Black male perceives, internalized, synchronized, and interprets his information -- indeed, how he communicates with himself and the outside world.

COMER, Matthew E..... 1992

Dance Therapy and Gay Men with Aids

The following thesis examines the use of dance therapy interventions with a population of "normal neurotic" gay men that are HIV positive or are in the symptomatic stages of AIDS. The history of male homosexuality, its predominance in society and society's response to homosexuality is reviewed. The progression of the disease from HIV seropositivity to AIDS is focused on as well as the effect of AIDS on body and mental functioning. Also examined is the public response to HIV/AIDS and an overview of the groupwork that has been done with this population.

Abstracts (cont.)

Special Populations (cont.)

CONNELL, Jean..... 1991 May

Movement Therapy for the Angry Adolescent

The primary goal of this thesis is to provide a model for treating the angry adolescent in dance/movement therapy. In constructing this model, I have incorporated the ideas of anger control management from a cognitive-behavioral perspective. I present a case study in which I include many movement suggestions for dealing with the adolescent and his/her impulsive aggressive reaction to anger. This thesis will also review adolescents by recognizing their self-concept as theorized by E.H. Erikson. This case-study will demonstrate that in order for an adolescent to control aggressive-impulsive behavior they must possess some recognition of self.

My hope is that this material may contribute to the understanding and treatment of the "angry adolescent", as well as recognizing the efficacy of dance/movement therapy as a treatment modality for this population.

DANIELS, Ted..... Summer, 1973

Too Much Boy - Case Study of Dance Therapy with a Deaf Adolescent

A case study of an emotionally disturbed adolescent deaf boy who participated in group dance therapy sessions as well as in individual sessions with a male therapist. It concerns the development of trust and communication which leads to an emerging male model for the boy. It is described sensitively and is revealed through video tapes taken over a period of several months.

DE BEER, Edna..... Spring, 1992

Using Dance Therapy with Psychoactive Substance Users To Change Patterns of Mechanisms For Coping

The purpose of this thesis is to explore the relationship between coping mechanisms and dependent psychoactive substance use. The ability to engage adaptive coping mechanisms is related to positive feelings of self-esteem and self-efficacy. The development of these processes is investigated. Dance therapy is introduced as an adjunctive therapy to assist in the rehabilitation process. Through movement the dependent psychoactive substance user can develop the dependent psychoactive substance user can develop a clearer and more positive sense of self. This process should enhance feelings of self-esteem and self-efficacy which will enable the development of adaptive coping mechanisms.

ECKHAUS, Naomi S..... 1978 May

Dance Therapy and Physical Rehabilitation

After an introduction which presents the problem of a lack of psychotherapeutic services in physical rehabilitation, there is a general discussion of the psychological problems that are pertinent to the physically disabled. More specific information is then given regarding the physical and psychological aspects of six disabilities commonly found in a rehabilitation center. Included is how the physical conditions of each would affect dealing with the psychological conditions through Dance Therapy. The summary deals with rehabilitation centers generally, and relates the author's experiences in such a center. The conclusion the Dance Therapy may be very valuable in rehabilitation is detailed.

EPSTEIN, Suzanne..... 1987 May

Effects of rocking in a counter plane on reduction of rocking behaviors of three post-institutional retarded adults

This study focuses on reducing self-stimulatory rocking behaviors in 3 post-institutional severely to profoundly retarded adults by use of dance therapy techniques. From observations, the very nature of this behavior not only serves to inhibit environmental involvement, and is limiting to their movement repertoire, but further reinforces a negative social stigma of retarded persons in our society. Interventions were done in one to one sessions daily, and involved the experimenter rocking in a counter plane to each subject's rock. Preintervention baseline data was video recorded in the naturalistic classroom environment for 8 consecutive days using music and no music as testing conditions. Mid-intervention data and post-intervention data was taken in similar fashion. Significant reduction in rocking was noted by mid-measurement period, yet no change was noted between mid and final measurements. Results may either indicate that there is a ceiling limit in the degree that rocking can be reduced, or that other factors may have influenced the findings.

Abstracts (cont.)

Special Populations (cont.)

ERFER, Tina..... 1985 May

Dance/Movement Therapy with Special Children in a N.Y.C Board of Education Setting

This paper is the synthesis of existing literature in the field of dance/movement therapy with "special" children, and the author's experiences as a dance/movement therapist in a special education setting within the New York City Board of Education system. Included are successful as well as less-than-successful, interventions and activities that the author has used over the course of the past three years. Within the framework of the paper, the author has also conveyed her philosophy and attitude about her work, including how she has attempted to synthesize theory and practice. An attempt is made to delineate what it is about the NEW YORK CITY educational system that is not presently conducive to the practice of dance/movement therapy; and what would have to change in order to effectively incorporate dance/movement therapy into the system.

FABSO, Jody..... 1986 Dec.

Understanding Addiction in a Patient Diagnosed as Schizophrenic

This thesis is concerned with a 32 year old male psychiatric patient whose substance abuse was not given primary attention. Before hospitalization, the patient abused drugs and alcohol. His use of mood-altering substance did not cease upon admission to the hospital but rather switched from illegal to legal and readily available substances.

The literature review includes reading on alcoholism, nicotine abuse, caffeinism, inhalant and food abuse. The disease concept of alcoholism is used as a point of departure to examine the patient's abuse of perfume, cigarettes, coffee, nasal inhalers and food as well as his self-anesthetizing neck choking behavior. A report of this male patient in 24 individual dance therapy sessions that were viewed within a theoretical framework of schizophrenia is presented. The critique of the case study reviews the initial working process, examines the signals of substance dependence that the therapist did not know how to address and concludes that many of the bizarre behaviors attributed to this psychiatric patient are actually addictive behaviors. The critique suggests changes in approach for the dance therapy sessions and stresses that the healing process of the patient is impeded unless his substance dependence is treated.

FELDMAN, Yeva..... Spring, 1995

Group Dance Therapy with Borderline Individuals with Histories of Childhood Sexual Abuse.

This thesis is the culmination of extensive research and clinical experience with borderline personality disorder population with histories of childhood sexual abuse. There are few sources specifically addressing the use of dance therapy with this population. This thesis attempts to pull together literature pertaining to borderline personality disorder and survivors of sexual abuse with literature of dance therapy with similar populations to create an effective model of dance therapy for this population. The group dance therapy model presented in this thesis focuses on authentic movement, structured improvisation, role playing and other movement interventions. This model of dance therapy attempts to teach the borderline clients with histories of sexual abuse to be able to tolerate their feelings, to control and modify self-destructive behavior and to gain a sense of self identity, mastery, and a positive regard for their bodies and themselves. The above symptoms are from numerous other symptoms and issues that dance therapy helps address in this population. Along with a comprehensive literature review on the subject of borderline personality disorder, survivors of sexual abuse, and dance therapy with related populations, this thesis presents a dance therapy model which integrates the literature review with specific and applicable dance therapy interventions, clinical illustrations and model group dance therapy sessions.

FORRY, Carol M..... Spring, 1980

Study of Behavioral Change in a Severely Retarded Adolescent Male in Dance Therapy Treatment

The purpose of this study was to explore behavioral change over time in a severely retarded individual in dance therapy treatment. Behavioral categories were identified to follow throughout the course of treatment. The subject's progress was then rated on the basis of two videotapes; one filmed prior to treatment and one filmed after four months of treatment, through the use of a behavioral checklist and the Behavior Rating Instrument for Autistic and Atypical Children. The results of this study indicate that dance therapy treatment was used successfully to reduce emotional withdrawal and promote communicational skills in the subject.

Abstracts (cont.)

Special Populations (cont.)

FRANT, Phyllis..... 1972 Jan.

Dynamic Therapy for the Aphasic Patient

An overview of the aphasic individual and its implications in dance therapy

GIANNONE, Gina Marie..... 1993 May

Moving up with Downs: A Dance Movement Therapist's Perspective on Enhancing Socialization with Down Syndrome Adolescents

The first chapter is a review of the literature. It includes the four classifications of mental retardation; explains the cause of Down's syndrome. In addition, the literature on adolescence on socialization, and on improving social skills with mentally retarded children and adolescents is discussed.

The second chapter describes dance/movement therapy in a public school setting. It details how a dance/movement therapist helped nine Down's syndrome adolescents by enhancing and encouraging explorations of social interaction. This chapter illustrates an eclectic approach to working with mentally retarded adolescents. The dance/movement therapy sessions increased socialization with Down's syndrome adolescents by exploring creative expression, academic concepts and role playing. Socialization was modeled by treating the students with respect, humor and sensitivity.

GINZBERG, Judith..... 1988 May

Use of Dance/Movement Therapy and Other Creative Arts with Homeless Men in New York City Shelters

The homeless population of New York City is identified and described. "Economic influences" and institutionalized deprivation are cited as the major causes of homelessness, along with a lack of low-income housing. The inhumane conditions of "emergency" shelters are described in the context of an overall failure to provide decent and necessary services to the homeless poor.

The establishment of a dance movement therapy program in conjunction with other creative arts therapies in two shelters for single men is discussed. The initial goals are delineated as 1) Establishment of trust, 2) Facilitation of group interaction, communication, and understanding, and 3) Enhancement of self-esteem, as they are worked towards through engaging the men in dance/movement and other creative arts therapies.

The therapies of being able to work with large groups of 50 to 200 individuals is in order to transform the environment and effect the greatest numbers is posited, and the methods are discussed. Ritual, rhythm, and the use of appropriate music, as well as the occasional use of props are cited as important factors.

Beginnings, middles, and endings of typical dance/movement therapy sessions are described and special issues of gaining the trust of clients, touch and sexuality, and homosexuality are dealt with.

Dance/movement therapy and other creative activities are seen as ways of helping to empower the disenfranchised homeless by initially facilitating healing through self love.

Abstracts (cont.)

Special Populations (cont.)

GOLDSAND, Rhona Ann..... 1985

Dance/Movement Therapy As A Treatment Modality For Sexually Abused Children: Two Case Studies

The author presents and discusses the philosophies and opinions of professionals in the fields of Child Development, Sexual Abuse, and Dance/Movement Therapy. Topics such as (a) "normal" child development, (b) childhood trauma, (c) the effects of child sexual abuse, (d) treatment and prevention strategies, and (e) dance/movement therapy for emotionally disturbed children (which is considered by the author to be a possible effect of sexual abuse) are included in an overview of the subject of child sexual abuse.

Two case studies are provided in order to illustrate dance/movement therapy treatment with two emotionally disturbed children (a boy, aged 9 and a girl, aged 12) who have been sexually abused by their respective opposite-sex parents. The case studies include: (a) history and background information, (b) movement preferences and tendencies, (c) goals, and (d) themes which evolved over the course of treatment, and (e) and analysis of the case study.

The author concludes, based on her research, that dance/movement therapy is an effective treatment modality for sexually abused children. Areas for further research are then presented by way of a closing statement.

GORDON, Phyllis..... 1987 May

Alzheimer's Disease and Dance Therapy: A Case Study

This thesis is concerned with an 81 year old female, admitted to a skilled nursing facility due to Alzheimer's disease. She exhibited decreased agitation, greater reality orientation, increased socialization, and appropriate verbalizations when engaged in group therapy sessions. Prior to participation in the dance therapy group, the patient had been unable to participate in any therapeutic modality.

The literature review includes a history of Alzheimer's disease, and the theories pertaining to the cause(s) and treatment. It also includes an overview of the literature concerning dance therapy and the elderly. A report of this female Alzheimer's Patient over ten group dance therapy sessions, documents her behavior, and attempts to explain the conditions that led this patient to exhibit decreased agitation, greater reality orientation, increased socialization, and appropriate verbalizations. The critique suggests that group dance therapy be implemented as treatment modality for Alzheimer's patients in the nursing home.

GORSCAK, Kathleen J..... Spring, 1992

The Study of Proxemics with Synchrony and ADHD Symptoms in a Movement Session with Attention-Deficit Hyperactive Children

This study examines the relationship of proxemics with synchrony and the symptoms of ADHD featured children in a movement session. The hypothesis of the study stated that when proxemics boundaries are altered for ADHD children, there is an increase in the amount of synchrony, in turn, as a result of the increased synchrony, there is a decrease in ADHD symptoms. The symptoms of ADHD children are, hyperactivity, impulsivity, and inattention.

In a movement session, ADHD children need structure consistency, and containment. A videotape of a movement session with ADHD children was observed for three minute segments by trained raters. In each segment the children were seated in different arrangements, allowing for closer proximity by the last segment. The raters observed synchronous movement and ADHD symptoms. The results of the study show low scores in synchronous movement and decreased scores in ADHD symptoms as the proxemics became closer. Therefore, it was found that synchronous movement did not correlate with close proxemics or with ADHD symptoms. However, the results do show a correlation that when proxemics are closer, ADHD symptoms decrease.

GOSLING, Anne..... 1976

PALONIS, Mary

A Scale of Movement Characteristics for Hyper and Hypo Active Children

See Palonis, Mary

Abstracts (cont.)

Special Populations (cont.)

GREENBERGER, Erica Bell..... 1977 Apr.

Dance Therapy and the Application of Dance Therapy to an Adolescent Population

The use of dance therapy in the treatment of hospitalized adolescents is supported by current developmental theories on adolescence - its stages, social norms, cultural factors and pathology.

HANEY, Theresa..... 1993 May

The Use of Dance/Movement therapy with Adolescents in a Short-Term, Inpatient Psychiatric Facility.

This paper proposes a technique for using dance/movement therapy with adolescents in a short-term, inpatient psychiatric facility. A review of normal adolescent development, common adolescent disorders, and creativity support a case study. The study is based on ten dance therapy sessions that took place over a period of ten months at a short-term psychiatric hospital. This paper provides the reader with a concrete approach for utilizing adolescent behavior as a source of material for creative movement activities. The described sessions are examples of how behaviors such as scapegoating can be integrated into group activities with adolescents, as a means of intervention. The use of creativity expands the adolescents' ability to gain insight into their situation through a shift in perspective. This process enables them to evaluate their behavior and therefore make changes that prove to be successful.

HARRIS, Sydney Mesh..... 1990 May

Play and Games With Learning Disabled Latency Age Boys

Play and games are natural forms of expression for the latency age child. The literature reviewed includes that on play and games and the development of each in relation to a child's physical, cognitive, social and emotional development. Play therapy theories, learning disabilities, and hyperactivity are also discussed.

While working with a group of latency age, learning disabled boys, various types of play and games were used in dance/movement therapy sessions. The boys were seen for half an hour sessions, twice weekly, over a period of six months. Progress notes written after each session provide the material for the discussion. The goals and activities of the sessions are analyzed reflecting upon the literature.

Various play and game experiences were utilized in order to approach the particular goals of improving socialization skills, developing impulse control, providing opportunities for a physical release and an emotional outlet, and improving self esteem. This population requires the therapist to create a safe and structured environment in order to help the children gain control and focus their energy. At the same time, establishing a sense of freedom of expression and acceptance is necessary for a child to feel safe enough to share their inner world.

HAYES, Laura..... Fall, 1994

The Use of Dance Movement Therapy With Dually Diagnosed Patients in a Short-Term Psychiatric Facility

This paper discusses the use of dance/movement therapy with dually diagnosed patients in a short-term psychiatric facility. A review of the symptoms and the treatment of dually diagnosed patients is presented, focusing on dance/movement therapy interventions to support the development and implementation of a dance/movement therapy group for dually diagnosed patients. A description of the dance/movement therapy group is presented along with the results of the group experience. A questionnaire is included which aided in monitoring patients responses to the group. This paper focuses on developing healthy coping mechanisms, self-esteem and trust in dance/movement therapy groups to help patients re-enter society.

Abstracts (cont.)

Special Populations (cont.)

HEGDAL, Unni..... 1984 Dec.

Work On Emotional Behavior With A Mentally Retarded Client

Given the mental deficits of the retarded population, few studies center on their limited emotional expression. This study focuses on a strategy for intervening in the emotional development of retarded children through dance therapy.

The literature review includes the biological, cognitive, psychological and socio-cultural aspects of emotional development in the mentally retarded. In addition, a separate section discusses Laban's basic concepts of use of body space and efforts. These form the core for assessing emotions. The sixteen themes which Laban developed as the basis for movement education form the basis for the treatment process.

Following is a case study of a 17 year old mentally retarded girl, including discussions of her biological/physiological state, motor development, psychological development, and her socio-cultural history. Laban analysis is used to describe her emotional functioning. Based on this detailed analysis, a treatment plan was devised to help this client control her temper tantrums, impulses, and to develop a better self-image.

Movement themes appropriate to her level of functioning were carefully chosen and evaluated. The process was slow and arduous but there was positive results along each of the above continuum.

HELMIN, Mary K..... 1989 May

Dance Therapy/Exercise With Physically Handicapped Young Adults

This thesis discusses the physical and psychological benefits of combining dance therapy with a variety of physical exercise techniques aimed at the orthopedically handicapped young adult.

The literature review consists of information on aerobic exercise, therapeutic recreation, adapted physical education, teaching dance to the physically handicapped, dance therapy, Laban and Bartenieff's work with effort-shape and holistic health.

Thirteen young adults with physical disabilities took part in a nine week study to determine the significance of a dance therapy/exercise program. At the end of the nine weeks, the group members answered a twelve point questionnaire, rating the sessions on a scale from one to ten in the areas of mastery of movement, full-body experience, enjoyment, group interaction and the leader's style. These results were then compared with the data collected in the leader's daily logs. The results suggest a general agreement between the objective and subjective data in the areas of enjoyment and group interaction. They also suggest the need for increased consideration for the differences in mobility of the individuals in the group. The findings are discussed, and modifications for further studies are suggested.

HERRERA, Karen..... 1986

Social and Clinical Implications for Working with Hispanic People.

This paper explores the culture of Hispanic Americans. The literature on values, family structure, gender roles, spirituality/religion, and nonverbal behavior specific to this culture is reviewed. The clinical implications of ethnicity are discussed as they related to understanding pathology and to determining suitable means of treatment. Therapists are encouraged to be aware of differences in values, family patterns, attitudes and behavior.

Abstracts (cont.)

Special Populations (cont.)

HILLER, Corinna A..... 1966 May

Dance Therapy at the Momentum AIDS Project: A Study of Expected Outcomes for and HIV+ Group

People with HIV can benefit from participating in dance therapy. Five dance therapy sessions were held at The Momentum AIDS Project with men in the symptomatic and asymptomatic stages of HIV infection. Nine standard expected dance therapy outcomes for an HIV+ group were created from the work of Comer (1992), Hartstein (1994), and Coburn (1995): 1) Express and accept all emotion; 2) Self awareness; 3) Reassess identity; 4) Explore self-esteem; 5) Explore conflict and psychic growth; 6) Social support; 7) Explore developmental needs; 8) Develop trust; 9) Learn coping mechanisms and how to meet needs.

Analysis of videotapes and groupleaders' logs from the sessions found that all nine outcomes were experienced in at least two sessions, and six outcomes were experienced in every session. Participants' responses to questionnaires, administered after the five sessions, identified eight out of the nine outcomes, excluding only exploring conflict and psychic growth.

JINGU, Kyoko..... 1966 May

Cross-Cultural Issues in Dance Therapy for Japanese Clients

The basic assumption is that cultural values affect the way people respond to dance therapy sessions. By reviewing the literatures, Japanese and mental health, Japanese psychological construct and its relation to interpersonal expressive behavior, and Japanese ways of understanding body, movement, and dance are examined to elucidate effective use of dance therapy and particular considerations when working with Japanese clients.

KARASH, Arlene S..... 1977 May

Jimmy and Peggy

Analysis of Two Dance Therapy Sessions with Autistic Children.

KINSEY, Victoria..... 1994 May

Applications of Dance Therapy for Adult Survivors of Childhood Sexual Abuse

This paper examines the applications of dance therapy theory and practice for the population of adult survivors of sexual abuse. The author reviews literature related specifically to sexual abuse including studies of prevalent theories about associated risk factors, theories about perpetrators of sexual abuse and studies of its long term effects. A selection of treatment goals, methods and various are reviewed. The author discusses group therapy theory is presented, focusing on those aspects most relevant to the population. The author then cites specific dance therapy studies and theoretical works concerned with related subjects. Following the literature review, the author concludes in the discussion that dance therapy has the potential to be an important part of the treatment of adult survivors of childhood sexual abuse. A number of recommendations concerning the use of dance therapy with this population are presented, along with suggestions for areas of future research of the subject.

KIRSCH, Barbara..... 1974

A Case Study of Individual Dance Therapy

Intensive individual Dance Therapy was applied to a 41 year old woman institutionalized for 20 years, nine of which were spent in a wheel chair. Videotapes, the Person-House-Tree test and movement evaluation scales were used as indicators of the patient's therapeutic progress. The videotapes proved to be an important self-evaluation for the therapist.

LASHMAN, Gail A..... 1979 Jan.

Dance Therapy for the Aged

Dance Therapy for the aged is a two part thesis. Part One represents the writer's process of learning the Federal Grant application system. Part Two involves a project of actually writing a grant designed in conformance with the 1978 Administration on Aging - Model Projects Guidelines (Older Americans Act, Title II, Section 308).

Abstracts (cont.)

Special Populations (cont.)

LASKY, Terry A..... 1980 June

A Case Study In Individual Dance Therapy

This case study presents a twenty seven year old, chronic schizophrenic patient named Michael, with whom I did individual dance therapy over a three and a half month period. Included are physical, psychological, and social descriptions of Michael, as well as the goals I hoped to achieve in these areas. The literature concerning the relationships that develop between parents and schizophrenic offspring served as a basis for understanding Michael's basic dilemma. The primary focus of this paper is to connect my knowledge of schizophrenia with my methods and style of working with Michael.

LAUB, Doreen..... 1977 May

A Case Study in Individual Dance Therapy

Individual Dance Therapy was given to an emotionally and mentally retarded adolescent boy twice weekly for four months. The therapist's goal was to increase the boy's effort combinations, and dynamics of full effort. Labia analysis, North's personality assessment theory, Advise' diagnostic scale as well as video feedback aided in the treatment of the boy as well as the development of the therapist's technique.

LAVENDER, Joan..... 1973 May

"Case Study"

A case study, set in a family centered treatment service with special emphasis on developing the mothering skills of emotionally disturbed women.

LAVIE, Efrat..... 1980 Jan.

Movement Manifestation of Thought Disorder in Schizophrenia

This paper deals with movement manifestations of thought disorder in schizophrenia. In a study of a twenty year old schizophrenic woman who was a patient being treated in an out patient facility, observation was made of her movement behavior over a period of two months in a series of 45 minute dance therapy sessions. Viewing of the taped sessions in comparison to the written diagnosis of the patient's condition by her psychiatrist indicated that the movement manifestations exhibited during the dance therapy sessions by the patient correlated well with the psychiatrist's observation of the patient's mental status. Further investigation may bear out the contention that observation of movement manifestations of schizophrenic behavior can be an important adjunct to the diagnosis and treatment of schizophrenia.

LEVIDI, Eleni..... 1994 Dec.

Why And How To Do Dance Therapy With Persons With Borderline Personality Disorder

This thesis answers two questions: why do dance therapy with the borderline personality; and how to do dance therapy with the borderline.

First, it is suggested that dance therapy, because of its medium, dance/movement, can be of great therapeutic value for the treatment of borderline personality disorders. For this purpose, literature on borderline phenomena from several perspectives is reviewed. Emphasis is put on how the psychological development of an identity and a sense of self is based on the following: the organization of body perceptions and motor actions; and the quality of interactions with the early environment.

Second, dance therapy approaches with persons with borderline personality disorder are reviewed.

Discussion on dance therapy with borderline personalities focuses on certain concepts, which are viewed important in formulating a dance/ movement therapy model for working with persons with borderline personality disorder.

Abstracts (cont.)

Special Populations (cont.)

MATIAS, Maritza..... Fall, 1993

Dual Diagnosed Patients and A Dance Therapist's Countertransference: Improving Treatment

The dually diagnosed patient is common in the psychiatric inpatient unit. This thesis focuses on the therapists awareness of countertransference and its use in improving treatment with this population. The dual diagnosed population will be defined and discussed in terms of diagnostic complications, theories on addiction, treatment modalities, and interventions by dance therapists. Several cases of countertransference reactions will be presented and discussed in the light of the common theories of countertransference and how to handle it in the analytic situation.

MCADAMS, Janis..... 1982 Jan.

The Role of Dance in Creating Stories with Hospitalized Adolescents

Dance therapy, music therapy and story making were used in sessions with hospitalized adolescents (aged 10-16 years). A flexible, responsive setting was created in which "acting out" behavior was structured through the combining of various individual expressions of feeling to create stories in which a group theme emerged (i.e., separation). Dance played a role in the development of the symbolic repertoire, allowing the experiencing and sharing of feelings and events through bodily action. Sharing and working through feelings and problems symbolically in dance and story enable the patients to then deal with them verbally in the community meeting following the session.

MILLER, Elizabeth..... 1984 May

Dance Therapy as a Treatment Approach for Obesity

For abstract see section on: Theories.

MOOGAN, Linden..... 1996 May

The effects of a Nine Session Dance/Movement Therapy Program Tailored for a Mentally Retarded Teenager Using the Person Centered Planning Approach

The purpose of this study is to explore behavioral change over time in a severely retarded individual in dance/movement therapy treatment. Behavioral categories were identified to follow throughout the course of treatment. In order to develop a behavioral objective assessment for the subject, 'A Personal Profile', derived from the Person-Centered Planning approach (mount, 1992), was tailored to the subject for the purpose of formulating an intervention strategy. The subject's progress was then subjectively rated on the basis of written observations, conferences with the subject's mother, and conferences with co-leaders/instructors. For the purpose of this study, the area of body movement was a central focus. The method of observation used in assessing the subject's behavior was derived from Laban's (1974) system of movement analysis. Interactive evaluative structures are related to the Maraschach Interactive Methods (MIM). The results of this study indicate that dance/movement therapy treatment was used successfully to reduce emotional withdrawal and promote communication skills in the subject.

MOSKOW, Jill..... 1996 May

Dance Therapy as an Intervention in Breast Cancer Patients

This thesis is an exploration of dance/movement therapy as a treatment modality for the psychological effects of breast cancer, on women.

The literature review focuses on the ways women cope with diagnosis and medical treatment of breast cancer, the coping strategies these patients utilize; the interventions commonly used to aid in coping; and how dance/movement therapy is a beneficial modality for intervention.

The second chapter explains the methodology of the study, which was a pre-test/post-test, pre-experimental design. The patients were assessed with a body image scale and a set of phenomenological questions prior to and following six weeks of dance/movement therapy sessions. The results suggest that dance/movement therapy helped patients to integrate their body images, and issues regarding socialization.

Abstracts (cont.)

Special Populations (cont.)

MOSS, Barbara..... 1973 Jan.

Movement Study of Cary Barton Beyers

Through Martha Davis' Movement Diagnostic scale and the Cognition Development Serv. Dance Therapy evaluation form (Ms. Bartenieff and Ms. Brainard) this paper follows and studies the behavior and movement of a 28-year-old hospitalized male.

MURPHY, Norma E..... 1982 Dec.

Dance Therapy in a Multi-disciplinary Approach in the Treatment of an Abused Mildly Retarded Young Woman

This is a case study of an abused, mentally retarded young woman. The literature was reviewed to examine some of the concepts regarding the occurrence of child abuse, the relationship of child abuse to mental retardation and therapeutic approaches. Dance Therapy, relaxation, and massage therapy were used in a multi-disciplinary treatment program. Changes in body awareness, self-esteem and interpersonal relationships that occurred in dance therapy, generalized to other groups.

NAVARRE, Davida..... 1973

BROWN, Danielle

Movement Assessment and Treatment of an Autistic Child

See: Brown, Danielle

OCASIO-RIVERA, Roberto..... 1989 May

Becoming a Dance/Movement Therapist: A Puerto Rican Student's Experience.

This paper begins with the Hypothesis that culture plays a role in the process of becoming a dance/movement therapist. To consider frames of reference for perception and behavior, the literature covers the subject of culture and values, religious background, family characteristics and communication style of Puerto Ricans. Lastly, the literature dealing with training of students is reviewed. In light of the above, the experience as a Puerto Rican student in a mainland training program is discussed.

The conclusion is that culture plays a role in the process of becoming a therapist. Students undergoing training in therapeutic work are prone to sense cultural factors, social and cultural differences and cultural obstacles. However, when it comes to interpersonal relations, knowledge of culture is important in determining whether an issue is cultural rather than personal. Thus, training personnel need to be aware of what is cultural and what is a basic point of view or personal understanding when analyzing behavior.

ODLIVAK-WRIGHT, Nicholette..... 1988 May

Alzheimer's Disease in a Community Mental Health Setting: A Case Study

This case presentation examines the course of treatment of an 84 year old male, Alzheimer's diagnosed patient who participated in a community mental health day treatment day treatment program. The literature review includes a general overview of Alzheimer's Disease, including Reisberg's seven stages of cognitive decline. The review then focuses on treatment approaches to the Alzheimer's patient, including Folsom's model of reality orientation and Dietche's use of reminiscence to facilitate the Life Review process described by Butler. The review of the literature concludes with an overview of dance/movement therapy, specifically the goals for the elderly as described by Fersh, Garnet, Caplow-Linder, Harpaz & Samberg, Sandel and Helm. The thesis continues with a description of the patient's behavior over an eleven month period and a look at the interplay of his decline with his participation in the verbal groups as opposed to the "non-verbal" creative arts groups. This thesis concludes there is a need for further research, specifically the development of a program model which can maximize the patient's "successful" participation without frustrating him with groups beyond his cognitive level, which continues to decline as a natural progression of Alzheimer's disease.

PALONIS, Mary..... 1976

Abstracts (cont.)

Special Populations (cont.)

GOSLING, Anne

A Scale of Movement Characteristics For Hyper and Hyperactive Children.

A videotape of hyperactive children was compared with a tape of hypoactive children ages 5 to 13 along specific movement and effort parameters. Through observation, a review of relevant literature on movement analysis and hyper-hypo activity, and conferences with trained dance therapists, a movement scale was compiled, tested, and verified. Practical applications of this scale are discussed with emphasis placed for diagnosis for placement of the child in movement groups.

PAYZA, Janet E..... 1989 May

Group Roller Dance: A Pilot Study. The Use of Play and Dance Therapy in the Teaching of Roller Skating to Emotionally Disturbed, Learning Disabled, Latency girls.

See also Video Tape List

This case study looks at the use of play therapy and dance therapy, in the teaching of roller dance to emotionally disturbed, latency girls. It's scope includes the importance of free play in the life of the child, and the use of non-directive play therapy as a therapeutic intervention, especially in schools. Authors included in the literature review are Klein, Moustakas, Soloman and Axline. The practice of dance therapy with this population is also discussed, focusing on the work of Polk. Personal observations of a video-taped session were analyzed. Although this is a pilot study, it appears that the teaching of group roller dance, by a dance therapist, could foster socialization, and positive affect, increase self-control, and develop mastery and competence of the skills taught. (Includes photos)

PERRIN, Anne Marie..... Spring, 1992

Dance Therapy with borderline Personality Disordered Patients

This thesis examines dance therapy techniques used with borderline personality disordered patients. The paper begins with a definition of borderline patients which includes their common clinical features and commonly employed defense mechanisms. This section is followed by a review on developmental theory as it relates to the etiology of borderline character formation.

This is followed by a review of both verbal treatment techniques and dance therapy techniques leading into the final discussion of which techniques best facilitates treatment of the borderline patient.

PETITO, Ellen..... 1989 May

Dance/Movement Therapy As a Therapeutic Intervention with Dancers Who Become Mentally Ill

The demanding career of a dancer has its drawbacks. A literature review of the dancer's lifestyle, on both a professional and personal level revealed many stressors and limitations. A breakdown in one's supportive environment or in one's psychic functioning results in a decrease in one's ability to cope with the pressures of performing. The dancer's strong desire to succeed also works against them and causes reactions that are hazardous to their health. Dance Therapy, as a therapeutic intervention with dancers, was compared with dance classes. The comparison revealed the artificiality required of dancers in their trade, especially for ballet dancers, as opposed to the reality to the reality discovered in dance therapy. The literature about dancers in dance therapy points out specific goals that are helpful in treating dancers. The importance of the dance therapist's role in treatment and in controlling the transference/countertransference relationship is emphasized.

Five dancers who attended dance therapy at Payne Whitney Clinic of New York Hospital were studied and compared among themselves and among non-dancer patients; this study revealed certain factors which affected their performance. An awareness of dancers pressured lives, their needs, and their performance in dance therapy should guide the therapist in successful treatment of dance patients in dance therapy.

Abstracts (cont.)

Special Populations (cont.)

PHELPS, Lynne Francesca..... 1985

Play As A Therapeutic Process With Latency Age Boys

Play, a major activity in the life of the latency-age child, provides children with a familiar language in which they can express their feelings. In working with hospitalized latency-age boys, forms of play were used in dance/movement therapy sessions. One-hour therapy sessions were conducted once a week with latency-age boys over a nine month period. Chronological sessions notes were written immediately following each session, and form the basis of the discussion. In this discussion, session observations are looked at in light of the literature on latency, play, and development. Various play activities, namely random play, game activity and symbolic play, were used as therapeutic tools to aid patients in meeting their needs. Random play was characterized as an activity which allowed patients time alone to practice and succeed at a task. Game activity is defined as patients' using play to interact and socialize with each other. Increased interaction made possible symbolic play, as seen in the drama "Fishy-Fishy". As patients' feelings became more readily available within sessions, this symbolic play drama became an accessible therapeutic tool that offered patients a safe outlet for working through their problems. The progression from random play to game activities, then to symbolic play, mirrored the individual's development of social, physical and emotional skills and the deepening of the therapeutic process.

PIZZINO, Josephine..... 1988 May

"Attachment: A Case Study of a Relationship Between a Dance Therapist and a client"

This case study examines the process of how a relationship developed between a dance therapist and a communication impaired, emotionally disturbed preschool boy. Various theoretical frameworks are reviewed to provide a historical overview of the literature and offer alternative positions on the nature and role of relationships in the therapeutic alliance. Beginning with Freud, the drive model is discussed and viewed as the precursor of later relational models, primarily object relations and attachment theory. Reviewed are the theories of Sullivan, Fairbairn, Winnicott, Mahler and Bolby, among others. Recent clinical studies which have sought to test the theories of Bolby are cited.

Attachment issues are discussed as a logical and effective resource for work with children and other clients who lack a developed ego and the secondary process skills needed to manipulate or conceal their attachment needs. In recognizing the fragility of the child's ego, the attachment needs can be a useful tool for dance therapists in creating a therapeutic alliance and help the client discover appropriate behaviors and communications skills.

QUILL, Leslie J..... 1987 Jan.

Case Study of a Hallucinating Schizophrenic in Dance/Movement Therapy

This is a case study working with an actively hallucinating male schizophrenic in dance/movement therapy. Discussed here is the role of the group's supportive environment in his increased awareness of himself and an increased ability to relate to others. By acknowledging and accepting the hallucinatory experiences as real for him and by focusing on the behavioral consequences of the hallucinations there was considerable progress made toward decreased hallucinatory activity. Through movement, I identified and focused on behaviors that reflected his overall functioning problems and helped the group provide him with constructive feedback in a nurturing way. By learning more effective socialization skills the patient then is able to choose to interact with others more instead of resorting to his hallucinatory world.

These relating skills gave him an improved sense of self and more social confidence. This confidence and ability are the first steps toward him changing long existing patterns of reverting to hallucinations to gain reinforcement and validation.

Abstracts (cont.)

Special Populations (cont.)

RADCLIFFE, Nicholas..... 1985 Dec.

Dance Therapy As a Primary Therapy: The Many Uses of Dance Therapy with the Dual Diagnosis Client

This paper describes a course of dance therapy with a group of developmentally disabled, emotionally disturbed adolescents, known as "dual diagnosis" clients. The particular requirements of working with the dual diagnosis client are explored, and background information about this population is included. The account draws upon theories of movement therapy and dance, and also utilizes the perspectives of theorists of teaching, social work, psychology and psychiatry. Incorporated is the view that broad knowledge of therapy techniques will prove most effective when used in concert with a firm grasp of the particular therapy goals of the client or of the group.

RAY, Diane..... 1973 June

Movement Characteristics of Childhood Schizophrenia

A 40-minute film on childhood schizophrenia and two shorter films on infantile autism were viewed for the purpose of recording movement and then compared through Martha Davis' diagnostic scale.

REICH, Judith..... 1977 May

Longitudinal Study of an Adolescent in Dance Therapy

A case study describing the movement and behavioral characteristics of a 17 year old boy. The contention is that there exists an observable development towards healthier movement patterns over the course of dance therapy for this patient.

SAMUELS, Adrienne..... 1986 May

Dance/Movement Therapy: A Means of Expanding Social Interaction With Institutionalized Aged

The following is a discussion of dance/movement therapy as a viable treatment for elderly individuals living in a nursing institution. Social theories of aging will provide the context in which to perceive aspects of the aging process. The results of multiple losses, nursing institutional living and aging in general has a profound effect psychologically, and on the movement repertoire of elderly people. This directly effects their ability to interact with others and in general cope in their environment. It is a basic premise of this paper that dance/movement therapy can approach and work with the psycho-social needs of the elderly and can help reconnect the individual back into some social milieu.

SEIBEL, Jean..... 1985 May

A Behavioral Dance Therapy Assessment for Mentally Retarded Adults in Day Treatment

This paper presents the conflict between dance therapy and behaviorally oriented institutions for mentally retarded adults. The goal is to create a behavioral assessment that reflects the client in the dance therapy process initially, as well as changes over time. This paper does this by exploring and then tying together the literature on mental retardation, behavioral goals, and dance therapy. Setting (Alhambra Day Treatment Center) and demographic information on clients are discussed.

Four different assessments used in day treatment centers are critiqued: FECS (Federal Employment and Guidance Service) Assessment, Dance/Movement Therapy Evaluation, YAI (Young Adult Institution) Bedford Day Treatment Assessment, YAI Assessment. I devise an assessment that covers sensory-motor development, cognitive development, social development and movement expression.

SEYMOUR, Jo Ellen..... 1978 June

VALENTE, Andrea... 1978

Case Study: The Effects of Dance Therapy on the Chronic Patient

The methodological approach involving 1) reviewing the literature concerning institutionalization 2) describing the history of an institution, and 3) analyzing and discussing in depth a series of 3 video tapes showing a chronic schizophrenic patient in dance therapy session.

Abstracts (cont.)

Special Populations (cont.)

SEYMOUR, Patricia..... Fall, 1995

Dance/Movement Therapy: A Prescription for Troubled Adolescent.

This paper reviews the literature on the developmental stage of adolescence, the conflicts which may arise, and particularly conduct disorder in adolescence. Theories which have been found useful when working with conduct disordered adolescents are reviewed as is dance/movement therapy. These themes are presented in relation to the specific externalizing symptomatology that adolescents generally display. Three structured dance/movement exercises are used to illustrate how they assist the conduct disordered adolescent in resolving specific developmental issues.

SHAALTIEL, Miri..... 1988 May

A case study of an emotionally disturbed child

This paper presents a case study of nine individual dance therapy sessions with a 7 year old emotionally disturbed child. The study was done in a day care center for emotionally disturbed children in Brooklyn, (IHB). The purpose of this study is to illustrate a full development of a therapeutic process in dance therapy with a child. What struck me the most when choosing to study this case was the challenge of working with a resistant child. The initial emphasis in therapy was to establish a trustful relationship with the child. The trustful relationship was meant to then lead to an increase of self-esteem. The following literature review covers three main topics that provide a background for understanding the difficulties of an Afro-American emotionally disturbed child. The literature reviews emotional disturbances in children, attention deficit disorder and Afro-American children from low socio-economical backgrounds.

The study illustrates how a positive trustful relationship can evolve over a period of three months of working in individual dance therapy.

SHOR, Ruth M..... 1982 Jan.

The Effect of Dance Therapy on Ego Boundary Disturbances

The purpose of this research project was to determine the effect of dance therapy, given three times a week for six weeks, on the ego boundary conditions of eight young schizophrenic inpatients at St. Elizabeth's Hospital. A test-retest design with experimental and control conditions was used. The Barrier/Penetration scale of the Rorschach Inkblot test was used to measure change in the penetrability and impenetrability of the ego-boundary. Statistical analysis consisted of a two day analysis of variance with one repeated measure. The effect predicted was a higher Barrier score and lower Penetration score in the experimental group after the intervention of dance therapy. It was predicted that there would be no change in either the Barrier or Penetration score in the control group during post testing. No statistically significant differences were found when the mean Barrier and Penetration scores of the experimental group were compared to those of the control group on post-testing. Nor were there any statistically significant differences found when the pre and post Barrier/Penetration mean scores of the experimental group were compared. It was suggested that negative results may be related to 1) the low n of the sample size 2) the short time period of the intervention and, 3) the differences in ward milieu of the experimental and control groups. With improvement of these conditions, further study of this hypothesis is suggested.

SIMON, Jennifer..... 1996 May

Dance Therapy and the Deaf Population

Based on this author's experience the deaf population can benefit a great deal from dance therapy. This paper focuses on how to use dance therapy as a hearing therapist working with a deaf adult psychiatric population. The term deaf in this paper refers to individuals who have any impairment in hearing words and sounds. The paper is divided into sections discussing dance therapy, the deaf community, methods of communication, the psychology of deafness, history of deaf mental health services, types of diagnosis, the therapeutic relationship, transference and counter-transference, use of dance with the deaf, use of dance therapy with the deaf, and a final discussion.

Abstracts (cont.)

Special Populations (cont.)

SMITH-STALLMAN, Rachelle..... 1987 Dec.

Morale in the Older Adult After Dance/Movement Therapy

The literature on aging includes numerous studies concerning exercise and specifically dance/movement therapy with older adults. Erikson's developmental model defines the psychosocial task of the older adult as resolution of the conflict between ego integrity vs. despair. Among the variables identified as influential in this resolution are: socialization, institutionalization, physical health, psychological coping mechanisms, social and family support, financial well being, sense of purpose, marital status, social myths and beliefs about aging, medication, sex, activity and exercise.

Exercise specifically has been shown to increase fitness for those over sixty, and dance/movement therapy has been shown to produce an overall feeling of well being in the elderly. By providing an opportunity for socialization, rhythmic movement, self-expression, touch, creativity, reminiscence, mutual support and positive group process, dance/movement therapy contributes to the development of the ego integrity in the older adult.

The current study used the population of older adults from the summer program of the New York State Parks and Recreation Department. Morale was examined in the relationship between dance/movement therapy, exercise, dance, non-structured control group and a Hebrew class. Although no significant results were found, there was some evidence to encourage further research in this area.

SOLER, Lola..... 1975 May

WILANSKY, Shirley..... 1975 May

An Observational research Study of Three Behaviorally Disturbed Boys

A case study of three disturbed boys using both description and analysis of videotapes.

STRICKLER, Sari Allyn..... 1995 June

The Neutral Zone: A Theoretical Paradigm Dance/Movement Therapy for Hearing Parents and Deaf Children

This thesis explores dance/movement therapy as an effective therapeutic modality for enhancing communication of the deaf member family system. The review of literature focuses on: the etiology and psychological development of deafness; the psychological impact on hearing parents and their deaf child; theories related to dance/movement therapy and object relations; and the use of dance/movement therapy with deaf children and their family system. The second chapter integrates the theoretical frameworks of Winnicott, Satir, and Luterma with dance/movement therapy theory in developing a paradigm for working with this population. According to this author, this preliminary study validates the use of dance/movement therapy for hearing parents and deaf children because of the use of the "neutral" language of dance.

TOOMEY, Patricia Needham..... 1982 Dec.

Dance Therapy as a Primary Process with the Autistic Child.

The author presents a comprehensive study of the therapeutic process as it evolved in work with an autistic child. A detailed exploration of the dance therapy experience in a time frame of nine months is presented. The relationship is detailed to support the concept of dance therapy as the primary source for intervention with the autistic child. Conclusions are made which indicate the important results this therapy may effect.

TROTT, Marjory..... 1995 May

Dance Therapy as a Way to Increase Self-Esteem in Adolescent Girls

This paper reviews the literature on adolescents, adolescent girls, body image, self-esteem and the problems created when it is lacking, and culture expectations of girls and women in America. Theories on how to work with adolescent girls are presented along with the literature on dance therapy, both in general, and as it relates to adolescents and the specific issues that they face. And, finally, a model for using dance therapy to increase self-esteem in girls entering adolescence is developed.

Abstracts (cont.)

Special Populations (cont.)

TRUPPI, Ann Marie..... 1975 Jan.

Dance Therapy Program For Hearing Impaired Children

A philosophy and approach for work in dance therapy with hearing impaired children based on actual sessions over one semesters interval and the conclusion drawn from that experience.

UBELL, Shirley..... 1984 May

An Adult Anorectic Treated by The Arts in a Freudian Wonderland

This study examines the use and theory of a variety of arts therapies combined with psychoanalysis in the treatment of one adult anorectic: the author. The details of the case are traced from the time I was 43 in January, 1972, when a psychiatrist gave me the diagnosis of anorexia nervosa until my psychological rebirth 12 years later. I have examined the theories underlying the various therapies: Freudian analysis, music therapy, poetry therapy, art therapy and dance therapy. I have shown how each therapy contributed to the restructuring of my personality and how the combination achieved what each alone could not.

VALPREDA, Suzanne..... Spring, 1995

Using Story Telling in Dance/Movement Therapy with Latency Age Children.

The value of story telling was discovered while working with latency aged children on an acute psychiatric unit. This discovery occurred through the spontaneous initiation and creation of stories by the children during dance therapy sessions. The stories created by the children were used to accompany dance movement expression and became a frequent occurrence in sessions. The use of story seemed to aid verbal expression, help to resolve issues, and aided self-discovery. Eventually story telling was integrated into the dance therapy session with latency aged children on a regular basis. The purpose of this thesis was to gain a better understanding of how story telling helped the children to express inner conflicts and to resolve issues, particularly those inherent to the latency stage. Also the purpose of this thesis was to understand how story telling is of value to the dance therapy session, particularly with latency aged children.

Through the review of literature concerning latency, play, dance therapy with children, and different techniques that used story telling in therapy with children, a better understanding was gained concerning the value and usefulness of story telling. It seemed that story telling tapped into the latency aged child's new ability to cooperate with others and to engage in play that produces a final project. Story telling engages a latency aged child in the new development of imagination and needs to engage in fantasy play. Also during latency, children begin to project inner conflicts into play activity so that they can resolve or "work through" these issues. Story telling provides a medium in which they can verbally talk through inner conflicts.

During the dance therapy session, story telling provided the children with the opportunity to verbally express and communicate emotions that would emerge through the dance movement expression. The stories that were created provided structure for emotional material and provided an outlet to role-play. The use of story telling supported the creative process, spontaneity, and metaphor that is important during dance therapy sessions. Most importantly story telling would involve the children in the therapeutic process, build ego strength, and aid in self-discovery.

In conclusion, story telling was of great value to the dance therapy session, particularly with latency aged children. These children were easily engaged in this creative modality and were able to utilize story telling to enhance the dance therapy session.

WILANSKY, Shirley..... 1975 May

SOLER, Lola

An Observational Research Study of Three Behaviorally Disturbed Boys

See: Soler, Lola

Abstracts (cont.)

Special Populations (cont.)

WISEL, Lisa..... Spring, 1991

Profile of Nonverbal Indicators of Aggression: A Dance Therapist's Perspective

This paper focuses on aggressive behavior and the specific characteristics of the psychiatric patient in the hospital setting. Consideration was given to various aspects of aggression, definitions, scales and theoretical frameworks.

Assessment, treatment planning and management for the assaultive patient are discussed.

The Long Beach Memorial Hospital's aggressive profile, which was developed in collaboration with the multi-disciplinary treatment team is presented. It was designed to provide staff with cues to potentially violent behavior. Terms are defined and methods for clinical use of the profile are covered.

Specific implications for dance/movement therapy are explored. A list of movements during moments of increased aggressive tension is included along with dance/movement therapy interventions. Long range implications for uses of the Long Beach Memorial Hospital aggression profile and it's perspective on the aggressive patient are for further study.

WISSINGER, Anne-Louise..... Spring, 1994

Dance/Movement Therapy and Children with Learning Disabilities: A Perceptual Motor Approach

The focus of this thesis is on using dance/movement therapy, in combination with perceptual motor approaches to treat children with learning disabilities. Children with learning disabilities are a heterogeneous group, with a spectrum of characteristics. These children have at least average learning potential, but have some problems that interfere with normal learning. There are a variety of theories and approaches in dealing with learning disabled children. Little evidence supports the superiority of one approach over another. Perceptual-motor therapy and dance/movement therapy share some common goal and philosophies and are presented herein as effective interventions for children with learning disabilities. These theories lend to each other different facets for approaching and treating learning disabilities in a diverse and multifaceted manner.

Theories

ABRAHAMSEN, Synnove J..... Spring, 1992

Eating Disorders: A Personal Growth Issue for Dance Therapists In Training

Students entering the field of dance therapy are predominantly women who have had dance training. As these students are a logical target for eating disorders, a questionnaire was implemented which included responses from two classes of dance therapy and dual degree students. This was to determine if there are any trends toward eating disorders and other related issues.

First a background into eating disorders is given that focuses on three components: clinical definition, social aspects, and psychological development. Dance therapy is also discussed as treatment for eating disorders.

Although conclusive evidence for clinically defined eating disorders was not established, eating disorder behaviors were indicated. The most significant finding in the research was the high percentage of body size dissatisfaction among the students. Clearly, if a dance therapist is to function highest using her body as a tool in therapy, these issues need to be recognized if not resolved.

Abstracts (cont.)

Theories (cont.)

ADAMS, Susan Leigh..... 1996 May

The Symbolic Meaning of the Circle in Relation to Healing in Dance Therapy

The circle functions as a symbolic and structural form in rituals, art, dance and healing, specifically psychotherapy and dance therapy. As an archetypal image, the circle instills a sense of wholeness and universality and the ensuing well-being that accompanies the feelings of belonging to something greater than ourselves. In this sense circle has significance in the healing of the individual and the community. To prove this premise, examples are provided regarding how the circle has been utilized in healing rites as well as in current psychotherapeutic practices (such as in group process, archetypal psychology and dance therapy). This thesis attempts to illustrate how the circle in ritual has curative effects. Primary in its therapeutic value is that it gives meaning to one's life through the continuous connection with others.

Dance alone has great curative potential. As a kinesthetic process it connects one to their emotions and allows cathartic discharge of emotion. One also shares this experience with others in the circle of dance, inducing a feeling of acceptance and commonality with others. The arts, specifically dance are essential in our lives as human beings and they play a paramount role in rituals. Humans have an inherent need for symbolic experience and this experience has intrinsic and extrinsic benefits to the individual and the community. Our role as dance therapists is to create an environment where the individuals feel safe and can begin to feel whole and complete as a separate individual who is functional in their community. Dance therapy obtains great potential for healing due to its utilization of two proven curative means; the circle and the dance. These two elements provide the context for the process of dance therapy which can be akin to ritual, which is also proven to have curative potential.

BARTHEL, Paula..... 1983 Feb.

Milieu Therapy in a State Hospital

This paper looks at Cummings and Cummings' system of Ego Psychology and Sullivan's Interpersonal Theory. Both postulate theories of growth suggest that changes in personality are attainable in a structured environment which addresses the progressive issues arising at each stage of development. A "therapeutic milieu" is such an environment, providing a graded series of challenges, which relate to the developmental crisis not yet mastered by the patient. The closing section of this paper looks at rehabilitation programs in a state hospital, exploring the therapeutic opportunities which are offered, with reference to Cummings and Cummings' and Sullivan's theoretical frameworks.

BOGNAR, Aniko..... 1995 Dec.

Psychodynamic Approach to Short-Term Treatment of Addiction in Group Dance Therapy

This thesis presents an approach to short-term treatment of addiction that focuses on the psychodynamic processes in group dance/movement therapy.

The literature review includes the etiology of Substance-Related Disorders according to psychodynamic theory. The emphasis is on the substance abuser's response to psychological suffering and related self-regulatory deficiencies, as well as the treatment implications based on this theoretical approach. The review of the dance therapy literature highlights the characteristic behavior and movement experiences of this population in group dance therapy.

Chapter II presents an integration of psychodynamic approach to group dance/movement therapy in short-term treatment of addiction. Case presentations provide examples of psychodynamic processes and their related behavioral manifestations in group dance/movement therapy. The conclusion suggests that a psychodynamic application to dance/movement therapy leads the dance therapist to an in-depth clinical understanding of Substance-Related Disorder and provides a valuable and important conceptual framework.

Abstracts (cont.)

Theories (cont.)

BUCKINGHAM, Jill M..... Fall, 1987

A Rationale For Family Dance Therapy For Treating The Emotionally Disturbed Child

Historically, emotionally disturbed children have received treatment in isolation from their family. With the increased acceptance of the systemic family origin of emotional disturbances in children, the need has arisen for an integration of child therapy and family therapy. The traditional verbal approach of family therapy limits the active participation of the emotionally disturbed child in the therapeutic process. Therefore, this paper promotes the joining of dance-movement therapy and family therapy to create a hybrid theoretical perspective-family dance therapy. To support this hybridization, a developmental approach to treating the emotionally disturbed child through the techniques of dance-movement therapy is presented. In addition, the importance of the family system is discussed in relation to the environmental effect on the child's psychological development. These theoretical constructs are subsequently integrated to form a cohesive therapeutic perspective. Finally, suggestions are made to further the awareness of the mental health field to the value of a dance-movement therapy based approach to family therapy.

CARSTENS, Marie..... Fall, 1995

Creative Art Therapies With a Depressed Patient

The usefulness of creative arts therapies as forms of expression for an outpatient with depression is examined. The nature of expression in psychotherapy and the importance of the creative arts as mediums for expressing feelings and attitudes which accompany depression is explored. We know that individuals have affinities for certain mediums of expressions but for this outpatient (Ms. M) with depression each medium: art, music and dance, provided a framework for expressing certain symptoms of depression. This paper discusses Ms. M.'s use of each of the creative arts and speculates as to why they were used in a particular way.

CHEESMAN, Paula..... 1993 May

The Integration of Dance Therapy Into the Practice of Psychiatry Rehabilitation

This paper is the synthesis of existing literature in the fields of dance/movement therapy and psychiatric rehabilitation with chronic schizophrenic patients, and the author's experience as a dance/movement therapist in a psychiatric rehabilitation setting at South Beach Psychiatric Center. Within the structure of this paper, the author suggests what dance therapists must do in order to integrate the concepts and practice of psychiatric rehabilitation into dance therapy methodology. An attempt is made to describe what it is about the \psychiatric Rehabilitation system as practiced at South Beach Psychiatric Center, that is presently incongruent to the practice of dance/movement therapy; the areas in which these two fields seem to share commonalities in the areas of treatment processes, principles and philosophy; and what would have to change in order to successfully integrate dance/movement therapy into the system at South Beach.

COMER, Matthew E..... Fall, 1992

Dance Therapy and Gay Men with Aids

The following thesis examines the use of dance therapy interventions with a population of "normal neurotic" gay men that are HIV positive or are in the symptomatic stages of AIDS. The history of male homosexuality, its predominance in society and society's response to homosexuality is reviewed. The progression of the disease from HIV seropositivity to AIDS is focused on as well as the effect of AIDS on body and mental functioning. Also examined is the public response to HIV/AIDS and an overview of the groupwork that has been done with this population.

Abstracts (cont.)

Theories (cont.)

CONNELL, Jean..... 1991 May

Movement Therapy for the Angry Adolescent

The primary goal of this thesis is to provide a model for treating the angry adolescent in dance/movement therapy. In constructing this model, I have incorporated the ideas of anger-control management from a cognitive-behavioral perspective. I present a case study in which I include many movement suggestions for dealing with the adolescent and his/her impulsive aggressive reaction to anger. This thesis will also review adolescents by recognizing their self-concept as theorized by E.H. Erikson. This case-study will demonstrate that in order for an adolescent to control aggressive-impulsive behavior they must possess some recognition of self.

My hope is that this material may contribute to the understanding and treatment of the "angry adolescent", as well as recognizing the efficacy of dance/movement therapy as a treatment modality for this population.

DEROSA, Maria..... 1996 May

The Relationship of Dance/Movement Therapy to Philosophical Aspects of Aikido

The pioneers of dance/movement therapy independently began using previously untried applications of dance as a means to communicate with psychotic and otherwise dysfunctional patients. They studied Western psychological theorists of their day to develop a framework in which to support their work with various populations. Therefore, the theoretical framework of dance/movement therapy is based in psychology. However, Western psychology fails to address those aspects indigenous to dance/movement therapy such as the connection of mind/body/spirit and use of blending with another person in order to effect change. The early pioneers suggested that dance/movement therapists examine Eastern philosophy and its relationship to how the non-verbal therapeutic mode works. There currently exists a trend to systematically compare Eastern philosophy with Western psychological theories; very few focus on the specific curative mode of dance/movement therapy.

The purpose of this thesis is to study the connection between the Eastern philosophy on which Aikido is based to the theory and practice of dance/movement therapy. By examining Eastern philosophy and its application to the healing aspects intrinsic to the process of dance/movement therapy, clinicians may expand their current theoretical framework.

DORMAN, Geri B..... 1980 Jan.

Sub Verbal Social Processes in Self Development and Healing

Explains personality development and social interactions from the views of George H. Mead & Harry S. Sullivan. Examines the reflective self, developmental epochs (prototaxic, parataxic & syntactic experience), the schizoid identity (R.D. Laing) and parataxic distortion. Interpersonal psychotherapy and Dance Therapy are discussed concerning theory, methods and goals. The emphasis is in the Dance Therapy techniques which address themselves to communication and re-socialization of preverbal experience in the prototaxic and parataxic experience.

FABSO, Jody..... 1986 Dec.

Understanding Addiction in a Patient Diagnosed as Schizophrenic

This thesis is concerned with a 32 year old male psychiatric patient whose substance abuse was not given primary attention. Before hospitalization, the patient abused drugs and alcohol. His use of mood-altering substance did not cease upon admission to the hospital but rather switched from illegal to legal and readily available substances.

The literature review includes reading on alcoholism, nicotine abuse, caffeinism, inhalant and food abuse. The disease concept of alcoholism is used as a point of departure to examine the patient's abuse of perfume, cigarettes, coffee, nasal inhalers and food as well as his self-anesthetizing neck choking behavior. A report of this male patient in 24 individual dance therapy sessions that were viewed within a theoretical framework of schizophrenia is presented. The critique of the case study reviews the initial working process, examines the signals of substance dependence that the therapist did not know how to address and concludes that many of the bizarre behaviors attributed to this psychiatric patient are actually addictive behaviors. The critique suggests changes in approach for the dance therapy sessions and stresses that the healing process of the patient is impeded unless his substance dependence is treated.

Abstracts (cont.)

Theories (cont.)

FISHBEIN, Tema..... 1985 Nov.

The Development of Body Image. It's Clinical Implications in Dance/Movement Therapy: A Case Study

This paper explores the development of body image from infancy to early childhood, reviewing developmental theorists and researchers to define the variables in the environment which influences and shapes human development.

The paper also presents a case study describing dance/movement therapy with a child who has severe body image disturbance, the author recreates the therapeutic process of meeting the client at the stage of her developmental arrest, and helping her to travel the path to a healthy image of her body.

The case study examines the child's developmental arrest, how it was diagnosed, and confirms the usefulness of Dance/Movement Therapy in reconstructing a body image which was functional and appropriate to the child's age.

GIANNONE, Gina Marie..... 1993 Dec.

Moving up with Downs: A Dance Movement Therapist's Perspective on Enhancing Socialization with Down Syndrome Adolescents

The first chapter is a review of the literature. It includes the four classifications of mental retardation; explains the cause of down syndrome, discusses the different types, and describes the physical features of a person with down syndrome. In addition the literature on adolescence, on socialization and on improving social skills with mentally retarded children and adolescents is discussed.

The second chapter describes dance/movement therapy in a public school setting. It details how a dance/movement therapist helped nine down syndrome adolescents by enhancing and encouraging explorations of social interaction. This chapter illustrates an eclectic approach to working with mentally retarded adolescents. The dance/movement therapy sessions increased socialization with down syndrome adolescents by exploring creative expression, academic concepts and, role playing. Socialization was modeled by treating the students with respect, humor and sensitivity.

GINZBERG, Judith..... 1988 May

Use of Dance/Movement Therapy and Other Creative Arts with Homeless Men in New York City Shelters

The homeless population of New York City is identified and described. "Economic influences" and institutionalized deprivation are cited as the major causes of homelessness, along with a lack of low-income housing. The inhumane conditions of "emergency" shelters are described in the context of an overall failure to provide decent and necessary services to the homeless poor.

The establishment of a dance movement therapy program in conjunction with other creative arts therapies in two shelters for single men is discussed. The initial goals are delineated as 1) Establishment of trust, 2) Facilitation of group interaction, communication, and understanding, and 3) Enhancement of self-esteem, as they are worked towards through engaging the men in dance/movement and other creative arts therapies.

The therapies of being able to work with large groups of 50 to 200 individuals is in order to transform the environment and effect the greatest numbers is posited, and the methods are discussed. Ritual, rhythm, and the use of appropriate music, as well as the occasional use of props are cited as important factors. Beginning, middles, and endings of typical dance/movement therapy sessions are described and special issues of gaining the trust of clients, touch and sexuality and homosexuality are dealt with.

Dance/movement therapy and other creative activities are seen as ways of helping to empower the disenfranchised homeless by initially facilitating healing through self love.

Abstracts (cont.)

Theories (cont.)

HINES, Martha Anne..... 1980

The Nature of a Theme in Dance Therapy as Related to the Focal-Conflict Model

The purpose of this study is to determine the nature of a theme in a dance therapy session, specifically as it relates to the Focal-Conflict Model of Whitaker and Leiberman. The following topics are covered in the review of literature: Themes in verbal therapy, themes in dance therapy, and premises of dance therapy as related to conflict. The nature of a theme is presented as a synthesis of the above material and each component is discussed as it may manifest itself in the movement process. One dance therapy session of college students is reviewed. It is concluded that the Focal-Conflict Model is of value in analyzing the movement theme of a group. Specifically, there seems to be a significant relationship between the affect and focus of the group, and movement of the session toward a solution is determined by the amount of synchrony in group movement.

HOFFER, Marcela..... Spring, 1994

Dance/Movement Therapy with Children Who Suffer From Maternal Deprivation

This study proposes a dance/movement therapy model for use with children who suffer from maternal deprivation. Based on the theoretical constructs of Winnicott (1965; 1971; 1984; 1986; 1988) and Stern (1985) this study proposes that dance/movement therapy as a non-verbal therapeutic technique may duplicate the work healthy mothers do with their own children in development, helping this population reexperience the process of mothering, within a therapeutic context.

LAMB, Theresa..... 1985 Nov.

Personal Fitness Training and Dance/Movement Therapy

This thesis presents the history, research and current concerns in sport psychology; and, the application of sport psychology and dance/movement therapy to personal fitness training.

LASHMAN, Gail A..... 1979 Jan.

Dance Therapy for the Aged

Dance Therapy for the aged is a two part thesis. Part One represents the writer's process of learning the Federal Grant application system. Part Two involves a project of actually writing a grant designed in conformance with the 1978 Administration on Aging - Model Projects Guidelines (Older Americans Act, Title II, Section 308).

LITVAK-ROTH, Liz..... Spring, 1994

A Learning Disabled Individual's Life Experience to the Dance/Movement Therapy Process

This paper is an examination of the impact of life long dance training on the educational and social functioning of a learning disabled individual, the author. It is further, an application of this life experience, to the dance/movement therapy process as it might be practiced with children with learning disabilities.

MARCUS, Nurit..... 1993 May

The Role of Dance/Movement Therapy in Stress Management

This theoretical paper focuses on the effectiveness of dance/movement therapy in the treatment of stress-related disorders. The literature reviewed emphasizes the importance of the mind-body connection, and stress - its definition, process, and pathology. The principles of dance/movement therapy are presented and discussed in relation to stress management. It is suggested that dance/movement therapy, as a treatment modality, integrates physiological, cognitive and behavioral techniques to improve an individual's ability to manage stress.

Abstracts (cont.)

Theories (cont.)

MARGUERAT, Franchette..... 1986 May

Dance Therapy: Integration with Psychoanalysis

This thesis is a presentation of dance/movement therapy in its unique aspects as psychotherapeutic modality, as well as in its similarities and differences vis-à-vis psychoanalytic verbal psychotherapy. It involves an overview of dance therapy including a brief history, goals and its why's and how's. Following are two comparative and integrative discussions about dance therapy and verbal psychotherapy. The first is about the methods and tools utilized in both modalities: the use of verbal and non-verbal expression, and the use of empathy/intuition, as well as added tools specific to dance therapy: the use of touch, sounds, space. The second concerns the differences and similarities in the therapeutic processes involved in "dance therapeutic" and psychotherapeutic treatment, i.e., therapeutic alliance. Transference/countertransference and insight.

Within this paper, the author attempts to illustrate that by using primarily body/movement - a natural and universal phenomenon - as a foundation for communication, without ignoring the verbal sphere, dance therapy may enlarge the traditional verbal psychotherapeutic approach. Dance therapy is presented as being inclusive, by providing an in-depth psychotherapeutic intervention involving verbal populations of patients, and by subsequently extending it to non-verbal populations. The author attempts also to show the holistic approach of dance therapy in that it provides the opportunity to explore the three most fundamental ways of expressing oneself: movement, imagery and verbalization, and allows the client to experience him/herself as a total being - body/mind - in the expression of his/her emotions.

McKENNA, Marie..... Spring, 1994

The Termination Process - A Theoretical Perspective

The author presents a theoretical overview of the termination process. The dynamic commonalities that manifest in the clinical content of the termination process is examined from a theoretical perspective within a framework which includes Mahler's developmental theory of the separation-individuation process and the psychodynamic characteristics of the loss experience. Feelings of separation, loss, dependency, and death can be stimulated during the termination process. The author suggests that in group dance therapy, termination can be better understood within a conceptual framework that considers termination as a process. The facilitative role of dance/movement therapy using the theoretical model set forth in this paper is presented.

Abstracts (cont.)

Theories (cont.)

MILLER, Elizabeth..... 1984 Apr.

Dance Therapy As A Treatment Approach For Obesity

Obesity is an ever present problem in the United States today. Diets, exercise programs, and self-help groups are approaches aimed at "curing" this problem. While each of these approaches does succeed in a short term weight reduction, any one of these methods alone is not effective in maintaining a weight loss. In this paper I look at dance therapy as a treatment method for dealing with obesity.

Literature in this area traces the anthropological, sociological, biological, and psychological influences on the obese persons. Researchers feel that an effective program for the treatment of obesity must combine diet and exercise. Dealing with the psychological aspects of overeating is also important for maintaining a weight loss, since the reasons behind this behavior must be treated if weight is not to be regained.

Because dance therapy deals with integrating body and mind, one might assume that it would be an effective means for approaching both physical and emotional aspects involved in treating obesity. I designed a pilot study to investigate which dance therapy techniques might be useful, and what changes might occur in the individuals participating in the study. I then formulated guidelines for further programs.

Six overweight women, ages 17-55, who were being seen at a medical clinic for weight reduction, participated in the program. These women were lower income individuals of black or Hispanic origins. The six women participated for ten weeks in a program consisting of stretches, exercises, aerobics, and Chace technique dance therapy, plus a short post-session discussion period.

Because of the small number of participants, this study is inconclusive regarding the effectiveness of dance therapy for the treatment of obesity; however, the individuals participating in the study reported changes, including reducing in size, "feeling better", and developing a more active life style. Using logs, I reviewed the sessions to discover which dance therapy technique proved valuable. From this list of techniques I then formulated recommendations for the further integration of dance therapy in such a program. I found it important for participants to feel secure: Trust must be developed within the group. The individuals must also be given opportunities to feel, and to develop, a sense of control. I discuss ways in which dance therapy techniques can be used to encourage the participants to feel secure and in control.

Dance therapy offers an unique approach to the treatment of obesity. Used in a program along with exercise and diet, dance therapy provides the person with a model for a more active life style.

MUSACCHIO, Jean..... Fall, 1992

The Great Female Cover-up: Denial of Envy and Competition Between Women: its implications for Dance/Movement Therapy

Envy, jealousy, and competition between women have long been tabooed topics. In this thesis, the relevant literature on the development of women's relationships and these particular obstacles to their growth is explored. A major premise of this thesis is that since the majority of dance/movement therapists are women, this investigation of female envy and competition is pertinent to the field of dance/movement therapy; it has relevance both to the fledgling dance/movement therapist as she goes through the socialization process of a dance/movement therapy training program as well as the more experienced, professional dance/movement therapist as she seeks the support and solace of other women colleagues.

In the discussion, suggestions are made as to how the Hunter College Dance/Movement Therapy Master's Program might modify both didactic and experiential coursework to bring attention to women's denial of the envy and competition between them. Finally, it is recommended that the typical female-female relationship of supervisor-supervisee can only be fully understood with these covert aspects to women's relationships in mind; envy, jealousy, and competition between women should be brought into the light where they can be examined, shared, and recognized as part of women's wanting. Ultimately, we women may empower each other to get what we want.

Abstracts (cont.)

Theories (cont.)

NAGY, Ildiko..... 1996 May

The Therapeutic Mechanism of Ritual Dances and Dance Therapy

This thesis is a theoretical paper that compares the common healing factors in shamanistic or ritual dances and dance therapy. It focuses on three elements of the healing processes, RHYTHM, GROUP INVOLVEMENT, SYMBOLISM, and suggest a "new" therapeutic factor, ALTERED STATES OF CONSCIOUSNESS (trance). Finally biochemical processes and emotional correlations are discussed, emphasizing the role of ENDORPHINS in therapeutic mechanism.

OCASIO-RIVERA, Roberto..... 1989 May

Becoming a Dance/Movement Therapist: A Puerto Rican Student's Experience.

This paper begins with the hypothesis that culture plays a role in the process of becoming a dance/movement therapist. To consider frames of reference for perception and behavior, the literature covers the subject of culture and values, religious background, family characteristics and communication style of Puerto Ricans. Lastly, the literature dealing with training of students is reviewed. In light of the above, the experience as a Puerto Rican student in a mainland training program is discussed.

The conclusion is that culture plays a role in the process of becoming a therapist. Students undergoing training in therapeutic work are prone to sense cultural factors, social and cultural differences and cultural obstacles. However, when it comes to interpersonal relations, knowledge of culture is important in determining whether an issue is cultural rather than personal. Thus, training personnel need to be aware of what is cultural and what is a basic point of view or personal understanding when analyzing behavior.

OLSEN, Janet..... 1992 June

Dance/Movement Therapy in Day-Care Centers: An Implementation Based on Erikson's Developmental Stages

The purpose of this thesis is to examine how dance/movement therapy benefits children in day-care centers. Day-care literature is reviewed and the pros and cons of day-care versus home-reared children in terms of child development are discussed. Erik Erikson's developmental stages provide a foundation on which to build a theoretical program involving dance/movement therapy in day-care. Finally, a plan implementing dance/movement therapy in existing day-care programs is provided along with exercises for each of Erikson's stages from birth to six years of age.

PETITO, Ellen..... 1989 May

Dance/Movement Therapy As a Therapeutic Intervention with Dancers Who Become Mentally Ill

The demanding career of a dancer has its drawbacks. A literature review of the dancer's lifestyle, on both a professional and personal level revealed many stressors and limitations. A breakdown in one's supportive environment or in one's psychic functioning results in a decrease in one's ability to cope with the pressures of performing. The dancer's strong desire to succeed also works against them and causes reactions that are hazardous to their health. Dance Therapy, as a therapeutic intervention with dancers, was compared with dance classes. The comparison revealed the artificiality required of dancers in their trade, especially for ballet dancers, as opposed to the reality to the reality discovered in dance therapy. The literature about dancers in dance therapy points out specific goals that are helpful in treating dancers. The importance of the dance therapist's role in treatment and in controlling the transference/countertransference relationship is emphasized. Five dancers who attended dance therapy at Payne Whitney Clinic of New York Hospital were studied and compared among themselves and among non-dancer patients; this study revealed certain factors which affected their performance. An awareness of dancers pressured lives, their needs, and their performance in dance therapy should guide the therapist in successful treatment of dance patients in dance therapy.

Abstracts (cont.)

Theories (cont.)

PHELPS, Lynne Francesca..... 1985 Dec.

Play As A Therapeutic Process With Latency Age Boys

Play, a major activity in the life of the latency-age child, provides children with a familiar language in which they can express their feelings. In working with hospitalized latency-age boys, forms of play were used in dance/movement therapy sessions. One-hour therapy sessions were conducted once a week with latency-age boys over a nine month period. Chronological sessions notes were written immediately following each session, and form the basis of the discussion. In this discussion, session observations are looked at in light of the literature on latency, play, and development. Various play activities, namely random play, game activity and symbolic play, were used as therapeutic tools to aid patients in meeting their needs. Random play was characterized as an activity which allowed patients time alone to practice and succeed at a task. Game activity is defined as patients' using play to interact and socialize with each other. Increased interaction made possible symbolic play, as seen in the drama "Fishy-Fishy". As patients' feelings became more readily available within sessions, this symbolic play drama became an accessible therapeutic tool that offered patients a safe outlet for working through their problems. The progression from random play to game activities, then to symbolic play, mirrored the individual's development of social, physical and emotional skills and the deepening of the therapeutic process.

PRESS, Estelle..... 1982

A Reichian Approach to Dance Therapy

Dance therapy is a recent development in the field of psychotherapy. As our field expands professionally, the need for more concrete and systematic theory and goals increases. Dance therapists must be able to substantiate their work. The therapeutic process in dance therapy focuses on the goal of achieving emotional and physical integration of the patient. This paper integrates the work of dance therapy as developed by Marion Chace with the character analytic and bioenergetic discoveries and techniques of Wilhelm Reich. The work and history of Reich is developed and related to dance therapy. This paper proposes the establishment of Reich's theories and techniques as a theoretical framework for the practice of dance therapy in the Chacian modality.

RANDEL, Patricia A..... 1981 Jan.

The Use of Dance Therapy With Chronic Pain Patients

This thesis is presented as a description of the theories of pain production from historic to modern time. The paper has three distinct but related sections. The first being a history of pain theories from several disciplines. The second section describes the chronic pain patient's psychological profile, current treatment and case histories. The third section describes the use of dance therapy as a therapeutic modality on a multi-disciplinary pain treatment center.

RAYNOR, Robyn Mae..... 1995 Apr.

Dance Therapy and Children with Autism: A Theoretical Framework

Children with autism have many unique behaviors and characteristics and thus have certain needs. The purpose of this thesis is to identify and propose the field of dance therapy as a treatment modality for children with autism. This paper reviews a wide body of literature about autism. The literature includes extensive descriptions of behaviors, various discussions of etiological theories, as well as past and current treatment modalities. The literature review includes chapters from various books, entire books, and professional journal articles. As a result of the literature review, this paper presents a theoretical framework that supports dance therapy as a treatment method which meets the special needs of children with autism.

Abstracts (cont.)

Theories (cont.)

REISS, Ellen..... 1984 Aug.

Effects of Stimulative Vs. Sedative Music on Social Interaction in Dance Therapy

Although music is widely used in dance therapy groups, little research has been done to examine the effects of music on people during dance therapy. As social interactions among group members is a primary goal in dance therapy it was decided to study the effects of music on this factor. Music psychologists have used the construct of stimulative versus sedative music to study the effects of music on various physiological and affective behaviors. Stimulative music is defined as music which features strong rhythm and loud volume, while sedative music features sustained melody as it's most prominent element. This construct was borrowed for the present study. Seventeen dance therapy students were asked to improvise movement to music during two sessions, one accompanied by stimulative music and the other by sedative music. Sessions were videotaped and analyzed to determine the number and duration of interactions occurring among subjects. Criteria for interactions were: eye contact, touch and verbalization. Results showed that stimulative music prompted fewer interactions of longer duration.

RISHER, Elise Ann..... Spring, 1991

Zen and the Art of Dance Therapy

The purpose of this thesis is to examine the connection between Zen and dance therapy in order to expand the current theoretical framework of dance therapy. The literature on Zen is examined and it's major concepts are outlined including Zen's focus on the non-verbal, non-intellectual aspects of experience, its emphasis on discipline and how that discipline leads to a spontaneous, intuitive process oriented approach to life. The literature comparing Zen and psychotherapy is also examined. This body of literature is divided into those articles that compare theoretical concepts of Zen to psychotherapy and those articles that apply Zen concepts and techniques to the process of psychotherapy. The discussion focuses on those aspects of dance therapy that relate to Zen, namely, the concept of the unity of body and mind and the focus on a non-verbal, experiential approach that stresses spontaneity and intuition. The paper concludes with possible applications of Zen to dance therapy and suggests that Zen may provide another basis for a theoretical framework of dance therapy.

The field of dance therapy developed out of the combination of modern dance techniques and psychological theories. The language and theoretical framework of dance therapy are based upon psychology. Psychology, however does not address those phenomenon that are unique to dance therapy such as the concept of body-mind unity, the direct physical expression of emotion and the non-verbal process of effecting change. It appears that dance therapists must look outside psychology for a conceptual framework that addresses these important aspects of the dance therapy process. Many dance therapists have suggested that their field has much in common with Eastern philosophy but there has been no systematic study of the relationship between dance therapy and Eastern thought. However, a number of psychotherapists have examined Eastern philosophies and have focused in particular on Zen Buddhism. From their work, it is apparent that Zen may have something to offer the dance therapists as well.

SAMUELS, Adrienne..... 1986 May

Dance/Movement Therapy: A Means of Expanding Social Interaction With Institutionalized Aged

The following is a discussion of dance/movement therapy as a viable treatment for elderly individuals living in a nursing institution. Social theories of aging will provide the context in which to perceive aspects of the aging process. The results of multiple losses, nursing institutional living and aging in general has a profound effect psychologically, and on the movement repertoire of elderly people. This directly effects their ability to interact with others and in general cope in their environment. It is a basic premise of this paper that dance/movement therapy can approach and work with the psycho-social needs of the elderly and can help reconnect the individual back into some social milieu.

Abstracts (cont.)

Theories (cont.)

SEIBEL, Jean..... 1985 May

A Behavioral Dance Therapy Assessment for Mentally Retarded Adults in Day Treatment

This paper presents the conflict between dance therapy and behaviorally oriented institutions for mentally retarded adults. The goal is to create a behavioral assessment that reflects the client in the dance therapy process initially, as well as changes over time. This paper does this by exploring and then tying together the literature on mental retardation, behavioral goals, and dance therapy. Setting (Alhambra Day Treatment Center) and demographic information on clients are discussed.

Four different assessments used in day treatment centers are critiqued: FECS (Federal Employment and Guidance Service) Assessment, Dance/Movement Therapy Evaluation, YAI (Young Adult Institution) Bedford Day Treatment Assessment, YAI Assessment. I devise an assessment that covers sensory-motor development, cognitive development, social development and movement expression.

SEYMOUR, JoEllen..... 1978 June

VALENTE, Andrea

The Effects of Dance Therapy on the Chronic Patient

The methodological approach involving: 1) reviewing the literature concerning institutionalization; 2) describing the history of an institution; and 3) analyzing and discussing in depth a series of three video tapes showing a chronic schizophrenic patient in dance therapy session.

SHERMAN, Deborah..... 1990 May

BERN: A Systems Theory Analysis of a Dance/Movement Therapy Group

This study explores and applies BERN, a systems theory analysis of dance therapy groups. The BERN framework identifies group patterns of *Behavior, Emotions, Roles and Norms*. A videotaped dance therapy session is analyzed using BERN. The group behaviors, emotional states, role members take, and norms members adhere to, are examined as an interactive system. This system is analyzed to discover how the group accomplishes its task of becoming a group.

STRICKLER, Sari Allyn..... 1995 June

The Neutral Zone: A Theoretical Paradigm Dance/Movement Therapy for Hearing Parents and Deaf Children

This thesis explores dance movement therapy as an effective therapeutic modality for enhancing communication of the deaf member family system. The review of literature focuses on: the etiology and psychological development of deafness; the psychological impact on hearing parents and their deaf child; theories related to dance movement therapy and object relations; and the use of dance movement therapy with deaf children and their family system.

The second chapter integrates the theoretical frameworks of Winnicott, Satir, and Luteran with dance movement therapy theory in developing a paradigm for working with this population. According to this author, this preliminary study validates the use of dance movement therapy for hearing parents and deaf children because of the use of the "neutral" language of dance.

STUDENROTH, Amy..... 1976 May

Dance Therapy Theory: A Systems Approach

This research paper looks at systems approach as defined by various theorists in many different fields. Looking for a consistent theory with which they can develop and grow is the main goal.

Abstracts (cont.)

Theories (cont.)

SUSSMAN, Shari..... 1993 May

A Theoretical Approach to Unresolved Childhood Grief in Dually Diagnosed Patients and How Dance Therapy Breaks Through the Resistance to Heal

This thesis presents a theoretical approach for understanding unresolved childhood grief in dually diagnosed patients and how dance therapy breaks through the resistance to heal. Children's conception of death at various development stages is explored to determine consequence of unresolved grief from the death of a parent. The questions which arise include: are the psychological effects of parent loss pathological?; and does unresolved mourning relate to pathology? The population studied is dually diagnosed patients which includes substance abusers with a second diagnosis of depression and/or anxiety and early loss. This involves patients who did not receive any form of therapy prior to adulthood and who in turn chose substances to cope with grief. The existence of resistance through the body is evidence of the unconscious conflict to heal. The specific manifestations of bodily resistance are studied. Dance therapy is suggested as the optimum tool for healing this group of patients with early loss.

TINGLEY, Cheryl..... 1984 Dec.

Dance Education, Creative Dance and Dance Therapy: A Comparison

This study makes a comparison between dance education, creative dance and dance therapy and determines how dance therapy incorporates dance education and creative dance into the therapeutic process. Each discipline is defined and discussed separately in the literature review in order to provide the reader with a comprehensive description of each. Dance education, creative dance and dance therapy are discussed in terms of the goals, or basic intentions; the structure, or organization; the process, or methodology; and the roles, or function of the teacher or therapist. Examples are given to show how the structure, process and teacher or therapist roles are set up according to what the goals are for each. A brief description of how each modality uses the concept, strength, within the lesson/session is included. The similarities and differences between dance education, creative dance and dance therapy are dealt with. Finally, there is a discussion of which aspects of dance education and creative dance are used within the process of dance therapy with a group of emotionally disturbed children. This illustrates how dance education and creative dance exists within the therapeutic process.

TROTT, Marjory..... Spring, 1995

Dance Therapy as a Way to Increase Self-Esteem in Adolescent Girls

This paper reviews the literature on adolescents, adolescent girls, body image, self-esteem and the problems created when it is lacking, and cultural expectations of girls and women in America. Theories on how to work with adolescent girls are presented along with the literature on dance therapy, both in general, and as it relates to adolescents and the specific issues that they face. And, finally, a model for using dance therapy to increase self-esteem in girls entering adolescence is developed.

TRUPPI, Ann Marie..... 1975 Jan.

Dance Therapy Program For Hearing Impaired Children

A philosophy and approach for work in dance therapy with hearing impaired children based on actual sessions over one semesters interval and the conclusion drawn from that experience.

VALENTE, Andrea..... 1978 June

SEYMOUR, JoEllen

Effects of Dance Therapy on the Chronic Patient

See SEYMOUR, JoEllen

Abstracts (cont.)

Theories (cont.)

VROOMAN SAYEN, Joy..... 1987 Dec.

Self and Self Development and Its Relation to Dance/Movement Therapy

This paper looks into the meaning of self and the process of self development and how an understanding of these enhances an understanding of dance/movement therapy as a therapeutic modality aimed toward furthering healthy self development. Looking at the views of seven people from varying disciplines (sociology, theology, psychology, systems theory, philosophy) in relation to the meaning of self, an understanding of what self and self development is gathered. Included are the views of Charles Horton Cooley, Martin Buber, C.G. Jung, R.D. Laing, Gregory Bateson, Alan Watts, and Ernest Becker. Through the examination of these views it is seen that there is a whole range of concepts associated with the meaning of self and that an understanding of this complex of concepts is essential to an understanding of self and self development. Through seeing the concepts basic to dance/movement therapy in their relationship to the whole complex of concepts associated with the meaning of self and self development one's understanding of dance/movement therapy as a therapeutic modality aimed toward furthering healthy self development is enhanced.

WERT, Heidi Beth..... Spring, 1992

A Mennonite Perspective: Can It Enhance the Helping Professional's Practice?

This paper discusses the universal and particularistic aspects of the Mennonite faith. Implications for applying Mennonite philosophy during practice in the social work/dance therapy field is discussed. This paper advocates that helping professionals explore their roots to enhance their practice. Biblical references to social welfare and dance are listed in appendix form and a human sexuality resource list is included.

WISEL, Lisa..... Spring, 1991

Profile of Nonverbal Indicators of Aggression: A Dance Therapist's Perspective

This paper focuses on aggressive behavior and the specific characteristics of the psychiatric patient in the hospital setting. Consideration was given to various aspects of aggression, definitions, scales and theoretical frameworks. Assessment, treatment planning and management for the assaultive patient are discussed.

The Long Beach Memorial Hospital's aggressive profile, which was developed in collaboration with the multi-disciplinary treatment team is presented. It was designed to provide staff with cues to potentially violent behavior. Terms are defined and methods for clinical use of the profile are covered.

Specific implications for dance/movement therapy are explored. A list of movements during moments of increased aggressive tension is included along with dance/movement therapy interventions. Long range implications for uses of the Long Beach Memorial Hospital aggression profile and it's perspective on the aggressive patient are for further study.

YUVAL, Merav..... 1995 Dec.

Dance Movement Therapy With Pediatric Oncology Patients

This thesis presents an explorative investigation of the use of dance movement therapy in a pediatric oncology setting. The premise of this study is that dance movement therapy provides children with leukemia, with a unique form of expression which may facilitate a significant psychological, emotional and cognitive change, and enhance their sense of well-being. Literature of children's' cancer, its treatment and its psychological effect is reviewed as well as children's' developmental theories. In addition, variety of current psychological intervention in pediatric oncology and theories regarding dance movement therapy will be presented. A series of clinical group dance movement therapy sessions with children at ages 8 and 9 years, diagnoses with leukemia, will be presented in order to illustrate the use of dance movement therapy in pediatric oncology setting.

Abstracts (cont.)

Theories (cont.)

ZIMBELMANN, Christine..... 1991 May

Grief and Loss: Rebirth Through Dance Therapy

Loss and grief are universal human experiences and as such must be addressed by the dance therapist. In this thesis the literature on loss, grief and bereavement is explored. The focus of this exploration is on the symptoms of grief, the stages of grieving, the funeral ritual; it's purposes and characteristics in Western vs. non-Western cultures, and on the various treatment modalities used with the bereaved. Because of the de-ritualization and emphasis on suppression of emotion in Western culture today, there are many people who have been unable to find an appropriate outlet for the feelings of sadness, guilt and anger which typically accompany a loss. The discussion is a theoretical look at how dance therapy, due to it's basic principals, might be instrumental in enabling those who have not grieved, are "stuck" in their grief, to express their feelings and to work through their grief. A comparison is made between the funeral ritual and the dance therapy session. Based on this comparison one might conclude that due to its inherent principals, dance therapy may ultimately be instrumental in guiding us through the inevitable losses in our lives.

Dual Degree

CIPOLLA, Rosemary..... 1984 Mar.

Reaching Goals Through Dance And Practice: An Integration of Two Modalities.

Treatment of Schizophrenia is as widespread as the psychopathological etiologies of this illness. This paper is devoted to a theoretical, interpretive and clinical study of the use of the two modalities of group work and dance therapy in reaching specific goals with the schizophrenic patient. A synthesis of literature will provide a generic overview of theories of schizophrenia prescriptive to the treatment of three identifiable goals; reality testing, body boundary formation and socialization. Excerpts with practice will be provided to exemplify the full range of interventions afforded by these combined modalities in addressing the three, aforementioned goals. It is the aim of this paper to highlight the potency of these two combined methods in the treatment of schizophrenia.

COBURN, Letitia..... Spring, 1995

Experiencing and Transforming: Dance Therapy Imagery of an HIV+ Client

This paper analyzes the use of dance/movement therapy (DMT) to explore the movement and imagery of a client with three diagnoses: schizophrenia, crack addiction and an HIV+ status. Grounded in the work of Kubler-Ross and Jung, the research utilizes both quantitative and qualitative approaches. The client's movement and imagery are examined to assess her degree of "experiencing." Degree of "experiencing" (Gendlin) is determined via a quantitative analysis of the level of the imagery (Lusebrink) and the accompanying movement's point of initiation in the body.

The client's degree of "experiencing" increases as the dance/movement therapy work progresses and after discussion (between therapist and client) of the client's HIV+ status. The imagery is analyzed qualitatively from a Jungian perspective and reveals themes related to transformation, and death and dying. Suggestions are made to facilitate further research into dance/movement therapy with people with AIDS and to improve clinical practice with the same population.

Abstracts (cont.)

Dual Degree (cont.)

COHEN, Amy E..... 1994 May

A Personal "Dual Degree" Synthesis: A Comparison of the Theory and Practice of Dance/Movement Therapy and Nonverbal Methods of Social Group Work

This paper compares the theory and practice of dance/movement therapy and activity groups in social work as a way of the author to synthesize the knowledge gained in a dual degree program combining these two disciplines. Grounded in systems thinking, a cohesive approach to groups is developed which encompasses both verbal and nonverbal aspects of communication. A Review of the literature contrasts the theoretical similarities and differences of purpose, goals, methods, healing processes, phases of group development, and the role of the leader. A dance/movement therapy group and an arts and crafts group at a continuing day treatment center for adults diagnosed mentally ill are then analyzed to explore how the related concepts are enacted in practice. Similarities are noted in each discipline's assumption that a sense of self and an ability to relate to others develops within the stream of human action and group relationships.

The resulting analysis found differences in three areas of practice: 1) pre-group planning, 2) use of nonverbal communication, and 3) role taken in relation to the group. Whereas highly organized and prescriptive structuring led to success in the social work activities group, the process of dance therapy demanded "informed spontaneity" as a form of pre-group planning. In addition, although both methods utilized symbolic forms of communication in conjunction with discussion, training in dance/movement therapy enabled the leader to understand the meaning inherent in body movement, and to provide insight by crystallizing the group's experience physically. This nonverbal mode of interaction placed a greater emphasis on the mutual and reciprocal aspects of the leader-group relationship.

COOPER, Audrey C..... 1995 May

An exploratory look at the dance/movement therapist's role and practice with a group of deaf adolescents

This paper describes the differential role and practice requirements of the dance/movement therapist working with adolescents who are deaf. A review of the literature reveals the historical reporting of pervasive social-emotional and behavioral problems for deaf youth. These behaviors are reframed by both a human developmental perspective which recognizes common biopsychosocial stressors of the adolescent period, as well as by a sociocultural perspective which recognizes the often misunderstood cultural and linguistic behaviors of the deaf community.

The dance/movement therapist's role and practice with one group of deaf adolescents is described to illuminate group needs and practice responses. Similarities and differences are noted between working with hearing and deaf populations, respectively. Whereas actual dance/movement therapy activities and group development were found to unfold in an average expectable way, major differences were noted in the areas of communication mode, transmitting messages/cueing, use of music, lights, and props, and verbal (signed) processing. Dance therapy practice with hearing persons typically relies upon the use of music and the ability to call out directions while movement exploration is carried out. With deaf individuals, colorful props were found to provide the emotional shading and stimulation that music provides to the hearing. In addition, to transmit messages, American Sign Language, a visual-manual language, requires conversants to make eye contact presenting challenges to the therapist who, in promoting immersion in an activity or movement experience, must find alternate ways to impart information without inhibiting the mover/participant.

Abstracts (cont.)

Dual Degree (cont.)

ELLIN, Katherine..... 1985 May

An Integrated Approach In Dance Therapy/Social Work To Treat Narcissistic Deficit.

Dance therapy and verbal psychotherapy in groups can separately promote the formation of a cohesive self in an individual group member by applying each field's theoretical concepts and techniques. However, combining the two disciplines in one group may prove to be more effective. This paper suggests an integrated approach combining dance therapy and psychotherapy in group work: examining how and why the combination of approaches might be more effective in treating patients with deficits in the formation of a cohesive self. The theoretical concepts and clinical application of the development of healthy narcissism are examined from a dance therapy perspective and a social work/psychotherapy perspective. Applying Heinz Kohut's concepts to group psychotherapy, how the group can function as mother to promote the formation of a cohesive self in the individual group member is explored. The use of the dance therapy group to treat individuals with narcissistic deficits is described. An attempt has been made to identify the similarities and differences in these modalities and to examine the movement and verbal parallels in clinical practice. By drawing from group work, dance therapy and Kohutian theoretical and practical concepts about the development of the self, a justification for an integrated dance-verbal therapy group is provided. Two case studies that illustrate the use of the dance-verbal therapy group are presented. The final section of the paper examines the consequences of an integrated approach.

FARAONE, Caroline J..... Spring, 1996

The Rise and Fall of University Sponsored Dance Therapy Programs in the United States

Between 1971 and 1984 a total of 19 Dance Therapy programs, both graduate and undergraduate, were opened at public and private universities in the United States. Since 1979, 12 of the 19 programs have closed. Administrative planning, decision making and budget cutting are examined. Key faculty members of 6 Dance Therapy programs are interviewed to determine the roles of visibility, administrative support, enrollment and university politics play in the closing of programs.

Implications for the profession and preventative measures are briefly explored.

GOMER, Gary..... 1981 July

Holistic Practice In Mental Health

A report on the Dual Degree Program in Dance Therapy and Social Work

HAUSLER, Eve..... Spring, 1984

A Comparative Study of Two Learning Experiences

This theoretical paper attempts to present the current literature on supervision in the psychotherapeutic modalities of dance therapy and social work. The literature review focuses on the necessary components of supervision. These central components are analyzed in terms of one student's field placement experiences in a dual degree program of dance therapy and social work. An outline of each field placement is provided with specific attention given to the structure, method and style of supervision. A discussion is presented which closely examines the salient psychological issues that emerged in relation to the comparisons drawn. In addition, comparisons and similarities between the academic course of study in each modality are explored in terms of their effect on the field placement experience. Lastly, this paper attempts to integrate the intellectual and psychological components of each learning experience so that a fuller and more complete understanding of the student's learning process is achieved.

Abstracts (cont.)

Dual Degree (cont.)

HOLLANDER, Margot E..... Spring, 1991

When the Therapist is Female: Role Conflict and Countertransference With a Male Patient During Group Dance Therapy Sessions

This paper is a case study of a female therapist's countertransference reactions to a male patient during group dance therapy sessions. The study seeks to identify the relationship between the patient's behaviors and the therapist's reactions, explore the possible origins of the therapist's countertransference, and to highlight the ways in which the tensions between the roles of the therapist and female may have contributed to her ongoing and pressured reactions.

The literature review presents a survey of differing viewpoints about countertransference with particular emphasis on the meanings, clinical significance and uses that individual theorists attribute to this term. The literature also explores the relationship between gender and countertransference by examining and contrasting the roles of the women in contemporary western society and in psychotherapeutic treatment approaches. Areas of role conflict and subsequent countertransference are identified. In addition, the literature review highlights the immediacy of countertransference reactions in dance therapy and surveys the literature within the field.

The therapist's countertransference reactions were culled from process notes from ten dance therapy sessions using indicators agreed upon in the literature. These reactions fell into four categories: cognitive, emotional, behavioral, and motoric responses. The reactions were then examined for attitudes and behaviors reflective of role conflict and organized into another four categories: nurturance, personal authority, sexuality, and aggression.

The discussion of the case material focuses on the ways in which the therapist was and was not able to resolve her countertransference in these thematic areas, and concludes that her countertransference responses stemmed from conflicts between her professional role and her internalized feminine role prescriptions.

KALECHSTEIN, Kim..... 1988 May

Dance Therapy and Alzheimer's Disease: An Expressive, Action-Oriented Approach

This paper discusses the use of dance/movement therapy for person with Alzheimer's disease. The literature presented includes a description of the disease's symptomatology, course, and several theoretical considerations of causality. A discussion of social work programming in the activity group and of dance/movement therapy as an action-oriented modality, provides a basis for group practice for Alzheimer's patients. Specific dance therapy application and interventions, many of which involve occupational therapy and nursing techniques, are proposed, as they target function maintenance and enhancement. A humanistic approach in working with this population is taken. The author is very much concerned with the pervasive clinical and social problems of mechanical, impersonal and uncreative treatment of these individuals. This paper advocates for a deeper exploration into humane and creative ways in which to work with elderly people living with primary degenerative dementia of the Alzheimer's type.

KRAM, C. Debra..... Spring, 1991

"Will you come back and visit?" A Look at the Process of Termination for Ralik, a Latency Age Boy in Residential Care.

After an extensive discussion of the literature on the latency age child, childhood depression, and issues related to the ending phase of therapy, this paper follows the termination process of one child a latency age boy with depressive features as he struggles with the feelings evoked when his therapist, a social work/dance therapy intern, nears the ending phase of her internship.

Abstracts (cont.)

Dual Degree (cont.)

MAXWELL, Tina A..... 1993 July

Dance Therapy and Verbal Processing-An Effective Combination for the Treatment of Anxiety

This thesis explores the benefits of implementing a dual therapy approach in the treatment of anxiety. Anxiety is primarily defined as a disorder characterized by avoidance.

Holistic, psychological, verbal group, and dance therapy literature are explored with relevance to the existing treatment of anxiety. Similarities between dance therapy and mind-body therapies are explored as they both encourage feeling and acting in the here and now.

The value of dance therapy and verbal group treatment techniques are supported by existing literature on the use of such combination treatments, as well as examples from practice.

MERENESS-VAN HARN, Shelley..... 1990 May

Integration: A Study of the Dual Degree Program

This thesis explores integration of the professions of dance therapy and social work. The review of the literature covers the mission, goals, knowledge base, job responsibilities and objectives and differences of the professions and information about other joint programs is given. The results of a questionnaire answered by 18 graduates(1979-1989) of the dual degree dance/movement therapy and social work program are shown and discussed. The data from the questionnaire primarily highlights what is not integrated in the program. The majority of the respondents felt that fieldwork experiences were not integrated. There were insufficient opportunities to discuss the meshing of the two modalities. The study also showed that since the program began students have had sufficiently more interest and experience in social work prior to entering the program. Overall, the graduates of the program had more social work responsibilities than dance therapy responsibilities. Lastly, there are recommendations for how integration can occur in the field.

MOSBY-ELFRANK, Robin..... Spring, 1989

Theatre Activity: A Therapeutic Look From Dance Therapy and Social Work Perspectives

This paper illustrates how the use of theatre activity in a group contains distinguishable therapeutic factors are discussed in the dance therapy and social work literature. The author illustrates how theatre activity promotes growth in a teenage theatre group by analyzing the effects of activities upon the individuals and group. Analysis of the group's growth includes connecting specific theatre activities to particular therapeutic factors which appropriately met the developmental needs of each group stage. The author proposes that an integration of both dance therapy and social work practice and theory, was a fundamental variable to the success of the group.

Abstracts (cont.)

Dual Degree (cont.)

PETROFSKY, Joan..... 1986 Dec.

Once Upon a Time...

In this paper I will explore the therapeutic use of fairy tales with a psychiatric adolescent population in relation to a theatrical performance group. It is a study of my work with adolescents in a Performance Group conducted at South Beach Psychiatric Center, the Adolescent Day Hospital. Various aspects of ego development and peer relationships will be examined, along with an analysis of how 1) fairy tales lend themselves towards building ego development, and 2) creative dramatics enhances socialization skills and interpersonal relationships among adolescents. Through each of these experiences, self-awareness, verbal and non-verbal communication, sharing of support and support of one's self were nurtured.

This paper begins by reviewing literature on adolescent ego and peer development, fairy tales and creative dramatics with the intent of understanding the development and psychological contexts in relation to adolescence. The integration of these various theories are then addressed in the context of the performance group at the Adolescent Day Hospital. Finally, this paper explores the therapeutic implications that can be extracted from my personal experiences in co-leading a Theatrical Performance group.

It is my belief that the unique blend of fairy tales and a performance group as therapeutic tools lends a flexible framework to reach adolescents with psychiatric problems. Each of the mediums provide a framework for self-expression, self-development and group interaction.

It was the aim of the group leaders to provide a situation of trust as to foster a sense of emotional and physical security. The introduction of theatre games, role playing, fairy tales, and eventually performing were carefully built upon to encourage participation and communication among adolescent group members.

ROBBINS, Linda..... 1985 Jan.

The Dance Therapy Process As A Method Of Developing Expressivity On A Verbal And Nonverbal Level In Social Work Practice

ROSENBERG, Teddi..... Spring, 1993

A Holistic Approach to Social Group Work A Process of Empowerment for the Severely Depressed Person

This paper explores the theories underlying the phenomenon of severe depressive disorders of the ego. It further seeks to demonstrate the value of using dance/movement therapy techniques and social group work as a catalyst for empowering the person suffering from this disease. It seeks to show the importance of a holistic approach to treating the severely depressed person which may include the use of medication and electric convulsive treatment.

RUBINSTEIN, Joan..... 1989 May

The Therapeutic Use of Movement Performance In Groups

SCAPINI-BURRELL, Isabella..... Spring, 1994

Analysis of Empathic and Countertransference Reactions of the Therapist, in a Dance/Movement Therapy Session with MICA clients

This paper investigates empathic and countertransference (CT) phenomena experienced by the beginning therapist in relation to a dance/movement therapy (D/M Tx) group of MICA (mentally ill chemically abusing) clients. The group consisted of four clients, one female and three males, who ranged between the ages of 31 and 36. 28 minutes of a videotaped D/M Tx session was analyzed, and CT reactions in movement were identified. The results showed that the group members depended on the therapist to structure the session and to maintain the flow of movement. The leader facilitated the group interaction through the use of rhythm and dance actions. The group members used verbalization to relate to each other but also as resistance to connect to the movement task. The therapist empathized with the group members through mirroring. CT reactions arose in relations to (1) the client's inability to become fully involved in the movement, (2) the clients' indirect expression of rage at this therapist and (3) the client's lack of boundary awareness. It is concluded that this group needs the therapist as a mirroring self object. The leader needs to use more direct verbal observations. The beginning therapist's struggle to contain and channel the clients' hostile impulses and the importance of awareness of CT reactions in movement are discussed.

Abstracts (cont.)

Dual Degree (cont.)

SCHLESINGER, Deborah..... 1987 May

On Becoming A Professional

This paper will discuss both a theoretical and personal view of becoming a professional. The special focus of the paper is to discuss what it is like to become a dual profession.

The first part of this paper will review the literature on professions. This includes pieces on semi-professions and interprofessional issues. I will discuss the definition and characteristics of a profession and professional. I will discuss the roles of education and socialization as factors leading to becoming a professional. Social workers and dance therapists often work in a bureaucracy. The role of the bureaucracy will be discussed. Lastly, a profession does not exist without clients who need services. I will discuss the role of the client as related to professions. Much of the written material comes from the field of sociology and social work. I have narrowed the literature so that it applies to social work and dance therapy. The second part of this paper will discuss my experience being socialized as a dance therapist and a social worker. There have been subtle and obvious differences. This includes experiences in school and in the field. The people who have contributed to my socialization are fellow students, teachers, clients, supervisors, staff, and administration. I have been socialized by health care policies, agencies, and other systems. I have learned different roles and attitudes expected of me as a social worker and dance therapist. Throughout my education I have integrated in formation. I have my own set of values which I have chosen from both professions. These values help me to work as a professional with clients and the larger systems to the best of my ability.

SLOVEN, Rose..... 1986 Dec.

Development of Professional Identity: A Dual Dilemma for the Dual Degree Student

This paper examines the ongoing process of the development of professional identity with specific reference to the Dual-Degree Masters Program in dance therapy and social work at Hunter College of the City University of New York. It includes a generalized discussion of the professionalization process from four areas of examination. These are: socialization and role-integration within professional education; the nature of material to be mastered; Ericksonian psychosocial developmental stages both in the life of the student and as a framework for the professionalization process itself; and the self-awareness this process yields and demands.

For the Dual-Degree student this process poses the additional dilemma of the integration of two similar but distinctly separate identities. This ongoing search for integration led the author to pursue the subject of professional identity in an effort to understand the nature of learning, growth, and ultimately integration within this process.

It is concluded that this is indeed an ongoing process that need not be fully understood or "integrated" at any given time. Rather it is the lifelong process of the self-identity which one's professional identity is but a segment, that is the true integrating force.

UMPIERRE, Mari..... 1986

Dance Therapy and Art Form: Implications for Social Work Practice

WALSH, Julie L..... 1989 May

Empowerment Through Dance

This paper explores the relationship between dance and empowerment. Based on the premise that empowerment is a basic treatment goal for all clients, and that dance as a vital, self-expressive art form has empowering potential, the interplay between the two is discussed. Four primary empowerment components are identified as self-confidence, assertion, autonomy and control, and various dance experiences which support them are suggested. The value of a dance therapist's conceptualization and utilization of dance as a means of empowerment is evident.

Abstracts (cont.)

Dual Degree (cont.)

WAY, John B..... 1991 Aug.

Treating Depression

This paper covers the epidemiology, diagnosis and definition of depression. Attention is paid to those who respond poorly to treatment, as well as the major studies showing successful treatment. A review is given of the use of antidepressant drugs, electroshock, and other medical treatments. The major (cognitive/behavioral and interpersonal) psychotherapies are reviewed as well as the evidence that exercise, relaxation, and meditation are valuable. The relevance of the perspectives of bioenergetics, T'ai Chi and dance/movement therapy are considered. The treatment of professional burnout is presented. In conclusion proposals are given of how to best understand depression's occurrence, diagnosis, and treatment as well as suggesting further research that is needed, and programmatic proposals for group programs concerning both treatment and staff that deliver treatment.

WEINER, Linda..... 1987 May

Countertransference with Eating Disorder Patients with Borderline Features

This paper is a case study of countertransference material based on work with a group of short term hospitalized eating disorder patients, with borderline features. The group was an exercise group, which incorporated elements of dance therapy and social work. Beginning with a review of the literature on countertransference, the two major schools of thought are discussed, as well as countertransference with borderline patients, and countertransference in the dance therapy literature. Specific countertransference material is presented and explored in terms of the population, the therapeutic modalities, the level of expertise of the clinician, and the hospital setting. Recommendations are outlined for clinicians working with similar populations which evoke intense countertransference reactions.

WOLF, Martha..... 1985 May

Building Group Culture In Dance Therapy: The Application of Group Work Practice Theory

In order to develop a more specific method of practice with groups in dance therapy, the group is viewed as a dynamic social system with elements which can be manipulated. The culture which unfolds in a group has a great deal of impact on the group's outcome, and the leader plays an important role in its development. Group work practice theory describes specific tasks encompassed in culture building, which are applied to the dance therapy setting. Elements unique to dance therapy will influence the use of such methods and differences in goals are discussed. Language is viewed as essential to the group culture building tasks. Recommendations are made for the use of language in the practice of group dance therapy.

Video Tape List

1. Chagnon, Catherine M. A comparison of three dance therapy leaders with varying dance skills. (Leader A) and (Leader C). 1980 Apr. 9, 1980 June 4 (2 reels (7-in.))
2. Greenberg, Wendy R. A phenomenological study of the use of symbolism in dance therapy. 1 U-matic cassette. no date
3. Ward, Cheryl D. Group Dream-Work. Tape 1: Session I, and Session IV, Tape 2: Session V, and Session VIII, 2 VHS cassettes, LP. 5 hrs., 17 min. 2/21/89.; 3/14/89.; 3/21/89; 4/11/89..
4. Kitt, Alyce Lynn. Anxiety: its effect on client-therapist interaction. 1 VHS cassette. 12/20/83.
5. Masuda, Erika. Dance therapy session with Japanese psych. students, 1-2; and with American undergrad. students, 3. 1 VHS cassette. 1987.
6. Visconti, Donna. An analysis of three sessions. 1 VHS cassette. 6/91.
7. Dance/movement therapists working with autistic children, 1) Tina Erfer, 15 min.; 2) Rhona Goldsand, 15 min.; Marybeth Weinstock, 15 min. 1 VHS cassette. spring 1988
8. Dye, Kimberly. Innercise: exercise from the inside out. 60 min. exercise class. Master's thesis. Typewritten card included. 1 VHS cassette. n.d.

Video Tape List (cont.)

9. Kassab, Smadar. Dance therapy. 1 VHS cassette. 1995.
10. Martin, Kathy. Dance therapy continuing treatment. Master's thesis. [no year given] 1 VHS cassette. mono., EP. 3/14-4/11
11. Leeds, Mimi. Breakdancing: a cultural phenomenon. 1 VHS cassette. 8/85.
12. Payza, Janet E. Group rollerdance: a pilot study. The use of play and dance therapy in the teaching of roller skating, to emotionally disturbed, learning disabled latency aged girls. 1 VHS cassette. 1989 May.
13. Harmon, Nicole. Bronx Municipal Hospital Center, Van Etten 7A dance therapy Prof. Nana Koch. 1 VHS cassette. 2/23/94.
14. Client attitudes toward healing processes: healing factors. Revised Bernard Ehrhardt, Mary Beth Hearn, Catherine Novak. 1 VHS cassette. 4/18/88.
15. The Dance Therapy happy dance concert. 1 VHS cassette.
16. Moncrieff, Mary C. The relationship between dance symbols and group process in a dance therapy session. Masters thesis project. 1 VHS cassette. 12/17/85.
17. Butler, Ken C. Countertransference with a 67-year-old male paranoid schizophrenic: a case study. Master's thesis, 2 VHS cassettes. (Includes sessions on Irish dancing, social dancing, bellydancing, etc.) 12/86.