

## Psychological Therapy Factsheet 6



This factsheet is about **Dance Movement Psychotherapy**. We call this **DMP** for short. **DMP** is a **psychological therapy**.



**Psychological therapy** is treatment to help you feel better in your mind.



A **therapist** will help you with your treatment. A **therapist** is someone who has been trained to help people with their thoughts and feelings.

## What is DMP



**DMP** is a therapy that shows you how to move your body to help your mind.

This kind of therapy works well for people who might find it hard to talk about how they are feeling. In **DMP** they can move their bodies and dance to show how they feel.



**DMP** happens in a safe place where everyone who takes part is welcome. The people who take part in the group make the therapy happen.



**DMP** can be used with other therapies to help you see yourself in a new and creative way.

You do not have to have danced before. The way you move is up to you. You can move as much or as little as you want.



## How DMP helps you

**DMP** helps you to understand that your body and mind are connected.

**DMP** helps you to move your body to say how you feel – about yourself and about other people and things in your life.



**DMP** helps you to feel free and face up to feelings that might be hard to talk about in words.

## What happens in a DMP session

Your therapist will talk to you about whether you come to **DMP** once or twice a week.

You might come to the session on your own or as part of a group.



You need to move in a safe way and only touch someone else as part of the dance, if that is OK with them.



Your therapist will start the session with a warm up and everyone will take turns to move.

You might use other things in the session to help you show your feelings in dance like cloths, balls, beanbags and scarves.



There will be time at the end to think about how you felt at the start and the end of the session.



You can find out more by going to this website

**[www.admp.org.uk](http://www.admp.org.uk)**

