

# Dance as Healing and Therapy

*(The Body in Action as an instrument of Consciousness and Integration)*

## WAC c148/248

**Professor Irma Dosamantes-Beaudry, Ph.D., Psy.D., ADTR**

**Course ID #359-589-200**

**Tuesdays and Thursdays 1:00-2:50pm**

**Kaufman 230**

### Course Description:

Key concepts and processes encompassed by the practice of Dance/Movement Therapy will be presented through lecture classes that provide an introduction to seminal concepts incorporated by the practice and alternate with participation in an unfolding experiential movement process.

Featured will be the West Coast approach to the practice of Dance/Movement Therapy which is premised on the fact that: (a) holistic healing involves the integration of body and mind and (b) such integration may be achieved by engaging in a receptive movement process that focuses the mover's attention to her/his own bodily-felt experience, emergent imagistic internal world and intersubjective relationships s/he establishes with others while moving interactively with them. Since becoming established as a professional field during the 1960s, the practice of DMT has flourished in the U.S. and internationally. It is considered to be one of the creative arts therapies practiced in the US today. Practitioners must possess a Masters Degree in Dance/Movement therapy and be credentialed through the American Dance Therapy Association to become professional practitioners.

No previous dance experience is required to participate in the class.



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