

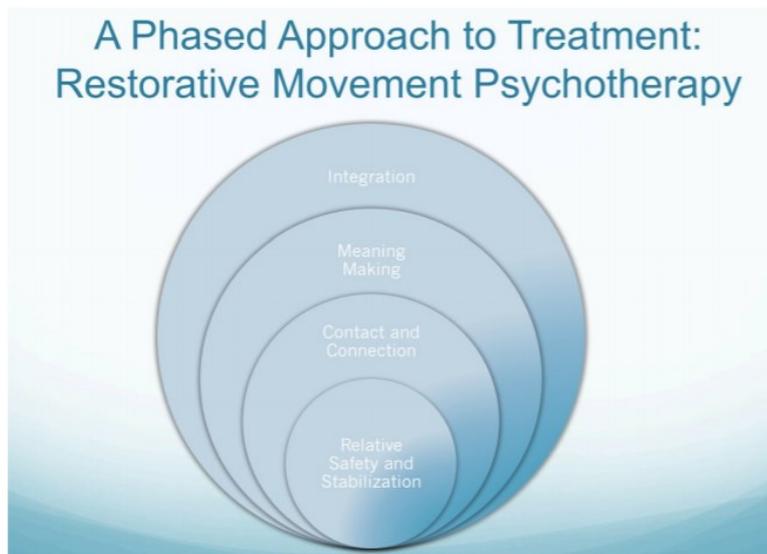
Restorative Rhythms Dance Movement Therapy Group Information for Referrers

What is Dance Movement Therapy (DMT)?

Trauma survivors often describe a disconnection from, and lack of safety within their bodies. The goal of body centred therapies is to assist clients in connecting with and making peace with their bodies. Dance/Movement therapy is both a creative art therapy and a somatic psychotherapy. It attends to bodily sensations and works on the principle that the body and mind are inseparable and that body movements reflect emotional states. Traumatic memories are often stored away, inaccessible to language – in sensory, motoric and image-based forms. DMT which integrates somatic sensations and movement as the main language can:

empowerment and self-care as reclaim own body

Our therapists use an embodied approach. The model is as follows (Grey, 2018¹):



1. Restore safety
 2. Stabilisation - Learn to understand and, to whatever extent possible, control/master physiological and biological stress reactions
 3. Restore attachment and connection
 4. Restore dignity and value
 5. Restore identity meaning and purpose
 6. Integrate skills into daily life
- (Grey, 2018)

Summary of rationale of using DMT for trauma:

- Abuse and trauma is often experienced and remembered in the body.
- Implicit memory hard to be accessed via talking.
- DMT works directly with the body.
- Helps to build resources in the body (safety, trust, emotion regulation).
- Abuse – often dissociate/disconnect from body – help to reconnect with own body, feel safe, develop healthy body image.
- Trauma – growing container (of the body) to hold, contain, process, and release (increase tolerance for challenging feelings from past abuse).
- DMT can be very fun, playful, helps to grow tolerance for positive healthy nervous system arousal e.g., excitement, play.
- Can help with interpersonal reconnection through non-verbal based relating.
- Client-centered approach where therapist provides choices and follow client's lead and their own pacing in recovery. This supports empowerment, strength, sense of self and sense of safety.
- Increase sense of control through being able to regulate and control own body.

¹ Grey, A. 2018, August. Working with Survivors of Sexual Trauma Dance Therapy New Zealand. Presented at Amber Grey Self Care Workshop, Onehunga.

What are the aims and objectives of the Resourcing Rhythms DMT group?

Our group will focus on Post Traumatic Stress Disorder (PTSD), with the goals of:

- Teaching skills to managing anxiety
- Tending to window of tolerance (hypo and hyper arousal)
- Reconnecting with body and interoception
- Fostering a sense of safety and control (in body and emotionally) ● Fostering trusting relationships

Criteria for group

Inclusion:

- Clients must be up to the Support to Wellbeing stage of an ACC sensitive claim and hence have an accepted claim with a diagnosis of PTSD. PWI scores should be at least 3-4 in each domain and client should have sufficient support from their Lead Therapist while attending the group.
- Goals related to body awareness, relationships, management of anxiety, management of hypoarousal/hyperarousal
- All genders

Exclusion

- Inability to tolerate group setting
- Active suicidal ideation, plans or other high risk factors
- Children/Youth under the age of 16 years

Programme details

Housekeeping

The group is limited to 10 attendees and will be run as a **day retreat**. We offer 2 full days (run with 4-6 weeks in-between). These will build on each other and give time between retreats for clients to put into practise the skills they learn.

The first retreat in 2021 will be held:

Date: Saturday 20 March

Time: 10am – 5pm.

Venue: Tamaterau Hall, 650 Whangarei Heads Road, Tamaterau. This venue has been chosen for its easy, free parking. It has no stairs and is very private.

The therapists: Lesley Hawkins and Jan McConnell are both registered Dance Movement Therapists with DTAA (The Dance Therapy Association of Australasia) and supervisees and students of Dr Amber Gray (International trauma and dance movement specialist). They are currently completing Amber Grays' advanced clinical training in Restorative Movement Psychotherapy for Survivors of Trauma.

They are experienced health professionals with extensive experience in community and clinical settings. Lesley is a registered Social Worker and Counsellor. Jan is a registered Physiotherapist and Clinical Arts Therapist.



Our programme

Content overview:

1. Establish sense of safety - environment, mirroring, music
2. Body awareness (interoception - having a sense of the physiological state of the entire body, including an emotional and mood state), metaphors, mirroring, shape flow, mindful body scanning
3. Attention to window of tolerance (hypo and hyper arousal –educating model of brain/ polyvagal system and facilitating self-regulation e.g. grounding, breathing techniques, repetition, education
4. Social connection and enhancing trusting relationships

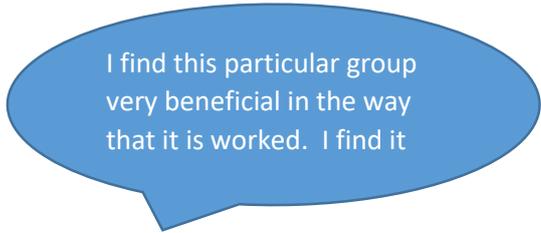
All sessions have a similar structure:

- warm up – verbal check in and movement warm up
An introduction/pathway into the therapy itself (to get clients comfortable with moving in their own bodies; asking questions throughout that stimulates and encourages own creative movements; allows therapists to assess the movement qualities that are working with during session; establish rapport and trust)
- Release- physically modulate energy e.g release excessive energy; notice and release muscle tension; create rhythmic movement among group, and potentially some level of interaction between group members.
- Theme (main therapy aim) – use of techniques as above, work with movement metaphors, invite images, symbolic movement, sound, stories, and movement associations. Explore feelings, sensations, and thoughts that surfaced through the direct experience of moving. Move and share both verbally and non-verbally.
- Centering and Closure – art and/or verbal processing of the session. Prepare client to integrate, pack and close the process, and be ready to return to their daily life. Homeplay (to encourage extension of new skills into daily life).

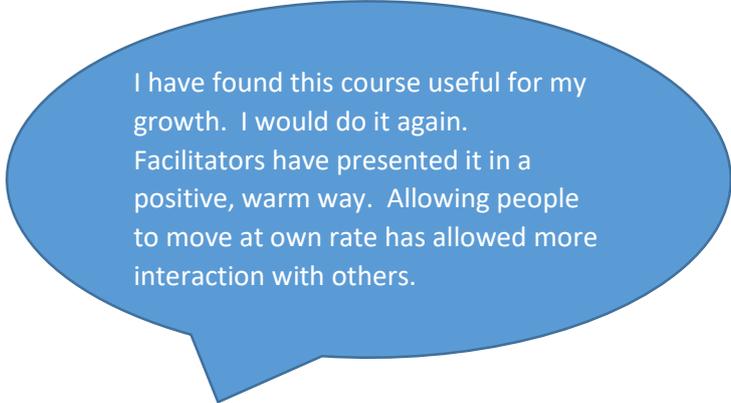
Our outcome measures

We use a number of measures to evaluate the groups effectiveness:

- PWI pre group and post
- A pre and post self-group evaluation form is used (this is 6 questions relating to the goals of the group and measured using a likhert scale).



I find this particular group very beneficial in the way that it is worked. I find it



I have found this course useful for my growth. I would do it again. Facilitators have presented it in a positive, warm way. Allowing people to move at own rate has allowed more interaction with others.

Jan and Lesley will send an email at the conclusion of the group to outline the clients progress and summarise these measures.

What to do next

To get ACC funding for your client to attend the group you need to put the group details onto your clients Wellbeing Plan. Alternatively, (and sometimes to speed the process up), email the clients Recovery Partner the details and a justification of the addition of the group and this can be added directly.

Supplier name: Dance & Art Therapy NZ

Providers: Lesley Hawkins (PAM693) and Jan McConnell (PAN323)

Group work requirement: 8 hours group time (SCGW) and triage code (SCGT2) – if further details required acc@dancetherapy.co.nz can provide.

Once we receive the purchase order we will send a Group Screen form to fill out with your client at the next session. This will also include the PWI which we will use as a baseline measure. The main thing is to let us know of any risks/concerns, and any other matters we need to be aware and mindful of. We will also send a 'welcome' email to the client (which covers basic housekeeping and the information within the client handout) and set up a 30 minute korero/triage session (this will enable therapists to introduce themselves and answer any questions).