

# **XAT507 Mind and Body Work in Expressive Arts Therapy**

**Level:** 5

**Credit Units:** 5 Credit Units

**Language:** ENGLISH

**Presentation Pattern:** EVERY JAN

## **Synopsis:**

XAT507 offers an exploration of Dance Movement Therapy (DMT), highlighting the role of movement and dance in enhancing emotional, cognitive, and physical well-being. Participants will delve into core theories such as Laban movement analysis and investigate how trauma influences the body. The course also examines the impact of body perceptions and movement on emotion regulation, integrating insights from Rudolf Laban among others. Essential to this course is the development of kinaesthetic empathy, which involves understanding and responding to non-verbal cues, and the strategic use of creative elements like props, music, and rhythm to deepen the therapeutic process. A strong emphasis is placed on self-care and reflective practices, essential for maintaining well-being. The course is designed to equip participants with the skills necessary to design and implement tailored DMT interventions that address the diverse needs of clients, with a particular focus on cultural and gender sensitivities to ensure inclusivity and respect in therapeutic environments.

## **Topics:**

- Understanding the Mind-Body Connection: Thoughts, Emotions, and Movement
- Foundations of Dance Movement Therapy: Key Theories and Concepts
- Laban Movement Analysis: Describing and Interpreting Movement Qualities
- The Role of Imagery and Symbolism in Therapeutic Movement
- Using Props, Music, and Rhythm to Enhance the Therapeutic Process
- The Impact of Trauma on the Body: Managing Stress through Movement
- Building Therapeutic Relationships: Kinaesthetic Empathy and Attunement
- Designing Client-Centred Dance Movement Therapy Interventions
- Therapeutic Planning: Assessment, Goal Setting, and Intervention Design
- Facilitating Dance Movement Therapy in Group Setting
- Cultural and Gender Considerations in Body-Centred Therapy
- Developing Self-Reflective Practices: Self-Care, Regulation, and Authentic Movement

## **Textbooks:**

The Body Keeps the Score. Bessel van der Kolk Penguin Books  
ISBN-13: 9780143127741

Dance Movement Psychotherapy: Theory, Research and Practice by Helen Payne 2nd Helen Payne  
Routledge  
ISBN-13: 9781583917022

**Learning Outcome:**

- Discuss therapeutic concepts and frameworks within the context of dance therapy, recognising how movement can be a medium for emotional expression, self-discovery, and healing
- Examine case studies and/or real-life examples to understand dance therapy interventions in healing trauma and facilitating well-being.
- Propose culturally sensitive strategies to manage clients' concerns, taking into account the nuances of the local Asian cultural context.
- Explore the intricate connections between the mind and body through the exploration of intentional movements.
- Apply fundamental dance therapy techniques and understand how these contribute to the therapeutic process.
- Select appropriate intervention approaches based on assessments of individual needs and contextual factors within the dance therapeutic setting.

**Assessment Strategies - Regular Semester (Evening Class):**

<b>Components</b>	<b>Description</b>	<b>Weightage Allocation (%)</b>
Overall Continuous Assessment	TUTOR-MARKED ASSIGNMENT 1	50
Overall Examinable Components	ECA	50
<b>Total</b>		<b>100</b>

\*The information listed is subject to review and change.