

## What is Dance Movement Therapy ?

Dance Movement Therapy (DMT) is a body and movement-based psychotherapy that aims to integrate body and mind. DMT focuses on bodily experience and sensations that may lead you to understand your emotions. You are invited to move how the body may want and explore various movement including stillness. Getting connected with your own body matters in DMT. Your movement and bodily expressions matter. The space is safe and non-judgemental. Verbal reflection may be encouraged after the movement as the therapist may invite you to link the unconscious movement with consciousness to understand about yourself better.

You require no dance, movement or arts experience or skills. This is not a dance class where you learn steps and choreography.

### What may DMT session look like?

- Check-in verbally
- Breathing
- Warmup
- Move with the therapist or on your own
- Play music instruments and move
- Move with props such as cloths, ribbons
- Warm down
- Reflect on the process verbally at the end of the session

## Who is DMT for?

DMT is for those who would like to creatively and non-verbally explore rather than speaking. I support children, young people and adults with special needs and conditions such as

- Post Trauma Stress Disorder (PTSD)
- Anxiety
- Depression including Post-Natal Depression
- Autistic Spectrum Disorder (ASD)
- Attention Deficit Hyperactivity Disorder (ADHD)
- Grief and Loss
- Bullying
- Psychotic episodes
- Learning and Physical Disabilities
- Emotional and Behavioural Issues
- Global Developmental Delay
- Other mental health issues

## Benefits of DMT

- Bring calmness into your body with an awareness
- Manage anger in a safer way
- Reduce anxiety
- Understand yourself better
- Gain more positivity in yourself
- Feel more grounded
- Connect body and mind
- Learn to build a relationship with others
- Enhance imagination and creativity

## What I offer

- Individual Therapy Session
- Group Therapy Session
- Body Mapping Workshop (seasonably offered)
- Move & Connect – a monthly community-based movement group
- Supervision – psychodynamic, creative approach
- Experiential Movement Session for professionals, teachers, employees and so on to support strengthen the team and organisation.

(I offer services face to face as well as online while following the Covid-19 safe guidelines)

# CONTACT

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## About Me

I am a qualified dance movement psychotherapist and body mapping practitioner. After gaining my qualifications in London, I practiced clinically in mental health hospitals, communities, schools and NGOs in the U.K. and Japan.

Now in Adelaide, I am working with children with different abilities, young people with psychotic episodes, trauma and emotional issues, and women with depression, anxiety and other disorders. My approach is psychodynamic, person-centred and integrative.

Prior to moving to London, I set up an art school for street and working children and actively worked with them for eleven years in India. I taught dance, produced various performances to empower the children and advocated child rights for the public.

I am passionate about providing my service for those in need and raising awareness about dance movement therapy in Adelaide and Australia.

Registered as a professional member at the Dance Movement Therapy Association of Australasia (Prof. No.220-03), Registered at the UK Association of Dance Movement Psychotherapy (No.1299) and ANZACATA (The Australian, New Zealand and Asian Creative Arts Therapies Association, No. 59137275).

I obtained the Working with Children Check, Police Check and have up-to-date professional indemnity insurance. I keep records of clients' within the professional code of conduct and adhere to confidentiality rules.

<http://www.movingcircle.au>

**Breathe, Move and Sense**

# Dance Movement Therapy

**When words are not enough,  
let your body speak.**