

## What is Dance Movement Therapy?

Dance Movement Therapy (DMT) is a body and movement-based psychotherapy that aims to integrate the body and the mind. In the DMT space, any of your movements matter and your expressions are respected and acknowledged. You are invited to move how the body may want and explore various movements including stillness. At the end of the session, you are encouraged to verbally reflect on your bodily experiences.

You require no dance, movement or arts experience or skills. This is not a dance class where you learn steps and choreography unless that is how you want your therapeutic journey to be supported.

### What may DMT session look like?

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

## Benefits of DMT

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

## What I offer

### Therapy

- Individual Therapy Sessions
- Group Therapy Sessions

### Community

- Move & Connect – a monthly community-based movement group

### Continous Professional Development

- Somatic Body Mapping Intensive
- Clinical Supervision
- Self-Care and Experiential Movement Session for professionals, teachers, employees and so on to support strengthen the team and organisation.

## My Specialisations

I specialise in working with the populations below;

- Traumas (preverbal, complex traumas, PTSD)
- Attachment Issues
- Anxiety and Depression
- Neurodiverse
- Global Developmental Delay
- Grief and Loss
- Emotional and Behavioural Issues
- Mental health issues





# CONTACT

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### Ethical Practice

I abide by the ethical practice and the code of conduct of the professional bodies and maintain the Working with Children Check, Police Check, professional indemnity insurance and other relevant documents.

## About Me

### Qualifications

- Masters' Degree in Dance Movement Psychotherapy, Goldsmiths, University of London
- Advanced Clinical Supervision Course, Supervision Alliance (PACFA)
- Diploma in Movement and Arts Mixed Media (Attakkalari, India)

### Clinical Experiences

Since I gained the qualification, I worked at mental health hospitals for adults and teenagers, communities, schools, a prison, NGOs in the U.K. and Japan prior to moving to Adelaide 2020. I currently work with NDIS participants at a clinic as well as practice privately mainly with people with traumas.

I supervise clinicians and teach psychotherapy subjects for various institutions.

### Approaches

- Psychodynamic Psychotherapy
- Person-Centred
- Trauma Informed

### Professional Registrations

- the Dance Movement Therapy Association of Australasia (Clinical Supervisor and Prof. No.220-03),
- PACFA, Clinical Registrant (No. 28712) and
- ANZACATA (The Australian, New Zealand and Asian Creative Arts Therapies Association, Prof. No. 59137275).

**Breathe, Move and Sense**

# Dance Movement Therapy

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