

# Dance/Movement Therapy

## for Older Adults



### What is CNNH?

CNNH is an innovative and integrative neurohealth organization that provides diagnostic and treatment services for children, adolescents and adults with neurological, neuropsychological, neuropsychiatric, behavioral, developmental and learning concerns.

### What is Dance Therapy?

Dance/movement therapy is a non-verbal form of psychotherapy that uses movement as a means of communication, self-expression, emotional, cognitive, social and physical integration.

For more information please contact:

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Dance/movement therapy with older adults provides an atmosphere of physical and psychological safety and is easily adapted for older adults across the spectrum of physical and cognitive ability.

### Dance/movement therapy can provide opportunities for:

- Improving and maintain a sense of self-worth
- Fostering a feeling of belonging and increase social interaction, support and exchange
- Expression of feelings: mourning, frustrations, joy and laughter
- Emotional release and group or family bonding
- Improvement in gait and balance
- Decreased physical pain

### Individual or Group sessions:

- May last 30-45 minutes
- Are highly tailored to the participant's individual interests, strengths
- Dance/movement activities may include expressing feelings and stories through gestures and movements, social opportunities through the use of props, movement patterns, rhythms, and music. Accommodations can be made for those with physical limitations or use of mobility devices and does not hinder participation in dance/movement therapy.

No dance experience or skill is necessary to participate in dance/movement therapy.



[www.CNNH.org](http://www.CNNH.org) • 855-852-8150



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