

How can Dance Movement Therapy help my Child?

The nonverbal aspect of Dance Movement Therapy supports growth and integration of motoric, perceptual-motor, verbal processing skills, cognition & communication, and social emotional development.

My Child is on the Autism Spectrum Disorder, can Dance Therapy Help?

The focus on nonverbal behaviour can help those with autism and other special needs improve socialization and communication, build body awareness, and directly affect motor deficits.

Movement can provide a bridge for contact and a vehicle for communication between the dance therapist and the individual with autism.

As an Adult, how could Dance Movement Therapy help me?

Dance Movement Therapy is particularly effective in addressing the following issues:

- Anxiety/Stress
- Depression
- Eating Disorders
- Chronic Illness & Pain
- Post-traumatic Stress Disorder
- Attention-deficit Disorder
- Autism Spectrum Disorder
- Developmental Delays
- Abuse Trauma
- Emotional Regulation
- Parent-child Attachment Difficulties

Anaia Treefoot, MA Clinical Arts Therapy

Anaia's background is in working with children with special needs, Paediatric Cancer Patients, Women's Groups, teens with Eating disorders and young children and their parents.



Anaia trained extensively overseas in Authentic Movement, Laban/Bartenieff, Soul Motion™ Dance, The 5Rhythms™, Halprin Life/Art Process, Mindfulness Practice and Gestalt Awareness Practice.

Anaia also completed a year of intensive Dance Movement Therapy Training in New York with Child Development Specialist, Dr. Suzi Tortora.

Fee Structure

A sliding scale is offered to clients and funding is often available to assist with costs of treatment. Please enquire for further assistance.

To find out more about Dance Movement Therapy or Anaia's Programmes, please:

Visit www.anaiatreefoot.org

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Dance Movement Therapy



*Services for Children,
Families & Adults*

Anaia Treefoot

BA MA Clinical Arts Therapy



What is Dance Movement Therapy?

- An experiential form of psychotherapy that has been used successfully overseas since the 1940's in hospitals, schools, prisons, treatment centres and private practice.
- Based on the assumption that the body and mind are interrelated, and that changing movement patterns effects change in other areas.
- An active, client-centred approach, providing each person the opportunity to share thoughts and feelings and express themselves in an environment that is safe, supportive and uplifting.
- "If you can walk, you can dance"- Dance Movement Therapy is not just for those who enjoy movement- it is equally useful for people who don't usually dance.

Individual Dance Movement Therapy:

For adults, children or families. 60-minute sessions, in a safe, comfortable room. Movement tools, art materials, instruments and toys are available for use.

Talking can be a significant part of treatment, particularly for adults, and movement may not be a part of every session.

Parent-Child Dance Movement Therapy:

The 'dance of relating' between parent and child plays a huge role in the emotional and social aspects of a child's development.

Dance Movement Therapy, supported by current attachment models, can offer practical tools for enhancing or repairing this 'dance of relating' in a safe and playful environment.

Social Skills & Emotional Literacy Groups for Children:

Combines creative expression (dance/movement, music, play and body awareness activities) with skill development (communication, self-regulation, motor planning and social interaction).

Group Dance Movement Therapy for Adults:

Groups are offered around particular themes or issues, such as Eating Disorders, Abuse Trauma, Anxiety, Post-Natal Depression, Cancer Patients, Chronic Illness.

Groups may include movement, art, mindfulness practice and verbal processing. A variety of dance movement approaches may be used depending on the theme and participants.

"Anaia is a warm and skilled therapist. Through her blend of movement and loving communication, she helped our son (diagnosed with Pervasive Developmental Disorder) come out of his shell and become much more verbal and interactive. She is the first person outside of our family that our son let into his world, and for his tremendous growth we are eternally grateful to her!" ~ Joelle Van Sickle and Steven Petkus