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## **Journal of Body, Movement & Dance in Psychotherapy**

### **Editorial, Vol. 11, Issue 1**

Dear Readers,

Welcome to this issue, we hope you enjoy it.

Good news for the Association for Dance Movement Psychotherapy UK (ADMP UK). The United Kingdom Council for Counselling and Psychotherapy (UKCP) has accepted the Association as an organizational member into the Humanistic and Integrative Psychotherapy College (HIPC). This is a very helpful development for the profession since it will enable and support employment in the private sector and beyond. It is also a great development for the discipline as a whole since regulation of ADMP under UKCP will enable a wider recognition of the discipline, affiliation with fellow psychotherapists from other schools of thought and of course wider employment opportunities for our members. UKCP is widely recognized for being one of the two leading professional registers for psychotherapists in the UK. The particular college under which ADMP UK has been accepted is the same as the one which regulates body psychotherapists in the UK. It is expected that this new development in professional regulation will also have an impact in the ways in which dance movement psychotherapists and body psychotherapists work together, the impact of which will become apparent in the near future.

This year has two major body psychotherapy congresses scheduled, the USABP conference on Sexuality, Spirituality and the Body: The Art and Science of Body Psychotherapy 21<sup>st</sup>-23rd July 2016 organized by USABP in Providence, Rhode Island, and the 15th EABP European Congress of Body Psychotherapy entitled "The Embodied Self in a dis- Embodied Society" 13th - 16th October 2016 in Athens, Greece.

The first of the two forthcoming conference in dance movement therapy is organized by the European Association for dance Movement Therapy conference and is to be held in Milan in conjunction with Università Statale Milano Bicocca on 11th-13th September 2016. It is entitled 'Crisis, Creativity and Society: Dance Movement Therapy and interdisciplinary pathways'. Secondly, the 51st American Dance Therapy Association conference will be on October 20<sup>th</sup> - 23rd 2016 at the Hyatt Regency Bethesda, Maryland, Washington DC, USA.

Professional development is evidently thriving and in this context, we are particularly pleased to include another article on supervision in this issue entitled 'Traversing distance and proximity: The integration of psychodrama and dance movement therapy techniques in supervision'. Thania Acarón, a practitioner and post-doctoral researcher from Scotland contributes to the growing field of cross-modality creative supervision with her reflections on incorporating applied expressive modalities into a person-centred supervision space. Acarón explores how structures combining psychodrama and dance movement therapy could help with the negotiation between proximity and distance resulting in ways to hone in, step out or create alternative perspectives to supervisory issues.

The second article is from Yochai Ataria, a neurobiologist and post-doctoral scholar from Israel, and is called 'Post-traumatic stress disorder: A theory of perception'. The article considers trauma dynamics and circumstances that trigger "body-as-object" responses for post-traumatic survivors whose bodies can become a source of pain and unstructured-bodily-somatic memory. The author observes that in some cases, the survivor's body becomes a threat disowned and argues that this disassociation has yet to receive appropriate attention. Phenomenological work may increase our understanding of this phenomenon and thus hopefully improve treatment for those suffering from complex PTSD.

The next article is from Marissa Angeletti from the USA who is a dance movement therapist and yoga teacher. Her article, called 'Opposites attract: Holistic emotional regulation using dance/movement therapy (DMT) and the doshas in Ayurveda', presents a collaborative and holistic perspective DMT and Ayurveda, a system of medicine with historical roots in the Indian subcontinent. Angeletti suggests that dance movement therapy could benefit from therapists building on body types and movement preferences as represented in Ayurveda for making interventions. Both DMT and Ayurveda share the value of achieving a sense of regulation through the use of opposite qualities of movement.

A group of health professionals based in Italy, Cristina Endrizzi, Valeria Ghelleri, Mirella Palella and Gabriella D'Amico, have collaborated to produce a thought provoking article 'Movement psychotherapy in a hospice: Two case studies'. As the end of life progresses the sensory-perceptual background emerges powerfully in relation to heightened dependency needs. The dissolution of boundedness results in defenses, and not only in the patient. Hypotheses from the case studies emerged concerning a) the value of the internal setting understood as the embodied presence of a movement therapist in palliative end of life care, b) the importance of physical holding and handling, and c) the function of a movement therapist in the team.

Following on is 'Dance movement psychotherapy and sexually harmful behavior (SHB)' by Inma Piqueras-Ramos from England. This qualitative research article explores the potential benefits of using dance movement psychotherapy (DMP), influenced by a person-centred psychotherapeutic approach, as an intervention with young boys displaying SHB. The author also considers connections with attachment theory and concludes that boys with SHB may benefit from DMP interventions as it offers something new and complements the existing interventions.

A group of authors from Germany Marcus Stueck, Alejandra Villegas, Franziska Lahn, Katrin Bauer, Paul Tofts and Ulrich Sack present their results from a study entitled 'Biodanza for kindergarten children (TANZPRO-Biodanza): Reporting on changes of cortisol levels and emotion recognition'. The article introduces a research project and describes outcomes from a ten session programme with elements of dance, movement, encounter and non-verbal communication. There were ten children aged 4-6 years participating. Results included a significant reduction in cortisol and improvements in emotion recognition and concentration (in children with high or medium pre-cortisol values). This result may indicate the potential of TANZPRO-Biodanza to promote stress reduction and the enhancement of social skills. The study gives a first insight into the effects of dance on the responses and modulation of neuro-hormones in 4-6 year old children.

Two conference reports by Michael Soth and Sissy Lycou present different perspectives about a one day event in London dialoguing with Professor Shaun Gallagher on embodied inter-subjectivity in the clinical setting.

The book review is by Hilla Haelyon, from Israel for the 'Routledge Handbook of Body Studies' (Routledge International Handbooks), edited by Bryan S. Turner and published in 2012.

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