



Dance/Movement Therapy for Adults Undergoing Cancer Treatment

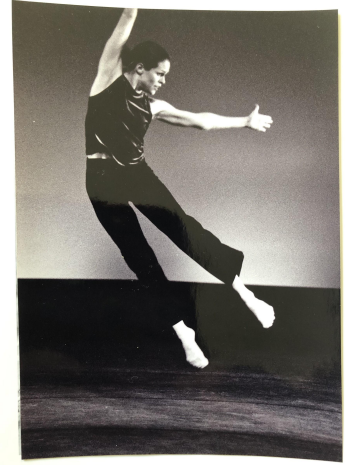
A Presentation for the Philadelphia Multiple Myeloma Networking Group

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Brief bio:

- MS in Dance, University of Oregon
- CMA, Laban/Bartenieff Institute of Movement Studies
- MA in DMT & Counseling, expected 2021, Drexel University
- Dance teaching artist 1998 - 2018
- DMT Clinical experience
 - Youth Consultation Service, Sewell, NJ
 - Haven Behavioral Hospital, Philadelphia
 - Penn Medicine, Dept. of Radiation Oncology, Perelman Center





What is Dance/Movement Therapy (DMT)?

- DMT is “the psychotherapeutic use of movement to promote emotional, social, cognitive and physical integration of the individual” (ADTA, n.d.).
- Originally practiced in mental health settings, DMT lends itself to medical settings:
 - Oncology, rehabilitation units, palliative care, inpatient pediatric care, etc.
- Adaptable and accessible to all ages, abilities, genders, and cultures.
- Encompasses a range of interventions:
 - breathing exercises, guided imagery, gentle stretching, expressive movement, & use of dance technique or choreographic tools

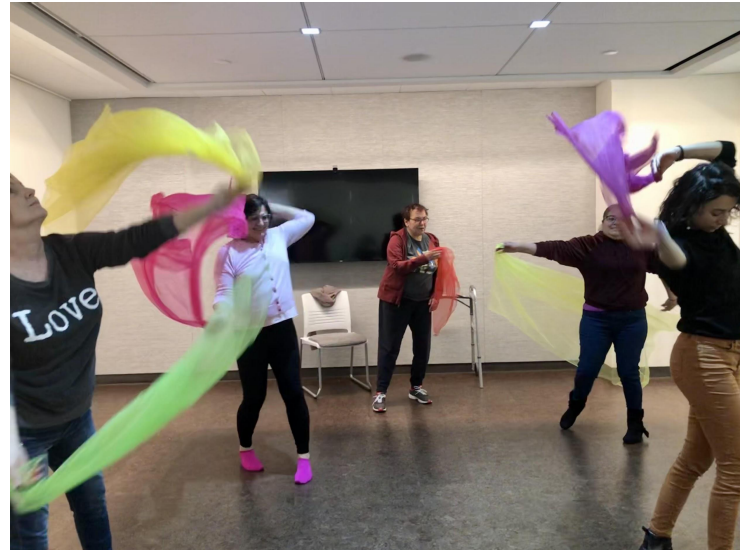
Main premises of DMT

- Movement is communication.
- Relationships are therapeutic and healing.
- Reciprocal nature of the mind-body connection



Five core foci of medical DMT (Goodill, 2006)

- Vitality
- Mood (Dibble-Hope, 2000)
- Body image of illness
- Relationship-focused coping
- Self-efficacy





Psychosocial impact of cancer

Physical

Health

Body

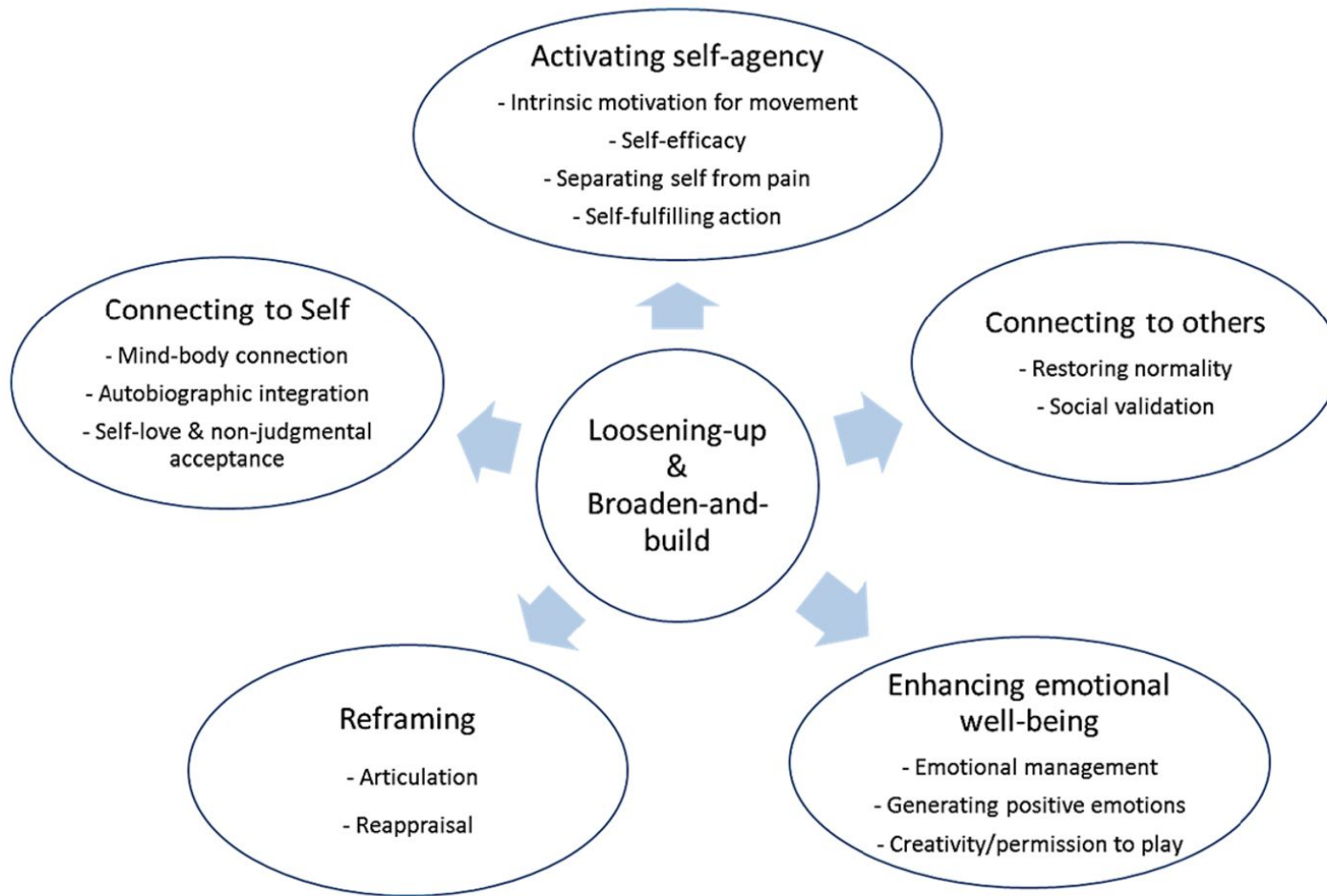


Psychological

Health

Mind





Shim, M, Goodill, S., & Bradt, J. (2019).

Mechanisms for dance/movement therapy for building resilience in people with chronic pain. *American Journal of Dance Therapy*, doi.org/10.1007/s10465-019-09294-7

Fig. 1 Key therapy mechanisms of DMT for resilience building in people with chronic pain

Ho et al., (2016). A good time to dance? A mixed-methods approach of the effects of DMT for breast cancer patients during and after radiotherapy. *Cancer Nursing*, 39(1), 32-41. doi:10.1097/NCC.0000000000000237

- Chinese-speaking breast cancer patients currently undergoing radiotherapy (n= 60) and those who had previously completed radiotherapy (n=44)
- 6 total 90-minute sessions twice a week for 3-weeks (Eastern philosophies & Western DMT structures)
- Qualitative data
- Significant improvement for patients currently in treatment* and those who completed radiation treatment in
 - disease and coping with treatment*, and physical symptoms,
 - mental well-being*, attention, and appreciation for the self and body*,
 - total functioning,
 - bridging back to a normal and better life, and
 - participation in a shared positive experience.

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