

# Selective Review of Studies on Music & Dance/Movement Therapy in General Population and Individuals with Special Needs

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# **Introduction to the Rhythm & Dance Movement Therapy**

- Educational Information

## **What is R&D/Movement Therapy?**

- R&D/Movement Therapy as one of the Creative Arts in Therapy using dance and movement as a medium for self-actualization and personal growth;
- R&D/Therapy as the psychotherapeutic use of dance and movement in order to heal and integrate physical (Body) emotional (Spirit) and cognitive (Mind) processes of the person.

## **Participation Criteria toward Educational Standards:**

Established on the levels of Primary, Secondary, Undergraduate and Postgraduate Preparation:

- **What do Rhythm & Dance/Movement Therapist do?**
- **What kinds of work experience would be helpful for a future R&D/Movement Therapist?**
- **What undergraduate preparation should one have?**
- **What degree do R&D/Movement Therapists receive?**

**Classification the Participants** in the frame of specific oriented therapeutic groups:

- Celebrate individual differences;
- Disability categories;
- Women with special needs oriented groups.

**The methodological application** of objectifying movement analysis by Rudolph von Laban, which serves as the diagnostic instrument for the development of a treatment plan: the active creative process in Rhythm& Dance/Movement Therapy treatment.

**Artistic origin** of these aspects of Rhythm &Dance Movement/Therapy process and connection to the other Creative Arts therapies such are:

- Music,
- Art and
- Drama Therapy

**The inclusion of Body Language** offers a considerable broadening of therapeutic perspective and possibilities.

**The Participation Process:**

- Mainstreaming via participation in Therapy Groups;
- The Changing on the movement level have their effects on the entire personality of the participants and further the experience of a more integrated self.

## **Social Dimensions:**

- Ethical aspects in specialized groups participation
- Attitudes towards people with a special needs.

## **The overall Goal of Rhythm & Dance Movement/Therapy:**

- Oriented on the specific aspects of the healing process there is an emphasis on the psychosomatic, intrapsychic or interpersonal intervention level;

## **Specific goals of movement therapy are:**

- Integration of the body image and the perception;
- Broadening of the movement repertoire;
- Working through strong emotional experiences;
- Support of authentic movement, self-guided expression, and the integration of the unconscious;
- Acquisition of new possibilities and competences for relationships and action competence;
- Ability to integrate individual needs and social competence.

## **The Fields of primary application:**

- R&D Movement/Therapy as a psychotherapeutic, rehabilitate and preventive treatment method;

## **R&D Movement/Therapy Fact Sheets:**

**The professional organizations and associations** that guarantee the quality standards in Rhythm & Dance Education, Therapy and represents the interests of its members.

## **Further Objectives of the organization are:**

- Support of Rhythm & Dance Movement/Therapy theory building through broadening of research and training;
- Cooperation with national and international institutes and organizations in the field of Rhythm & Dance Movement/Therapy and other body oriented on creative treatment methods;
- Development and control of professional ethical standards.

❖ This review study evaluated the **use of a music and dance/movement therapy-based programs** in different aspects of delinquent and aggressive behaviors, as well as violence prevention programs with multicultural elementary school children.

❖ **Music Therapy is** the clinical and **evidence-based use of music interventions** to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program.

❖ **Music therapists assess**

- emotional well-being,
- physical health,
- social functioning,
- communication abilities, and
- cognitive skills through musical responses;

❖ **Music therapists design music sessions** for individuals and groups based on client needs using:

- music improvisation,
- receptive music listening,
- song writing, lyric discussion,
- music and imagery,
- music performance, and learning through music;

**Music therapists participate** in interdisciplinary

- treatment planning,
- ongoing evaluation,
- and follow up.

## CONCLUSION

- Children,
  - adolescents,
  - adults,
  - and the elderly with mental health needs,
  - developmental and learning disabilities,
  - Alzheimer's disease and other aging related conditions,
  - substance abuse problems,
  - brain injuries,
  - physical disabilities,
  - and acute and chronic pain,
  - including mothers in labor
- can benefit from music therapy!!!!**