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Bang bang bang big bang just dance

Have it all together, but faster and smaller.i have been a dancer longer than you have healing force from the WebMD Archives Jan 8, 2001 (St. Louis) - Patients take off their shoes before starting treatment with Caroline Heckman. They close their eyes and listen to their bodies. Some will skip or stretch, others will stand on the cross-armed or weighty floors. Heckman's watching. And when the session is over, she discusses what she noticed. Feelings come up -- grief, anger, loss, shame, says Heckman, Ma Ed., a registered dance therapist (ADTR) of private practice in St. Louis. When you start moving the body ... feelings will also turn on. For centuries, dance has been recognized as a means of expressing itself, celebrating life or performing ritual healing. Now the dance is increasingly accepted as a way to help solve your problems. Whether someone suffers from sexual assault or bulimia, breast cancer or depression, advocates say dance therapy can help people gain insights into their behavior, improve their self-esteem, and provide opportunities to cope. The movement is a healing force, says Vivien Marcow Speiser, PhD, ADTR, professor of dance therapy and chair of the Institute of Body, Mind and Spirituality, Mass. Everyone knows that when you move, you feel better. That is why so many people use and care for their bodies. Dance therapy officially surfaced in psychiatric hospital wards during World War II, when dance instructor Marian Chace used the movement to treat veterans in Washington, D.C. In the 1960s, this practice was marked as a separate profession, and a decade later it was recognized by President Carter's Mental Health Commission. Dance therapy has recently been the focus of research receiving federal funding as scientists seek to document its effectiveness. In addition, the first US doctoral programme in this field has now been launched. As we move into the new millennium, we need to increase strategies that have evolved to keep people healthy, says Marcow Speiser. Dance therapy really has its place. Because dance is a key communication skill, it is a valuable therapeutic tool, according to the American Association for Dance Therapy. It is used to improve emotional, developmental, mental, social and physical well-being. Therapists can work with groups or one-on-one. Dance therapy is currently offered in day centres, prisons, mental health institutions and hospitals, and is based on the belief that body, mind and spirit are interconnected. The whole person is concerned with treatment, not just words or language or thoughts, says Sally L. Totenbier, president of the association, ADTR. We have language, words and thoughts because they appear together with the movement, but we also have physical movement with memories and associations that come from the movement. You have more layers that are About 1,200 dance therapists practice across the country, according to the association. Many patients are referred to dance specialists through their primary therapists. Even those who do not have any rhythm or dance experience can be useful. First of all, patients who are rigid and difficult to express their feelings can learn to express themselves. Dance therapy is not a dance technique, says Heckman, who also teaches dance therapy courses at the University of Washington. You don't have to be a dancer. It's about movement, and movement can be anything. Much of the public's attention to dance therapy has been associated with seniors. A 1996 study conducted by the Dance Therapy Association, funded by the U.S. Aging Administration, concluded that dance/motion therapy improved the functional abilities of seniors who had been subjected to neurological damage as a result of a stroke or traumatic brain injury. Participants with an average of 74 years reported improvement in mood, social interaction, physical function and energy levels. I would find it difficult to find someone who couldn't benefit from dance therapy because of their personality or physical abilities, says Totenbier. With movement of eyes or small gestures, we can work with those and find a way to help a person use those expressively or meaningfully. Without any training, Sharon Daugherty, MS, found that dance therapy worked for her. As a survivor of incest, she founded Innermotion, a dance theatre group consisting of survivors of sexual abuse, who tell the story of healing through dance. The purpose of the Lauderdale-based troupe was to inspire other victims of abuse with a message of hope. The result was a feeling of awakening for all participants. This has empowered the dancers so far for what their traditional therapy has done, says Daugherty. Innermotion gives you the opportunity to take all your strengths and feel safe enough to come up against any more obstacles and cure them. Most people involved in dance therapy are women, like the therapists themselves, but it can be beneficial for young and old men and women, Totenbier says. This can be the only remedy for the patient or used in combination with traditional therapy, when the words simply are not enough. It's one thing to talk about your anger and say, The next time I get angry, I'm going to try this, says Totenbier, who has a private practice in Houston. But when you do this with movement, a person can put their body in gear and experience what they do when they are angry, and start trying various interventions. It adds another level, and for many people that is important. © 2001 WebMD, Inc. All Rights Reserved. LiveAbout uses cookies to give you a great user experience. By using LiveAbout you agree to the use of our cookies. You do not need to sit alone at the table during the next wedding reception, in which you will attend or hang at the buffet table at the next party. Learn how to dance in five easy steps. Some types of dance need music, but most, and if you are like most people, you probably feel the desire to start moving when you hear a familiar rhythm. So get ready to find music that is attractive to you, then choose a song that makes you feel good. Play that song several times, listen carefully to the different rhythms, details and features of the song. You can also listen to songs to find inspiration. Now you're ready to start moving. JGI/Tom Grill/Getty Images Learning how to dance begins in search of a musical beat. The rhythm of the song usually determines how fast or slowly you should move your body by jumping. If your chosen song has a quick rhythm, be ready to move quickly. To find the rhythm of the song: listen carefully to the strongest, most difficult rhythms. Clap your hands along with the rhythms to feel the music. Try tapping your right foot into strong rhythms and left leg to weaker rhythms. Flashpop/Getty Images When learning to dance, move your hands. If you think you can feel the rhythm, relax your hands and try to move them around in time to the music. Here are some ideas: Swing your hands naturally with your feet, bending a little bit of your elbows. Raise your hands above your head, then again down your sides. Do not be afraid to play with insidities and flowing movements. Experiment with different expressions and see what feels best matched by the music, your personal style, and the feelings or message you want to share. Do not forget that your hands are connected to the shoulders, back and chest. Move the other upper parts of the body together with your hands. Remember: Although there may be certain styles and methods, ultimately there is no right or wrong way to dance. It is a form of personal expression. Yanis Ourabah/Getty Images Learning how to dance involves learning to move. Now that your hands are moving, try adding a few steps with your feet: Take one leg and then another, as if marching locally. Fold your knees in time into the music, taking small steps forward and back with both legs. Allow the legs to carry around the floor in small circles. Consider other ways to attract your lower body, including hips. As in your hands, do not limit yourself to movements in the front and back. Meet all the planes of movement, including circles and diagonals. Westend61/Getty Images Dancing covers your head as well. Add a little movement above the neck. (If you keep your head still stiff, you'll look like a robot.) Gently nodded his head to the rhythm of the music. Don't go crazy with a nod. Just move the chin up and down to the beat, a bit like a gesturing word so. To make the action look more natural, let your head nod up and down, as well as from one side to the other. Think of the neck as an extension of the spine and let it react naturally to other movements of your upper and lower body. Relax and try to feel the music, don't overthrant it. can help you close your eyes. She also helps to monitor yourself in the mirror to gain body awareness. At this point, your whole body should be transferred in time to the music and you are dancing. Dancing.

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