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The Effectiveness of Dance and Movement Therapy in Children

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Message from the Guest Editor

Dear Colleagues,

I hereby invite you to join this Special Issue dedicated to the use of dance and movement therapy (DMT) in children. DMT is a revolutionary therapy that allows children to use movement to express a wide range of emotions. It allows young patients to develop sensory and creative experiences using movement and play. DMT is often included as a part of the rehabilitation process for children with chronic illnesses, including neurodegenerative conditions. The therapist can work with children and adolescents individually, in a group setting, or with an entire family. Each DMT therapy session addresses individual goals, but also generates increased cohesion and group awareness. Benefits of DMT include, but are not limited to: reducing chronic pain and body tension; facilitating communication skills and body awareness; and facilitating individual expression and communication with other people. During the COVID-19 pandemic, DMT was used by psychotherapists to continue treating their patients without the need for close contact.



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Special Issue



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Message from the Editor-in-Chief

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