Chapter V:

5.0. QUALITATIVE RESULTS TO SUPPORT THE QUANTITATIVE RESULTS FINDINGS

Dance Movement Therapy as a Therapeutic Intervention to Raise Self-esteem, Optimism, Decrease Pessimism, Reduce Anxiety and Aggression and to Heal the Child Sexual Victims

'I see dance being used as communication between body and soul, to express what it is deep to find for words.' (Ruth St. Denis)

'Dance is a song of the body. Either of joy or pain. Movement never lies. It is a barometer telling the state of the soul's weather.'(Martha Graham)

5.1. A METHOD APPLIED BY DANCE MOVEMENT THERAPIST RENELLE SNELLEKsz

5.1.1. Introduction/ Opening Song:
Tada tada ta ta, Tada tada ta ta, Tada tada ta ta, Tada tada ta ta – Created rhythm and beats using claps, clicks and stamping the floor. Each participant then introduced themselves by creating their own unique movement and saying their names. The whole group repeated the movement after each individual said his/her name.

1. (a) Warm Up/ Daily Activities:
Using inspiration from daily activities, this is a fun and energetic warm up. This involved interpreting daily mundane life in a creative way through movement. (Eg - Waking up, brushing teeth, washing face, reading papers, drinking tea, bathing/scrubbing, combing hair, wearing clothes, wearing shoes/socks, going to school, praying, studying, eating, playing games, washing clothes, cleaning the house, sweeping, cooking, washing utensils, talking, sleeping). Each child was encouraged to create his/her own interpretation of daily life through movement. This
warming exercise prepares the body for possible energetic action. It releases the unexpressed emotional material from the body.

The warm up exercise is used actually and symbolically to warm up the body and mind. It is very important for several reasons. This warming up permits the body to be warm with the circulation of blood through the muscles as well as oxygen to flow all the areas of the body. The body gets accustomed to the movements and this can prevent injury to the body parts.

The psychosomatic characteristic of this exercise is that it will help the clients to free themselves from all anxiety and uneasiness. Moreover, it will help the client to be aware of the inner feelings. The freeing activities in the warm up like jumping, skipping, sweeping, cleaning, bathing, twisting the body parts and hopping are usually done to the beat of the music to encourage the client to make free movements.
(b) Objectives: To get the group’s attention and establish the objective of the session at the beginning. To validate each participant’s effort to create their own
rhythm and beats while introducing themselves. Each style is unique and fun and is a great way to establish a bond between participants as they get to know each other and share the common space.

Develop a space that's creative and challenging at the same time. To hold the children’s attention by making the exercise relevant to their daily lives. Apply a positive outlook to daily chores and mundane work and allow them to explore body movements that are unconventional. Encourage them to use new ideas and refresh them in mind and body to receive the therapeutic exercise that follows.

Encouraging the children and adolescents to move their focus from feeble to being physically powerful. To mingle with one another and share their stories of triumph through movements. To help them to reinstate the physical and mental well being from the inside out. It takes time to cure the sexual abuse wound but the movements will help them to deal with life not from a lens of weakness but that of strength and confidence.

(c) Goals: Fun and enjoyment, channelizing aggression, movement exploration, free expression, removal of negative emotions and bad habits, relaxing, refreshing and rejuvenating, reducing anxiety, overcoming inferiority complex, love for self, building self-esteem, increasing optimistic approach to life and acceptance of self.

(d) Therapeutic Activity: Orange stretch cloth– Using the stretch cloth to get children to play with shapes, formations and texture of the cloth. First, each participant went underneath the cloth and formed shapes with their hands, feet and movements. Encouraged children to call to mind things that they feel they would like to remove from their lives like anger, bad words, tension, sadness, anxiety, aggression, hurt etc and go under the cloth and remove it there and come out. After they had done it, asked their permission to take the cloth away from them as it carried all their negative emotions and behaviors.

(e) Objectives: To allow children to express themselves freely under the cloth as others respect their space under the cloth. Emphasized the removal of negative things from their lives and helped them through the movement to identify and then remove those things. Gave the children the opportunity to bond as a group and
reinforce a sense of uniqueness as each child displayed his/her own style through movement. Channelized energy by giving them a prop that created resistance and challenged them to come up with innovative movements like removing aggression, tension and anxiety.

Movements of Stretch Cloth
(f) Relaxation: Children were asked to form a circle and imagine their favorite ice-cream, its flavor/color, in a cup/cone/stick etc. They had to close their eyes, think of a hot day and their ice cream is melting away slowly in the heat. As the ice-cream got melted they had to get rid of the things which bothered and hurt them and melt them away as well. Once they had gently melted down they sat down with eyes closed and made to relax.

This is a cool-down stage, which further amalgamates the emotional and physical material of the individuals, prepares them for the conclusion of the session and re-enter everyday life with much joy and enthusiasm. Children then danced with joy, went around everywhere, shook hands with the teachers with much happiness and a bright smile on their faces. One could easily notice and say that these children have experienced some freedom within and that through dance movement some hope has been instilled in them.

2. (a) Objective of the Workshop: To encourage mobility, expression and exploration. Defining body parts and identifying core strength of the body. Develop positive self and body image.

Opening Song: Tada tada
Objective: The participants have developed their own opening song using claps and their voices along with spontaneous movements that they can do as a group.

Warm Up: Body Stretching – Take the participants through a guided warm up using stretches from head to toe.

Objective: Get the participants to open up their bodies and prepare them for the next activity.

Therapeutic Activity: Grounding, centering, connecting – Define the 3 body parts – Lower, middle and upper.

Demonstrate to participants how to use in isolation the 3 different parts of the body.
First the LOWER legs (hips and below) are used to start movement, then centre – MIDDLE (torso) and then UPPER (chest and above).

Then call out different parts and ask students to explore only using that part. Then call out two parts at a time to guide movement. HANDS and FEET

Then use the terms – Grounding, Centering and Connecting and help them to switch from one to the other. Eventually, they can use all three in response to the music.

**Objective:** Understanding the importance of core strength. The centre is of primary importance for a dancer. It helps to balance and give direction.

**Therapeutic Activity: Balancing** – Demonstrate ways to balance the body in one position. Ask participants to develop different ways to balance their bodies in different positions and using different body parts (standing, sitting, on the floor). Then ask the participants to move across the space to by picking a spot on the wall and balancing and moving in that direction.

**Objective:** Balancing requires concentration and focus. This exercise challenges participants to explore controlled movements with their bodies. TRACK: JIGGY POP, SHAKE THAT

In a tree like position they can then lie down in an X position on the floor with eyes shut.

**TRACK: AUTUMN, LIGHT OF THE WORLD**

In the relaxation session the participants were made to imagine their bodies to be a tree or a plant rooted in the soil. The therapist asked them to think about what kind of tree would they like to be? What kind of soil is the tree rooted in? What kind of fruits/leaves/flowers does the tree have? Does the tree get enough water/sunlight?

This exercise was done in the open environment so that the children could move freely in the garden. They went around and touched the plants and trees, stood there for sometimes and came back at the meeting place. They were made to sit and close their eyes for five minutes and then share their thoughts. The objective of this was to help them to connect the dance and movement process to their own journey’s of
healing and restoration. Help them to discover how dance has benefitted them in different areas of their lives. Also to establish and reinforce them that this is a safe space created specifically for them.

A few questions were put for their reflection:
1. Could you connect the tree/plant exercise to your own life?
2. What were the roots/soil/flowers/fruit/water/sunlight symbolic to you as?

Feedback from the Few Participants after the Effects of Dance Therapy Movements.

1. I imagined I was a freshly bloomed red rose. Every passerby appreciated my color and fragrance and kept me to admire in the garden, palaces and homes.

2. I am a sunflower and I have lots of sunflower friends. I nourish myself from the rays of the sun. I have been grown on very fertile soil so that I may produce more and more sunflowers and give joy to others.

3. I am a banyan tree. Birds make their nests on my branches. I feel very happy today and I hope this happiness remains with me always. I shall share this joy with others but will never allow anyone to take away this happiness from me.

4. I am a root of the mango tree. I am firmly rooted in the ground and I protect the tree from all rough storms. I give strength and support for the tree. I have become even more strong after the therapeutic interventions of dance movement therapy.

5. I am a fertile and conducive soil for the plants, trees and buildings. The black soil which I give, helps people to put manure for the plants and trees. I am really precious to humanity. I have realized my real worth.

6. I am banana. People enjoy me as I am helpful to them for digestion. Elaichi bananas are nutritious and are loaded with health benefits. I have high calories and potassium. I am very proud to be a banana.
7. I am water and satisfy the thirst of everyone. I can become a good water therapy for people if they drink me sufficiently.

8. I am a sun. I give my sunlight to the whole world. With my sunlight, plants prepare their own food. Thanks for the dance movement therapy for giving me such a deep realization. I am someone today and the credit goes to my teachers who got me involved in the therapeutic sessions.

When asked to share, the children and adolescents at first were very apprehensive about it. One could feel the pulse of their small worries. The researcher invited them to write it on a paper. This gave them confidence to share their thoughts about dance and the process they had gone through all these months.

The above are the valuable inputs and insights they have given about their journey and deep experiences of the dance movement therapy. Dance movement has worked in their lives and this is clearly seen the way they have expressed them in their feelings.

**Facilitators Observation:** The children we able to apply the use of the different parts of the body in isolated movements and full body movements. They were able to develop a strong sense of the body by using the tree analogy. A lot of them expressed experiencing hurt and pain through the analogy. It was a powerful image they created through active imagination.

**3. (a) Warm Up: Walking in Space** - The group scatters across the space and starts walking in different directions. They become aware of their walk and each step that they are taking. They look at each other with a smile and continue walking.

- Stop roll head in circular motions and roll shoulders.
- Drop your head back, drop your head down and look at your toes.
- Stoop and walk. Stop and breathe/ heart rate.
- Stretch to the ceiling, on your toes.
- Relax and resume walking but in a very slow motion
- Now pick up the pace of your walk and do it with more purpose.
- Jump/ skip and then start running. Stop, take a deep breath and try to touch your toes.
- Stop, close eyes, become aware of your breathing, feel your heart beating.

What are the thoughts rushing through your head right now? Find a person you don’t know and express only through movement exactly how you are feeling right now. (eg. tired, excited, hungry, body relaxed).


**Introduction**: Come into the circle. Say your name and represent through movement how do you are feeling right now? Share what it was like during different postures and movements?

They are reminded that this is a safe space and one need not be a dancer to be over here. The quality of movement is respected. Anything that they share in this space will be respected and it will remain here.

**Objective**: Ice breaker
The movements will be used to communicate with each other.

**Therapeutic Activity**: Balloons

Each participant selects a balloon of her/his choice and blows it up. The group scatters across the room and explores different movement engaging with the balloon using different body parts. The facilitator calls out different body parts and the group explores movement with the balloon. (Shoulders, feet, wrists, nose, knees, hips, head, back elbows, stomach, hands).

**Feedback**: What was it like to use different body parts?
Which ones were difficult and which ones were easy to use?

Give participants a chance to explore the balloon with all of the above mentioned body parts as they choose. Ask participants to focus on moving one body part that...
they wouldn’t normally use much. Divide the group into pairs and ask them to use all the body parts they used previously to engage with each using the balloon.

**Objective**: Body awareness, self exploration, non-verbal communication.

**Feedback**: What was it like to work in pairs using the balloon?

**Therapeutic Activity**: Love, Joy, Anger, Hope and Peace.

Link a metaphor to 5 emotions/state of being. When I call out the emotion/state of being represent it through movement in your body using the metaphor (eg. Love - gentle breeze, Joy - ice-cream, Anger - tornado, Hope - rising sun, Peace - a vast ocean).

What do you feel when expressing an emotion? Do you become aware of physical reactions in your body? Do other emotions get intrinsically linked to these? (eg. With love comes happiness, sadness, grief, betrayal, pain)?

Repeat the activity using mirroring – Pair up with partners, repeat the emotions. One person does it while the other follows. Swap partners.

**Objective**: Help participants become aware of the manifestation of emotions in one’s body. To share and empathize with others emotional journey.

**Feedback**: What physical reactions did you become aware of?
Were certain emotions linked or connected?
Was it easy or difficult to stay with a certain emotion?
How did it feel to mirror another person’s emotional journey?

**Relaxation: Melting Ice** – Just gone through a series of emotions. There is a lot that has happened in your mind, body and spirit. Do you feel any stress, tension, pain in the body? Close your eyes and as the ice melts imagine it is melting away. You are just letting it go. Take your time and when you feel it has melted away, sit down with eyes closed, palms open and relax.

**Objective**: To relax the mind and body and refresh the spirit. Wash away unwanted anxiety, stress, anger and tension.
Feedback: How do you feel? What was your experience like?
We were designed to move.
We are wired to have – 3 fold connection of mind, body and spirit.

4. (a) Warm Up: Daily Activities: Take the group through a guided warm-up using exaggerated movements of daily activities.

Objective: To encourage the children to translate their daily mundane activities into movement that is fun and enjoyable. To encourage movement exploration and freedom to express. To help them think out of the box.

Opening Song: Ask the children what is their favorite body part? Develop a song using their description of that body part. (Eg. My eyes are beautiful, my hands are strong, my legs are fast, my heart is big).

Objective: As an extension of the previous session, help the group to develop a song that is personal to each person of the group. Help develop a support group structure and help foster a positive image of one’s own body.

Therapeutic Activity: Divide the group into pairs and ask them to go as far away from their partner as they can in the room. Now, different personality traits will be called out as one partner depicts it through movement, the other partner maintains eye contact with his/her partner and attempts to imitate their movements. (Eg. Confident, lazy, funny, courageous, hardworking trustworthy, irritated, peaceful. Swap partners and repeat activity.

Now, ask the group to come together in pairs again, stand close to each other and interact through movement only. Different emotions/ traits will be called out as one partner represents through movement. The other needs to most naturally react in movement to the trait being displayed by her partner. (Eg. Friendly, fear, low self-worth, victory, shy, pessimistic, angry, selfish, shame, encouraging, strong. Swap partners and repeat activity.
**Objective:** To help children identify emotions and how these emotions affect their interactions. The changes that are observed in the body when experiencing these emotions can be identified. To encourage non-verbal communication, to allow for each one to be a leader and a follower at the same time, to help participants explore different characteristics through postures, movements and interactions. To give participants an opportunity to understand how they react to different character traits of others.

**Feedback:** What did it feel like to imitate your partner’s emotions?
What did it feel like to react your partners emotions/movements?
Which emotion did you enjoy depicting through movement?
Can you identify any connection to real life experiences?

**Relaxation: Ice Cream Melting:** Ask the children to imagine their favorite ice cream (color/favor etc). Imagine their bodies to be that ice cream melting slowly into a relaxed sitting posture. Feel the stress/strain and tension in the body melt away.
Healing touch.

**Feedback:** What did it feel like to melt like an ice-cream?
What were you able to release during that time?
It’s important to find a way to release your tension and stress. How can you apply this to your daily live?

1. I explored new styles of moving. I reacted quite the opposite to my partner. It is important, when we are loved, we need to reciprocate that love. In close proximity to my partner, we did the same moves but did not understand each other. I am feeling better now. Earlier my body was paining but now pain is gone.

2. I learnt about new emotions though I found it difficult to react to my partner’s expression of emotions. When I get angry I sit and cry and feel sad. It is necessary to ask for help.
3. I was feeling sad because no one was talking to me. But when we started to talk and play I felt happy. I feel relief when doing relaxation exercises.

4. When we were far away from our partners we could do different movements well, when together I did not like it much because I like my space. I did not want to go to school because I got beaten today by a girl. The teacher saw it and shouted at her, I made sure I did not react.

5. I felt nice doing these sessions. Lots of hitting happens in class, I complain to my mother. I felt good to remove all the hurt in my heart. I would like more relaxation activities.

6. This enables me to remove a lot of my anger. I felt peace at the end of the session.
I envision myself dancing and the whole world watching me.

8. I just couldn’t stop moving even after the music stopped. I feel so fresh and relaxed and have managed to remove all my tiredness.

5. (a) **Objective of the Workshop:** Help participants connect the dance and movement process to their own journey’s of healing and restoration. How dance has benefitted them in different areas of their lives. To establish and reinforce that this is a safe space created for the children.

**Opening Song:** Tada tada tat a ..

**Objective:** The participants have developed their own opening song using claps and their voices along with spontaneous movements.

**Warm Up:** Free dance – Give the participants an opportunity to just dance.

**Feedback:** Describe how you feel when you dance?
We write all their feedback on a chart paper in which a person’s outline had been drawn.

**Therapeutic Activity:** Threads – Using threads, pair up the participants and let them
be separated by threads in their mouths. Guide them through developing movement by concentrating on maintaining eye contact, the tension of the thread between each other and the movements of their partner. Then increase the group sizes from 2,3,4 participants each and then finally all together.

**Objective:** To help develop deeper concentration.
To work within limitations and boundaries.
To co-ordinate and sync movements with each other.
Build awareness of working together in a group.
Maintain eye contact.

**Therapeutic Activity and Relaxation:** Using the words written by them on the chart paper and giving them colorful duppattas, allow the participants to use their imagination to develop movements to represent each of the emotions they feel while they dance. They can develop this into a group dance as well. Stay with the movement/emotion they enjoyed the most and sit down with eyes closed. Healing touch.

**Facilitators Observations:** Children and adolescents were very uneasy to share their thoughts about dance and the process they have gone through so far. Little by little they opened up to give valuable inputs and insightful sharing about their journey’s, their struggles and their experiences.

**Feedback:** From the group discussion, this is what was shared by the participants -

- What we experience here we do not get to experience anywhere else.

- We can share the thoughts of our hearts and our experiences with everyone here. We normally do not share so much with our friends but here we feel safe to share.

- We feel strong, relaxed and refreshed by doing dance movement therapy.

- We never take time out to think about ourselves but being here gives us a chance to focus on our selves.
➢ We have learnt to trust ourselves.

➢ We do not feel shy here and we like that nobody comments or criticizes us here.

➢ We do not have time or space at home to do any such activities.

➢ This therapy helps us to release our tensions and all our other problems.
➢ We like to come for dance movement therapy as it diverts our attention from unpleasant to pleasant situations.

6. (a) Objective of the Workshop: To close the dance movement therapy journey with a representation of ‘Self’. Their understanding of their bodies, the emotions, feelings.

Opening Song: Tada tada tat a

Objective: The participants have developed their own opening song using claps and their voices along with spontaneous movements.

Warm Up: One of the participants led the warm-up.

Objective: She is smart and talented and really understands the dance movement therapy process. To use her energy and free movement expression to lead and inspire other members of the group.

Therapeutic Activity: Ask participants to think about different parts of their body. Call out the names of different body parts and ask them to move using only that body part. (Eg. Head, hands, feet, heart, stomach, back, hips, shoulders, brain, elbows, blood, eyes, mouth, neck, chest, legs.)

Feedback: What comes to mind when using those body parts?
What do you feel about those body parts?
How do they help you in your daily life?
Draw an outline of your body on the paper and fill it in with colors that represent how you feel about those body parts. Show your painting to the group and depict what you have shown through movement.

**Objective:** To map the journey of the participants and make observations of changes in body perception as a result of the dance movement therapy process. To monitor the impact of dance movement therapy on the participants.

**Feedback:** What was your experience like? What stood out for you while doing this activity? Do you see your body differently from when we started out dance movement therapy? What has most affected/ benefitted you during the dance movement therapy journey?

**Facilitators Observation:** The children and adolescents were able to identify and remember all that they learnt across the 12 sessions and were able to share how these dance movement therapy sessions had benefitted them. They were able to link the activities to their own personal journeys and stories and drew strength from each other’s experiences. They created powerful and meaningful representations of themselves.

**Participants Feedback:**
1. I represented myself as a happy boy. I made my legs pink because I love to dance and use it a lot. I made a smiling heart because I am happy. These classes have been important for me. Thank you for bringing happiness into my life.

2. I created heart movements and represented them in 3 colors –red, blue and skin color. I love these colors. What we do not get to do in school we get to do here. I have enjoyed the free expression here.

3. I have drawn lines and dots in my blood. The lines were difficult to make. At first I did not understand how to create this. But now I see how body structure is fit and I can do everything.
4. For the parts of my body that I can dance properly with I used full colors, but the parts I could not use are the ones with lines like my chest. He then kept silent.

5. We use all the parts of our bodies to dance. I am happy today. During these 12 sessions we have been exposed to things that we have never known before. Every time we learnt something new. We face many situations in our personal lives, but we forget everything when we come here. All the tension is removed here.

6. The hands and feet I colored a lot because I use it to dance easily. Head and neck are difficult to move for me. There are lots of pressures of worry. I feel good to be a part of dance movement therapy and it is here that I have learnt how to trust. Through her movements she made a lot of heart emphasis but was very apprehensive to move.

7. I used different colors to represent difficulties. I only like painting here because I can do whatever I want and do not feel the forced to draw and paint a certain way. I am happy that I attended these 12 classes. I want to thank you because we do not get opportunities like this. My mind is free and can find peace here.

8. Created big expressive movements. I have same colors for the legs and hands as I use them for dance. We open up our hearts while we dance and learn to be kind to each other. I understood how to use different techniques and loved relaxation time the most. In every session I felt that we have come into another world. When we leave this place we always go away feeling fresh and happy.

9. I got a deeper insight through the dance movement therapy that I can tell and express my heart's story through the different colors.

The researchers and the therapists observation of the dance movement therapy. Stretch and release, the movements which are physical, spiritual and emotional integration of the individual in the therapy sessions make it transformational. It enhances self-esteem and increase a grounded sense of self. Builds trust, improves interaction and socialization, releases tension and anxiety. It brings one into relationship with sensation, which is the voice of the body. The movement brings
healing and finds connection for the mind body and spirit and discovers oneself in a new way.

Our bodies store unconscious emotions (e.g. trauma), feelings and thoughts which many find it difficult to verbalize. Negative emotions get trapped in the body and the body remembers pain, abuse, etc. Non-verbal emotional body responses can be unconscious (Freud). Our brain too stores and remembers trauma. The body and brain reacts positively to dance movement therapies and other creative activities.

There is dance movement of the feet, legs, centre of the body, pelvis, chest and head. There is breathing inhaling and exhaling. There is invigoration of the body and balancing and getting the spine involved. Each individual asks: What is happening to me? Each individual discovers his/her own way of dance within the music. Each individual listens to the body by a) trying to focus awareness on the body itself or part of the body or body sensation b) trying to focus on an image or c) trying to focus on a feeling.

Consciousness gradually develops as to what is happening to one’s body - the experience of movement because of the muscles and the relaxedness, etc at the end. The therapist pays attention to everyone in the room and brings people inside and dances with them. The movement expresses the inner world of the client as a road to the unconscious and allows for self knowledge and psycho therapeutic change. Movement gives an opportunity to develop a deep self-awareness through deep attention. The attention takes place through the body. It is easier to connect with emotions through movement.

Dance uses the body. How do we experience our bodies from inside out? (This is Somatic Psychology – the ability to switch from listening to sensing.

The therapist assists the client to realize the real self and the potentials that lie deep within a being and brings a remedial change for the individual. This is precisely done by tapping into genuinely communicative features of the psyche of mind, soul and body. Sound, movement and music has a vital role to play in this method of dance. A lot can be said in the music – anger, anxiety, distrust and low self esteem. Intra
psychic, interpersonal and cognitive processing takes place. It helps to release one’s attachment to trauma. Recreates self identity through the artistic rhythm of dance and heals the trauma. The body and the mind gets accessed equally together as one unit.

Trauma directly affects the brain verbal processing. Disturbing memories lead to disconnect the brain from one’s body. This is called body brain disconnection. There are conflicts in a person’s psyche (negative brain effects) because of body freezing and disturbing emotional thoughts and memories. Thus, energy of body and brain get restricted often leading to post traumatic stress disorder. Intra personal conflict arises from unresolved emotional responses and unresolved thinking. This leads to unstable interpersonal relationships and destroys trust. The body is reconnected through the dance movements which stimulates and releases the trapped body emotions. It creates healthy self identity.

Child sexual abuse victims have severe difficulties in experiencing feelings and communicating meaningful thoughts. Through the mental power these victims suppress their deep feelings which leads to an emptiness within them. They lose connection to their life forces. It deadens their experience of life and creates an overwhelming anxiety.

And so the role of therapist is to create a connection with their bodies. When a person experiences the movement and expresses his/her feelings, it helps the therapist to identify how their emerging consciousness corresponds and mirror their own distinctive behavioral patterns. Further, these outlines are uses to enhance the responsivenss of their ability to know themselves better. The non-verbal as well as the verbal expression helps the therapist to understand the client better.

5.2. A METHOD APPLIED BY THE THERAPIST CARISSA CARICATO -THE HOOP MOVEMENT

5.2.1. The Five Color Hoop
Goals: Explore in depth each of the 5 colors of the hoop and their meanings
Yellow: I am created
Black: Darkness / I am broken
Red: I am loved
White: Purity and freedom/ I am free
Green: Growing in life/ I have a purpose

1. Progress in the area of hoop dance movement.
2. Learn to take care of one’s body through exercise and other dance disciplines.
3. Develop character and a positive attitude towards life (dealing with anger, self-image, self-talk, confidence, unity, flexibility, raise self-esteem, reduce anxiety).
4. Be able to tell a story through dance using 5 colors (construct a performance)

(a) Lively and Joyful Music is being Played

**Scene 1:** Yellow: I am created. I am born in to this new world. Hopes and dreams are born for me. A full meaning is acknowledged for me as a human being. I am exceptional, only one of its kind, very significant, beautiful, preferred and called by the Creator to take place on this universe. I am happy and I know that I am loved by others. There is a family and I am very safe in their hands. The yellow color marks the beginning of the story, where dreams are still possible and where limits do not exist. The girl/boy knows the value and worth and he/she is priceless in the sight of the Almighty.

(b) The Music changes: Faster, Louder, Sirens, Wailing, Abrupt and Scary.

**Scene 2:** Black: The human soul is broken down. A struggle begins in the individual. Conflict assault the girl/boy and this world is out of her/his control. One tries to fight but find it difficult to escape the circumstances around. She/he is kidnapped, molested and raped. Trafficked and sold. The purposeful life is now changed forever because of brokenness. The individuals spirit is crushed. Will she/he ever overcome this trauma of disgust? Will she/he ever be able to escape from these bondage? Will anyone rescue her/him? Will she/he ever be free? Will her/his wound be healed? She/he collapses in fear and sadness, anger and hopelessness overwhelming her/his small body. This is the end of her/his world and so she/he is in despair and with head down thinks.

(c) The Music changes: Silence, then a Drop of Hope, a Small Girl’s Voice Crying out in a Beautiful Melody, Tones of change, Peaceful and Tender.
**Scene 3**: Red: He/she is loved with much care and tenderness. The girl/boy is rescued and heard and given treatment. She/he is received with warmth and accepted in the family and by others. She/he now will never be the same. She/he rises with full vigor, once wounded but on the path to healing. Full of new hope in her/his eyes and learns to trust and walk again with dignity and respect. Tomorrow will be a different day in her/his life.

*(d) The Music picks up Speed and turns Stronger and Louder, Distinct beats of Freedom*

**Scene 4**: White: He/she is set free. With power and self-respect she/he experiences new life. She/he is washed clean and lives with a fresh set of eyes. The world around her/him shining once again. The sun is risen again and can see the rainbow of hope. Chains are broken and her/his heart and body has been set free. Hope is restored and she/he can breathe in the fresh air of love and peace. Peace flows in her/his being and allows to let go the pain of shame and despair. She/he dances with more supremacy and energy than before. This dance is a happy dance but she/he is more alive because the struggles have been conquered. She/he has been redeemed from the bondage of slavery. Now there is new courage and confidence. She/he has a new name.

*(e) Once again Lively and Joyful Music is being Played*

**Scene 5**: Green: The individual has a purpose to live. He/she has a story, a fairy-tale of transformation to share. She/he is ready to face the world. She/he lives a normal life. She/he can understand others better as she/he has gone through that horrible trauma of shame and humiliation. She/he is grateful and thankful to be alive, full of deep joy in her/his heart. She/he mixes with others, with trust and full of confidence and believes that there is a way out of darkness. Learning new things everyday as she/he grows in this new attitude. He/she will dance through this journey of life with her/his head held high. Once again she/he dreams without any fear. He/she is more than a conqueror because love and trust of self, keeps pushing him/her forward.

This is the story of the 5 colors. This is the story of hope and freedom. This is the story of a changed life. It is a beautiful framework for telling personal stories of conflict, hope and change.
Feedback of hope and change from the children and adolescents after the hoop movement sessions. They have expressed in simple language the joy and happiness, the movements have brought into their lives. Once who had no hope and crushed with self have learnt to have positive approach to life. Below are the touching insights which the individuals have articulated in their own and sincere words.

1. I am a scarf with beautiful colors. People use me around their neck and cover their heads. My colors impress them very much. I feel very much loved and appreciated by them.

2. I am the waves of the large ocean. People come and sit at the beach and my waves amaze them. I give them soothing effect for their troubles. I feel very powerful and energetic and I will continue in giving peaceful waves to others.

3. I am bird. I chirp early in the morning, giving people a fresh morning. Passersby have recorded my voice. I can freely fly from one tree to another tree. I have many friends of other bird families. We together fly and even migrate from country to another country.

4. I am a clay in the potter's hand. I have allowed myself to be molded according to the mind of the potter. I am in perfect shape. People use me as bowls and pots in their houses. I make deep impression on them. My flexibility allows the potter to make different types of shapes. I enjoy my beauty.

5. I am a story book and kept in the uppermost shelf for a sale, so that people get enriched and inspired by my lovely stories. I travel all around the world with my beautiful stories. I feel very great as I touch the life of others with my moving stories.

6. I was a happy pink color balloon and was very happy with myself. Children would blow air in me and fly me in the air. I would enjoy the world above. But then this same balloon had been torn and thrown in the dust-bin. Everything was black for me. God through a young lady, noticed me fully broken and brought me to the dance movement therapy sessions. Today, once again I can say I am what I was before,
the pink balloon with full of air in it and I can soar high in the sky. Dance movement therapy has given me my original self back.

7. I am a ball of full energy and strong enough to be kicked by anyone. This change has brought to me by the dance movement therapy. I could not face the world as I had been a victim of so many abuses. The movements of dance had revived my broken self and I enjoy being what I am today. I thank the Almighty for sending such lovely people in to myself and very grateful to them for giving me another life.

The beauty of the movements is that the clients are educated to act our deep buried hurts. It is assumed that acting out past hurtful emotions and worries can help the person to understand the disturbing events and consequently learn to deal with them.

**Dance:**
1. A lot of hoop dance!!!
2. Posture, dance disciplines, stretching, flexibility
3. Mirror dancing, conversation dancing, improvisation/acting
4. Contemporary dance basics, jumps, floor rolls
6. Dancing with scarves and ribbons

**Lessons:**
1. Stories everyday to explain the themes of Yellow/Creation, Black/Brokenness, Red/Love, White/Freedom and Green/Purpose.

2. The therapist shared their personal testimonies with the children, along with a 5-color dance for our stories.

**Activities:**
- Affirmation exercise- Say one thing you love about yourself and one thing you love about the person next to you.
- Clay pot gifts given to each child with their name and positive affirmations written on them.
Blindfold game for 'Darkness day.'

Deep breathing activities, releasing tension and anger management.

Building a machine- in their groups, they had to be creative and build a machine using their bodies and motions (eg. a cup of tea, a ceiling fan, a television and a car)

Sharing their new names with an action.

Charade game- connecting emotions to bodies, each child had to act out the emotion we gave to express to the group while the group made guesses.

All children have a right to live with dignity and self-worth. Dance movement therapy helps to realize this primary sense of empowerment and uprightness of the individual. It is an unique effort of the movements to allow the children and adolescents to discover their deepest self and communicate with self and others. It can transform their lives and give them a hope to see the brighter side of the world. Dance movement is an alternative method of counseling. Here the child expresses his/her emotions through free movements.

The Hoop and Scarf Movements
5.3. A METHOD APPLIED BY DANCE MOVEMENT THERAPIST HAZEL LOBO

5.3.1. Therapeutic Approach to Integrate Mind, Body Experiences for Healing, to Deal with Trauma and Move from being Victim to being a Survivor.

Dance movement therapy was used as an intervention for two hours for six months with 40 children and adolescents ranging from ages 7-18 years from Mumbai Central an area which can put children into high risk for physical abuse by alcoholic parents, emotional abuse, sex trafficking and child sexual abuse.

Description and experience of Hazel Lobo, one of the dance movement therapists who conducted the therapeutic intervention for the research study. Hazel describes her method and experience as follows:

Initially the children and adolescents could not be still at all, extremely fearful of being singled out and ashamed to be themselves.

There were so many emotions running at the same time with different intensities.
It was so difficult to perceive and understand the feelings and the craving needs of the children and adolescents. It was difficult for them to talk and listen to one another as there was so much chatter happening inside their very beings.

The children and adolescents took a lot of time to follow the dance movement therapeutic steps. They were shy, timid, unsure, nervous and tensed.

Slowly and gradually they built confidence in themselves and watched others doing the same exercise, namely, dancing slowly step by step, walking, stopping and running, moving their hands and feet to the rhythm of the music and drum beats and displayed their inner energy.

They allowed their stiff bodies to become free and let their voices out. The session began by sitting in a circle in silence and then singing a chant ‘Sab Mangal Ho!! (May everything be well).

The silence and stillness after the chant that the group held was beautiful. It was amazing to be a witness to see the energy physically settle.

The group then moved into an action introduction where each person in the circle came up with their own movement and say their name aloud while the rest followed the same movement and repeated the person’s name.

It was a challenge for the children to be by themselves away from their home and think of a movement and say their name aloud.

Some children boldly came forward and remained in the hall all through the process and for some it was extremely difficult in the beginning but slowly they became the part of the group.

There was shyness mixed with embarrassment as our names are very personal to us which give us our identity in this world.

Post the action introduction we moved to exploring the space around us. The different options available to us in this space and huge possibilities that exist, the many shapes and forms that we can hold in our bodies also were exploring.
The connections that we can make with others in the space, the quality of the connection that we want to make with the other, the awareness of our own energy and how we want to engage, exploring standing still and being aware of our own inner worlds of sensations, feelings, thoughts, memories and also nothingness were kept in mind.

There was so much high energy in the hall. There were so many emotions ranging from anger, irritation, restlessness, calmness, joy, fun, laughter, pulling, pushing and running.

All the colors on the pallet, there was freedom where all were equals, be it the children or the volunteers, sharing the space equally and with freedom of how we want to use this space and what we want to be in the space from moment to moment.

The external bell was a reminder to be still and be present to our own stories happening inside our bodies.

We also swayed our bodies to increase collaboration and connectedness. We pushed the energy out of our body so that we could move towards a goal or direction.

By forming shape and holding the shape and noticing how much is possible within in the body and we can and are capable of shaping our own lives also just enjoying hanging and taking life easily and going with the flow, following which the whole group just allowed their bodies, to be held by mother earth and just resting in her lap was unimaginable.

Blessing each part of the body right from the head to the toes, remembering and thanking the universe/ Creator/ energy for the gift of our bodies, the gift that it is for everyone and everything around. We then allowed the body to rest in a restful position and just slipping into a deep sleep.

**Movements with different Postures**
At the end of the therapeutic session they felt their heart beat, their breathing and listened to the sounds around them as they rested on the floor, which is none other than mother earth.

The contact of each body to Mother earth gave special feel to each of them. They felt part of Mother Earth - just lying down and resting, as if there is no tomorrow!!
After adequate rest they arose from the ground and were given crayons and paper to express their inner feelings through colors and art. What a master piece each one of them produced!! Each art work had a story to tell, a life so young and yet a life of so much trauma and yet there is hope. Each of these children and adolescents, needs to return to a life that is free of worries and tensions and free from the trauma of abuse.

**Drawings by the Children and Adolescents**

It was amazing to notice how children were painting their dreams, desires, wants and needs on the paper, something that was so alive for each one of them, was a home where they were safe, or not safe, nature all around them, images of family, words like peace and joy. Each child shared their picture and their feelings in the group while the whole community acknowledged and affirmed their experience of being aware.

Hence dance movement therapy helps them to recover and move forward in their journey of life. Dance promotes non-verbal messages and allows each person be a leader and a follower at the same time. It helps them to travel around the different
characteristics through postures, movements and interactions. It also gives the clients a chance to understand how they react to different behavior of others. Movement in itself is a medium which allows for the shifting between inside and outside. It is internal yet creates an outer form.

5.3.2 A METHOD DEVELOPED, RESEARCHED AND PRACTISED BY THERAPIST MICHELLE VAS

1. Beliefs/ Perspectives/ Misunderstandings: Is it possible to relook and understand reality as it really is? The way we communicate- Is it possible to learn soft skills to help deal with conflict in a care fronting manner when connecting with self/others, creating innovative situations and building relationships?

Self Counseling - Before we talk action (right/wrong), can we foresee the consequences of our actions?

What drives our actions?

1. Can we discern our motives?
2. What qualities are required to do this?
3. Can we be aware of how our wrong motives color our wrong perceptions of good people?
Logic: Wrong + Wrong = Wronged people! Our HUGE mistake!!

Scientific method - duration min 25-30 minutes of continuous exercise (cardiovascular exercise)

Steps

1. Warm up: conditions the body preparing muscles for more strenuous activity.

2. Low impact: Slowly raise the heart rate without straining the respiratory system.

3. High intensity: coordinates muscular movements with breathing rhythm to raise the heart rate to 75% of total capacity.
4. Low impact: lowers heart rate with slower movements while reducing the level of activity.

5. Cool down: Both respiratory systems and muscular motions are gradually slowed down to relax completely. Designed to release toxins out of body so that aches and pains are reduced to a minimum.

This method done regularly 3 days a week alternately helps build strength, stamina, endurance, and flexibility.

When the body is healthy and fit, we can turn inwards to regulate and condition the mind.

Similar activity is undertaken with mental gymnastics. It keeps the mind active, alert and positive.

Visual images during the physical exercise help condition the mind. For instance, if it is perceived that a positive result is possible, then the potential itself is the enabler of positive action. On the other hand, if the potential is that of a victim of circumstances, if follows naturally that helplessness will be the outcome.

In order to keep the mind active, positive and focused, it is important to train the mind. This can be done simultaneously and subtly through the earlier physical activity with a well designed mind-body workout.

The desired aim is self-reliance, openness of mind to new perspectives and a positive outlook.

The extended focus lends control to the power that 'others' have over self. 'Others' include participants immediate environment, the 'significant others', family, friends, coworkers, etc. If most of one's time a spent outwards, then quite often there may occur a neglect of inner world.

On the other hand, the internal focus tends to make the participant self interested to the detriment of others in the environment.

A balance is recommended, enough to stabilize the participant to retain control whilst interacting genuinely with others in his immediate sphere of influence.
Through music, dance and movement one becomes self aware and in touch with one's deeper reality and the source of one's being. In the dance movement the person is expressing self and this happens when the individual moves the body based on her/his desire, feeling, image, or thought that unconsciously crops up from inside. This is followed by bringing forth the material that has been amassed in the unconscious. Dance gives an opening connect mind with body. Hence dancing is an tremendously influential tool to help in reconnecting to oneself. It gives nourishment to the worn out body, mind and soul.

**Integrating Body-Mind-Spirit through Music-Dance-Meditation**

Quiet time lends focus to our inner world. `Being more than doing` i.e. the ability to jump off the merry-go-round of life and appreciate the peace and quiet, recharge low energy levels, provide emotional nourishment, appease everyday problems; takes center-stage.

Some techniques are made possible for this.

- With stillness, silence and simplicity through the practice and experience of meditation we can pave the way to strength, endurance, flexibility and stamina of the mind and spirit.

- Strength is the concentration power in the muscles of the body or the mind and spirit.

- Endurance is the ability to undergo the challenges to the body, mind and/or spirit over a longer period of time.

- Flexibility is the ability to bend through a wider range of motion or the ability to adjust to newer situations.

- Stamina is the physical or mental or spiritual endurance and resilience. Stillness is the quality of being silent, calm, peaceful until now or another time.

- Silence is the state or quality of being quiet. Simplicity is the state of being easy to understand.
Daily affirmations create a positive life force within the self. A simple `I am strong` - words used with a mental picture of a strong role model, capable and not helpless; marvelously lends hope to a person who is low on inner resources. As the person practices and experiences positive benefit, he develops a positive memory of being strong and tends to replace his negative image of weakness or failure with the more acceptable one of having already been strong. This is the first and crucial step for helping him to move forward from strength to strength in every focused area of his life. He may now use other affirmations for gaining confidence in other focus areas at home, at work, in relationships, and so on.

Exercises that help tone and firm the body set to music and dance create opportunities for dynamic movement designed to expand and contract or stretch and relax the muscles.

Similarly music and/or dance or movement therapies have a direct impact on the mind – the mood changes dramatically and creates positive mind power.

Studies have indicated that music in the dance therapy has a much deeper impact on the person than any words or mental imagery. Music played by a mother-to-be has a powerful positive power to condition and relax a baby even before birth. The same music played after birth is helpful to soothe the baby with the memory of the peaceful place.

Breathing techniques that exercise the respiratory muscles like the diaphragmatic muscles and so on coordinate the mind with the body and this can be used to take control of emotions before they get the better of us. However, just having knowledge of these therapies is not enough. Regular practice is the key to taking control of the self: body, mind and spirit.

This form of kinetic physical activity is the opposite of static movement which may only extend the muscle and then resume the previous position. Done regularly, at least three times a week, these exercises tone the body and build up fitness levels. It is easier to work with toned muscles than with weak muscles. The quality of work
performance improves. This builds confidence and improves morale. Popularly known as calisthenics people spend hours at the gyms to build up their body image.

Exercise sessions need to be designed in such a way so as to exercise, tone and firm all the major muscles and muscle groups. Exercises should be rotated at regular intervals as muscles have a memory and tend to get used to `set` workouts. By rotating the exercises, newer muscles come into play and the best effect is felt all round.

The same goes for our mental attitude and thought processes. Regularly introducing newer activities and perspectives keeps the mind alert, focused and agile. One is able to question previous understanding of painful memories and situations and learn, relearn, think, rethink, choose and decide and discern by over-riding mental programming and by responding positively rather than reacting instinctively.

The more discerning we become, the easier it is to overcome our temperament and previous conditioning. We rise above instinct and become more consciously aware. By training the mind to evolve consciously, we can open dormant areas of the brain. We can shed our negative feelings of fear through the practice of meditation. It becomes possible to change our whole attitude to life and the way that we live.

Our effort is to create a positive mindset and integrate this positivity into our attitude towards life and the people we meet. As we struggle to build fitness of body, mind and spirit, we realize the enormity of effort required to attain our goals. We realize that others have a similar struggle. We grow in compassion of other people. We learn to accept others with their strengths and weaknesses.

We are able to be open to new experiences and use past experiences, however painful, as a learning experience. We try to accept our opponents as being `good` (for us) and the situations we face with them as the real battleground. We learn to look at the reality rather than live in a world of illusion. We learn to become aware and remain aware in the present rather than lose ourselves in the problems of the past or the fears of the unknown future.
We learn to live with faith and courage rather than be slaves to hatred, pride, fear, ignorance and false attachments. We learn to distinguish between the Creator and created things. We learn to accept the good and the bad, sickness and health and so on with equanimity. We become more moderate/temperate and less extreme/unstable.

This integrated therapy includes deep work of able, experienced practitioners. Lack of skill can completely demolish needy victims who benefit from this therapy. Those in the helping professions would be well advised to prepare for such a life-generating mission.

In conclusion the body, mind and spirit are inseparable. The body and mind works together in order to fully experience the transparency of mind and beaming health.

**Movements with different Postures**
5.3.3. A SIMPLE METHOD APPLIED BY THE RESEARCH SCHOLAR

The following exercises were done as warm up in the beginning and at the end of each session.

1. **Breathing Exercise was done near the Lake.**

Breathe in the fresh air of the natural surroundings of trees, the rivers and seas. Breathe out all that is unwanted, the tensions and the hurts of the past. Deeply inhale through the nose, the clean oxygen, hold on for some time and then breathe out.
Benefits of Breathing Shared by the Children and Adolescents.

- Some uneasy feelings came out from my body.
- When I exhaled the carbon dioxide, shame of my abused body lessened.
- My stiff body became very flexible.
- I was restless but now I can take a relaxed posture.
- I had lost taste for food but now I have a good appetite.
- My lungs have become healthy and powerful.
- I was able to release anger.
- My anxiety has been reduced.

Breathing deeply for just a few minutes every day will improve our mental attitude and improve our physical health as well. Breathing wholly and in a normal way is an influential method to move through and change despair and uneasiness. And this is because the breathing retrains our nervous system to discover a melodious stability between our sympathetic and parasympathetic branches.


- Children and adolescents were given balloons to blow up. Some of them blew them up quickly and others slowly and with struggle. Then they put a knot for it. Some were very big and small in size.
- They were asked just to let it the balloon in the air.
- The wind carried away the balloons up in the sky.
- Children looked with wonder to see their balloons being flying up in the air.

Some Insights from the Children after the Balloon Exercise.

- There was a lot of pressure on me to blow the balloon.
- I felt very relieved when I started to blow the balloon.
- I filled all my anger in the balloon and was so happy to see that it has been carried away up in the air.
I am with deep joy today as the balloon has removed my guilt feelings. Like the balloon flying in the air, I too can desire for good things to happen in my life.

Observations:
These exercises were repeated for three times to help children to overcome their repressed emotions of anger, hurt, worries and pessimism.

- Before the exercise, they seemed to be very gloomy and did not want to mix with others.
- Some were shy and others very mischievous.
- They showed they have lost everything in life and no better future for them.
- But they were happy to sit in the open and peaceful environment.
- The cool surrounding made them to relax and deep breathing exercise brought them some hope and light.
- During the second and third time of the exercise, they were delighted to do these activities with much vitality and joy. One could notice the smiles and happiness on their faces.
- Even one said she is come just to remove her anger and guilt.
- Their dreams which were once shattered, now felt that they can do something about it.
- Through the simple movement technique, they have valued something far better and it will remain with them always.

3. Movement through Actions Songs in the Dance Movement Therapy
a) Put your right hand out, put you right hand in, and shake it all about (do the boogie, boogie, that's what all about).

Put your left hand out, put your left in, and shake it all about (do the boogie, boogie, that's what all about).

Put your right foot out, put your right foot in, and shake it all about (do the boogie, boogie, that's what all about).

Put your left foot out, put your left foot in, and shake it all about (do the boogie, boogie, that's what all about).

Put your whole self out, put your whole self in, and shake it all about (do the boogie, boogie, that's what all about).

b) Oh be watchful little eyes that you see, there's a Father up above and He's looking down you with love, so be watchful little eyes that you see

Oh be listening ears that you hear, there's a Father up above and He's looking down you with love, so be listening ears that you hear (hand - you do, mouth - you speak, legs - you walk, nose -- you smell, heart - you love).

c) Baa that is what the sheep says, mew that is what the cat says (moo - cow, bow-dog, hiss-snake, twit-bird).

Objective: Relaxing, refreshing and rejuvenating and reducing nervousness.

Observation: This was warming exercise done with the children. They thoroughly enjoyed the action song. There were stiff and rough movements in the first three sessions. It was noticed that some of them could not move freely with the centre part of their body. As the sessions progressed, children felt very relaxed and they were able to move without any restraint.

Feedback from the Children

- I felt very light with my hands.
- My voice is improved.
- I can pay better attention.
- I do not feel nervous now.
- I feel strengthened.
- My stomach pain is reduced.
- I can talk freely and boldly.
- I am able to enjoy my life better.
- I can eat well and with taste.
- I can teach these movement of action songs to others who have not got the opportunity to come over here.

The five senses—sight, sound, smell, taste and touch do a wonderful job in sending messages to the brain through the nerves. The brain then reacts accordingly. For example when are happy, sad, excited, angry are the body language.

4. Angel Therapy through Movements of the Dance Therapy

Children were provided with colorful chart papers to make angel wings for themselves. They were excited to do this activity and took active part in cutting, pasting and joining and then putting the angel wings on their backs.

**Objective:** Love for work, love for self, concentration, enthusiasm and fun.

**Observation:** With the light music in the background children went around dancing and moving themselves very happily and joyfully. They flapped their wings like the birds in the sky and butterflies in the garden.

**Feedback from the Children**

- I felt very peaceful.
- I am protected by the angel above.
- I enjoyed cutting and joining the wings.
- I love working together in the company of others.
- We are all angels with beautiful wings.
- God is taking care of us through the angels.
- My heart was moved with the soft and melodious music.
- I felt deep joy in me.
- I want to be a loving person like the angel.
- We loved being angels and dancing with our wings.

5. Group Dance in the Dance Movement Therapy

Hindi old number song -Mera naam chin chin choo from Hawrah Bridge

**Objective:** Refreshing, team spirit, fun and enjoyment, encourage mobility and expression, respect and develop positive self body image.

Most of the participants were Hindi and Marathi speaking. And this was done with the adolescents to make them feel at home with their mother tongue. This activity was done by both boys and girls together. As this was the concluding session they were very much familiar with one another. The different formation of the dance were very well choreographed by the therapist. Adolescents danced with much joy and smiles on their faces. They twisted their bodies according to the beats of the music.

**Feedback from the Adolescents**

- This is the first time I have been given a chance to dance by a teacher.
- We are all one, brothers and sisters.
- My tensed muscles got relaxed.
- My fears have been reduced.
- I know I can dance.
- I am appreciated by others.
- I can mix with others.
- I have realized that I possess good qualities in me.
- I do not feel shy and nervous now.
- There are some who love and care for me.
- My fear of boys is lessened.

6. Movement through Sports on the Playground
Children and adolescents had time to play on the ground. After the two hours of duration of the dance movement therapy, the need was felt that the children should be left by themselves to play on the ground with the volunteers supervision. Volunteers as well the therapist also played with the children.

**Objective:** Freedom, love for physical activities, overcome hostile behavior, team spirit surmount jealous feelings and acceptance of one another.

They wanted to play football. At first it was observed that many had mixing problems with others. All the anger could be seen while they hit the ball. It was not the love for foot ball but aggressive attitude were visible. The movements were very rough and all the anger was thrown on the ball.

Girls wanted to have a running race. Some ran fast and others slow and some very slow. Each one wanted to compete with the other. There was pushing and looking at one another with much envy and dreadful eyes. They ran, one of them fell down, two of them gave up and last there were three winners. Each child was appreciated and motivated to play outdoor games with others.

**Feedback from Girls and Boys**

- I removed my anger on the ball.
- I wanted to win the race but could not.
- There is lot of anger burning in me and I want to play again.
- We do not get place like this to play.
- I would feel very jealous of others but now it is lessened.
- I felt relieved from my inner pain.
- There is peace in the mind.
- We learn good things from others.
- Good days can happen in my life.
- I would feel I am the only one suffering such shame and humiliation. But now I know others too have similar problems like me and there is a solution to conquer the pain.
- I am not judged but respected by others.
I would feel everyone is bad on this earth but now I have realized there are people who are good and care for us.

I have made new friends.

Few people hurt us and not everyone.

I did not win the race but I have felt energized.

I would like to conduct these activities with my neighborhood children.

I am the fortunate one to get myself involved such types of activities.

A hope is instilled in me.

I feel very confident and strong.

I did not like to play with others but next time I shall do it.

7. Heal the World song by 'Michael Jackson' in the Dance Movement Therapy as a concluding session

(There's a place In your heart
And I know that it is love
And this place could be much
Brighter than tomorrow
And if you really try
You'll find there's no need to cry
In this place you'll feel
There's no hurt or sorrow

Heal the world make it a better place
For you and for me
And the entire human race
There are people dying if you care enough
For the living make a better place
For you and for me)

Children, adolescents, volunteers and the therapists together formed a circle, with the lit candle in their hands. The background song heal the world brought tears of joy and happiness in eyes of everyone. We swayed holding one another's hands and
moved our mind and soul to the rhythm of the song. We moved left and right in the circle and looked each other with a smile. There was silence after the song was over. Everyone felt sad to leave the place and say good bye. There was also a refreshed spirit to go back to their homes. Everyone wished each other with much warmth and happiness and also expressed that they wished to come again in the future.

5.4. CASE STUDIES

Every child has a story to tell with so much creativity. With the 5-color dance framework and the dance movement therapy, the possibilities are endless. Each child is unique and every story is special.

The hoop movement and dance movement therapy has shown that dance, personal expression, and creative collaboration can convey flexibility, freedom, connection of mind and body, resolve certain conflicts, bring healing and empower children to share their stories.

The goal of the therapy was to grow in freedom and love, overcome trauma and experience healing to tell their own personal story of change. However, we never directly asked them to convey their personal stories. Children and adolescents expressed their own stories and showed that dance movement therapy can have a positive impact on their behavior. Few of them shared in the group setting. Those who did not feel so free shared their personal stories individually.

5.4.1. Group Sharing

Participant: 1
Past painful memories kept coming into mind. I would remain aloof from others and felt I have no better future in life. The hoop movements have made me feel relaxed my body. I have experienced a sort of freedom and joy within me.
Participant: 2
I suffered from guilt and shame. The horrible memories kept taunting me. I would see only darkness in front of me. The dance movement therapy has taken away my pain. My mind has experienced peace. I can dance with joy. I can see light and rainbow before me.

Participant: 3
I was going through terrible trauma of abuse. I felt I was worthless, nobody loved and cared for me. Everybody looked at me with negative eyes. I was shy and nervous. The dance movement therapy helped me to overcome these drawbacks.

Participant: 4
I have got healing when I took part in the group movement. The movements gave me an opening to carefully discover my buried memories of the past abuse. Moving and twisting my body to the rhythm of the music has brought me revival and transformed my abusive trauma.

Participant: 5
I would throw temper tantrums and blow up on others even for small issues. I could not control my anger. The repressed emotions made me vulnerable. The hoop movements removed my emotions of hatred and freed me from anger and painful thoughts. I feel I have a bright future ahead of me.

Participant: 6
I was in depression and had fears of darkness that something wrong is going to happen to me again. I could not sleep well. The dance movement therapy has taken away my fears. Depression has been reduced. I have experienced some serenity and calmness within.

Participant: 7
I became more and more isolated when I remembered my past. I didn't like going out and just wanted to be with myself. I was fearful and became introverted. And now, even though the negative emotions kept taunting somehow I could connect with my body. Through the variety of movements I gained confidence and felt greatly empowered.

Participant: 8
My whole self was damaged. I was undergoing severe anxiety. I would wet the bed at night. A new life began when I danced with joy in the movement therapy. I could feel the positive vibrations flowing into my mind and being and letting go the negative emotions from my body.

Participant: 9
The free movements of the dance has brought me very close to my internal self. I no longer feel heavy and defenseless from my own inner evil powers that kept pulling me down. I feel free within and powerful too. Traveling through this journey of pain and suffering, the movements have improved my health, broadened my outlook, brought marvelous adjustment to my personal and intellectual life.

Participant: 10
The abuse had chained me for so many years. When I heard the cases of abuse I would remember myself. It made me all the more sick and hopeless. Involving myself in the hoop movements, it broke my chains, gave me hope and brought healing to my life.

Participant: 11
During the first session of the dance, I found extremely difficult to reconnect with my body as it was very painful and traumatizing. My childhood innocence was taken away from me and I had lost all hope in life. To regain my real self I had to go through this process of movements of dance. I rediscovered myself and these movements allowed me to grow an even deeper love for my body. The same broken
body which kept me alive during the abusive experiences, now permitted me to change myself and experience healing.

5.4.2. Individual Sharing

Participant: 1
I was sexually abused by my neighbor when I was ten years old. I told my mother about it. We could not fight for it because of the reputation of the family. I carried this wound till today in my being. I had lost hope in life. Life was meaningless for me. Today in the dance movement therapy sessions my body expressed these deep rooted hurts non-verbally and I experienced freedom, stillness and peace in my whole self. The lower part of my body became very light. A light has come into my life and I am healed.

Participant: 2
I was just 8 years old and my uncle had sexually abused me and told me not to tell anyone about it. I hated my body and would get frightened if anyone touched me. The hoop movements relaxed my inner self. My mind is totally renewed and I can see before me a radiant light of hope and freedom. My body parts are healed and feel a new self within me.

Participant: 3
I could not bear the sight of a frightful man as I was being raped by a family friend. I had damaged my image that I suffered from low self-esteem. I just gave up in life. Life was all over me. I was good for nothing. The dance movements gave me courage to face life positively. Now I know I have a purpose in life. I am totally healed and I can begin a new life.

Participant: 4
My mother is a prostitute and she is doing this to run the house. My father is having another wife. Once I was alone in the house. The man whom my mother was involved raped me. I did not know what he was doing to me as I was just 9 years old. I cried bitterly because I was in pain. My mother came to know about it but she was helpless and could do nothing about it. All these years I lived in disgust and had regrets of being born in to this world. The hoop movements were a fresh beginning
for me. Mind was refreshed from nightmares, there was peace in my heart and I could dance with joy. Each movement made me to relax the tensed parts of my body. I felt that some super power has touched and healed me.

**Participant: 5**

I was sexually abused by a man when I was 8 years old boy. He would call me every day in his house and offer me chocolates. This continued for some time. I started pain in my private parts and I told my father about it. He ignored it and told me to keep quiet. He is an alcoholic and could do nothing of it. As now I am growing up I felt to share with someone but to trust others was difficult. I was like a handicapped person with this guilt. As I heard the cases of sexual abuse my thoughts would go to my childhood memories. I would feel I have done something wrong in my life.

Thanks to the dance movement therapy sessions. My brokenness was repaired again. The memories of the past kept going out of myself as I moved and twisted my body with different movements. Life was new again and felt there is hope to live and forget the past. When I moved the lower part of my body I experienced freedom and healing. I can face all odds with new courage.

**Participant: 6**

My uncle had sexually abused me and did this several times with me when my mother was not at home. I started getting severe pain in my body and I felt something wrong is happening to me. I avoided him and never talked to him. When I became big I told my friend about it. She went and reported to others in the neighborhood. My image was tarnished once again, first with the abuse and then the social trauma. Many times I felt committing suicide. At this time I encountered a social worker but I was frightened to open myself to anyone and I would just weep and suffer within myself.

Taking active part in the dance movement therapy sessions loosened my total self. I could breathe in joy. I felt I am not the old self but a new and healed child. Peace overflowed in my being and I could sense flexibility in my body. I am freed from the bondage of hurtful thoughts, trauma, shame and guilt feelings. I have gone through
this pain and agony, now I will able to understand others sufferings. I will commit myself to do something worthwhile to the girl child in our society.

Participant: 7
Dance movements have become a basis for my recovery of the repressed emotions of sexual abuse. The therapist have motivated me to make use of the realistic life skills to live a healthy and fearless life. Now I can confidently say that I will be able to apply my own managing devices when trauma triggers again.

Participant: 8
In the beginning of the dance session, even though I purposely and mentally tried to hide my emotional feelings of sexual abuse, yet my body could not hold the anger, hatred and despair that I had experienced. As my body twisted and moved from this side to that side keeping with the beats of the music, somehow I could expose my emotions. I felt deep comfort when I displayed my concealed thoughts and the fears that had traumatized me.

Participant: 9
I never got an opportunity to talk about shame and guilt of sexual abuse to others. I lived an isolated life and the memories of the atrocious event made me all the more handicapped. Externally I would show that I am all well and happy but internally I suffered the most. I felt that if I shared this pain with others, they would look down upon me and keep me out of their circle. Dance therapy made me a confident person and helped me to come out of this agony of despair. The cathartic effect took place when I opened up myself completely to the therapist. Thanks for the marvelous work of the movements which has given me a new life, hope and healing.

Participant: 10
Whenever I heard or read in the newspaper the incidents of sexual abuse, I would terribly get affected. I would remember my episode and this would become a nightmare for me. I hated everyone, the world and all its people. I have thrown temper tantrums on others for slight situations. I was unable to control my anger. Coming to know the dance movement therapy was a fresh beginning for me. I have no words to express what the movements have done for me. It gave me a new
insight and I am not the same person today. I have learned to appreciate myself as I am. The negative past has been washed away from me to some extent. I can wake up with a fresh mind and see the dawn with a smile. The load of worry has been lessened and I can concentrate in my studies. New feelings and positive thoughts have started flowing from my mind towards self and others.

Participant:11
My classmates did not know of my sexual abuse still I feared, felt unsafe and would be very nervous. What would others think of me, if they hear of my story? These thoughts kept worrying me and I did not want go to school. Often I remained absent and did not fare well in studies. Involving myself in the dance movement therapy, helped me to safely process and release my internal emotions. These overwhelming experiences of the movements taught me a lot about myself and the future healing that needed to transpire in my life. Slowly and steadily I learnt to be patient with myself. Took part in every session and finally gained my total and real self. It's me, the one I loved first before the abuse. I had conquered the evil and now I can raise my mind and heart to achieve greater aspirations to be a social worker, to protect and help others to overcome their trauma and lead a meaningful life.

Participant:12
I depicted the movements of a storm. A storm is very dangerous. It brings dust, uproots trees and everyone on the road runs to protect his/her life. Some are trapped under the trees, some die and some save their life. My life had been like this storm which continued to bring all sorts of dirt and heavy weight on my being. I could not save myself from that horrible incident of sexual abuse, happened to me ten years ago. I was still under the tree with shame and guilt. I had lost meaning in life. Today I want to thank the dance movement therapy team for organizing such effective therapies for especially poor children like us. I can boldly proclaim the wonders that dance movement therapy has done for me. The terrible storm of ten years has been vanished. My storm of anger and hatred is taken away. I have regained my inner strength and power to face other storms in the future. The movements have freed me and given me confidence of self-worth.

Group Sharing
The children and adolescents of the study were chosen mostly from the poor background. The researcher had visited the homes of the families and some of these children who took part in the project were belonged to these visited homes. The researcher had kept in mind the home background and the poverty of the family. And so during the 12 sessions of the therapy, the children were provided with simple meals which could satisfy their hunger. Children need to be nourished physically too as we form and shape them mentally. Learning and understanding the home situation, some of these children have been placed in the shelter homes. Secondly, children need time to play. When they came for the sessions, a free time was provided for them to play and have fun. Below are the photographs which show children enjoying their food and play.

Food and Fun with Children and Adolescents
Personal Reflection

The researcher as a teacher had encountered different types of students with varying degrees of capabilities, strengths and weaknesses. The students included very intelligent and not so intelligent, shy, timid, hyperactive, very quiet, nervous, not mixing with others, arrogant, disturbing, high and low IQ, slow learners, low self esteem, low academic performance, withdrawn, isolated students and those having
inferiority complex. As a result most of these children were neglected in the class. Hence these children did not perform well in their studies.

As a counselor and teacher of nursery to the X, the researcher had applied different methods and techniques to help them to do better in studies such as giving them tips how to learn and also keeping them after school, helping them in their studies and talking to them personally. There was little improvement made by them.

During my ten years of tenure in schools, I used to travel to different states of India like with Punjab, Mumbai, Delhi, Madras, Bangalore and Goa. I had encountered various cultures, castes and religions. In each place the experience was special. As a teacher and in-charge of the schools my main concern was to help the weaker and poorer children of the class. My satisfaction was not only teaching the subject but to uplift the most neglected and slow learners. I believed in the potential that lie deep within oneself and I wanted to bring to the awareness to the child that the external evil forces should not control our lives but develop the best that lies deep within us.

I felt that the need of the hour was that I should do something for those unfortunate children, including visiting their homes and studying the home background. I came across many problems like broken homes, alcoholic fathers, cases of separation, son preference, abusive parents, mentally sick parents, illiterate parents, poor parents, children abused by their own father or uncle or neighbors. In schools also, children were found to be ill-treated by their teachers and comrades. Teachers also indulged in favoritism, abusing the children in various ways (physical abuse and verbal abuse) and comparing them with one another.

Keeping this background in my mind, I undertook this important research study so that I could contribute something positive for these types of children. Counseling being my favorite subject and in order to get some deeper insights in the research study, I did one year of diploma course in Counseling Psychology in Mumbai.

Even in a counseling setting, a child or adolescent finds it difficult to make self disclosure. And so I decided that instead of the usual counseling approach for this
research study, I would choose dance movement therapy as a prime way of dealing with children and adolescents problems. Besides, I love dancing and I get intense joy and happiness whenever I dance. Dance movement therapy is a tool which assists a person to become aware of one's self and release the unconscious material that has been stored or deeply buried in one's body. Dance movement is able to bring out hidden material in various forms of non-verbal communication. Moreover as I undertake my research on dance movement I have realized that dance movement has also got healing and therapeutic effects. It can really work wonders with children and adolescents and help them cognitively, psychologically and spiritually.

5.5. CONCLUSION

This chapter supplements the insights got from the methodology section which focused on the quantitative data results. Here, the focus is on the qualitative data and the experiences of the participants. There is no substitute for experience. It was such an enriching and valuable sharing of the children and adolescents which brought out the actual lived emotions, thoughts and behavior of those affected by child sexual abuse and their transformation after dance movement therapy sessions.

The dance movement therapy and hoop movements made them to express the bottled up and repressed emotions freely and openly. This was a cathartic effect of the movement therapy. Dance movement utilizes the expressive movements. It is like a vehicle which a person sits inside of it and goes through a process of personal encounter and self growth. As a result the link is created between the feelings and the movements.

Movement has brought flexibility, spontaneity and to live a protected balanced life for the individual. The free movements of the dance assist the client to make the inner self very tangible. They are able to share their life stories and build connection with others. It is the passionate role of the therapist that produces the fertile surrounding for the individual to communicate his/her thoughts without any restraint. The movements of the dance help individuals to recognize emotions and how these
responses influence their interactions with self and others. The modifications that are noticed in the body when experiencing these reactions can be recognized.

Imitation in the dance therapy plays an essential role in the life of the person. When the client imitates the movements of others in the group, it helps one to create self and grow in building up personality. In the dance movement therapy this imitating method is very helpful in overcoming depression. In the beginning the client may feel very odd to express self closer to the feelings and moods of another person. But by imitating and comparing oneself with others, helps to receive information and some answers about the self. In addition, as the imitation is very significant to concentrate physically, it is important psychologically too. For eg. if the client finds difficult to express a particular feeling, he/she has a choice to imitation. Here the therapist assists the client and shows a movement that goes with the feeling one want to play and helps to put across it.

The important aspect of the improvisation in the dance movement therapy allows oneself to let go all of a sudden. One is carried away by impulses and the person is free to do whatever he/she wants and what the movement signifies. In other words, there are no planned movements in improvisation as it helps one to decide how to use the rhythm, space, body and the time. Moreover, when the client dances, it helps her/him to convey feelings and ideas through movements.

Dance is a healing practice for our hopelessness and worry. Nevertheless these emotions of anxiety and depression need to discharge the stored tension in the large muscles. The large muscles are involved in preparing for fight or flight and help in strengthening the parasympathetic tone in our organ system and also in reconnecting to the complete and sound breathing. With the rhythm of the music in the dance, the spirit and soul is reconnected to the body bringing healing.

Dance helps us to rise above and improve our sufferings. One learns to see self something different because the tension of the body is being released. When our body state changes then our mind state follows. Anxiety and depression are said to be the body states and hence there is a need to cure the body first. Just by talking one is not able to overcome these emotions. The body has to play a part in a body centered process. In the time of depression the body becomes numb but when we
move and dance the body begins to open. The spirit gets disheartened but as we move to music with soul, our spirit is lifted and our body is re rejuvenated with our own spirit.

The therapists were quite at home with the children. They had the capability to adjust the movements to merge with the dance therapy process. Children too built their rapport with the therapists. The two hours duration of the sessions were well organized. Some children were very shy and did not come forward but without any force encouraged them and left them free to join when they feel like.

Just like the relationship that exists between the counselor and counselee in the counseling approach so too the therapeutic relationship is an essential element of the client's growth. Whitehouse insisted the therapists to follow their own gut feelings as this would help them to edify and explain, how to trust their feelings. The therapist may apply different methods but he remains as a guide and healer (Boris, 2001).

Children and adolescents thoroughly enjoyed the warm up. They laughed and created their own movements of daily activities. They were able to have fun expressions for the daily routine activities which they do not otherwise enjoy. The appeared to be more confident in exploring innovative movements. As a result many of them shared their personal stories of pain and struggles. It has been an empowering time for each of them engaging in this process of healing. There is a strong survivor mindset that helped them to look at life more optimistically.

Children and adolescents were given a better understanding about the dance movement therapy. When you move your bodies, you convey your feelings. Movement is like mirror image of your energy. Sometimes you are made to relax and as connect yourself with the visual images in your mind, it helps you to be attuned to the feelings of your body.

Dance is based on the notion that mind and body are interconnected. Hence, the body movements of the person can be clearly seen as a mirror image of his/her internal psychic life and the interactions with the outside world. According to the dance movement therapist the psychological and emotional troubles of the individual
are presented in the body as muscle clips and these control the patterns of the movements. It is said that if one wants to be a dance therapist, he/she need not have the experience of dance and movement. This is because, in the dance and movement therapy the importance is laid on how a client feels his/her body and movement and not how he/she possesses the method of dance.

Movement exercises in the dance movement therapy like warming up, mirroring, dancing with various props, moving through space, creativeness, body rhythms and hand signals are remedial as well as entertaining. These help in enhancing the body harmonization, variety of movements and imitation skills. Dancing together in a group setting and while sharing opinions, ideas and stories through their bodies helps persons to improve self-esteem and increase confidence.

The dance movement therapist go through a special training and are given guidance to help individuals:

1. To understand a strong connection with their body. Also find out as how they move go about in life and face problems.

2. Help them to experience the feelings and body vibrations and not to repress them.

3. Grow in the ability to trust their feelings and cultivate new surviving skills.

4. Helping to discover the non-verbal messages of the body language.

All children are different. Some are shy, some may be less shy. Some may not like to share openly. Considering the back ground of the children, a scale of simple statements of objective types had been prepared. Here the children are not forced but are encouraged and given freedom to choose the statements according to their choice. All the children and adolescents were made to sit in the class, each having a single table. The researcher read out the statements to them and they put tick for the statements. This was the genuine feedback we got from the children and adolescents of the project group. This creative outcome added some thoughts and views of the dance movement therapy on end of the group evaluation.
5.6. FOLLOWING FOUR TABLES AND FOUR GRAPHS SHOW THE OUTCOME OF THE DANCE MOVEMENT THERAPY ON SELF-ESTEEM, OPTIMISM, ANXIETY AND AGGRESSION

<table>
<thead>
<tr>
<th>PARAMETERS- Objective to be attained after the Dance Movement Therapy</th>
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</thead>
<tbody>
<tr>
<td><strong>SELF-ESTEEM- Qualitative Data: (Self Assertion, experience of + ve feelings)</strong></td>
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<tr>
<td>01. Dance movement has made me to love myself more.</td>
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<td>02. Dance movement has made me feel respected by others.</td>
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<td>03. Dance movement has made me appreciate my many talents and beautiful qualities.</td>
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<tr>
<td>04. Dance movement, through the artistic rhythm of dance, has helped me recreate a healthy self-identity and certainty of my character.</td>
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<tr>
<td>05. Dance movement has made me realize that I am a unique and special person.</td>
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<td>06. Dance movement has helped me interact and relate with others easily and without fears.</td>
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<tr>
<td>07. Dance movement has built my trust and confidence in myself and my identity through body actions and non-verbal empathy.</td>
</tr>
<tr>
<td>08. Dance movement has helped me improve my body image and physical well-being through a positive psychological attitude.</td>
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<tr>
<td>09. Dance movement has helped me forget the painful past and plan for the future.</td>
</tr>
<tr>
<td>10. Dance movement has energized my body and mind and has thus improved my self esteem.</td>
</tr>
<tr>
<td>11. Through dance movement I am able to connect with my inner self and know myself better.</td>
</tr>
<tr>
<td>12. Dance movement has helped me appreciate the way in which I perceive the body of others and thus has improved my social relations.</td>
</tr>
</tbody>
</table>
13. Dance movement has helped me maintain my bodily integrity within a social setting and improve my holistic functioning.

14. Dance movement has helped me promote the building of my autonomous self through a process of self discovery.

15. Dance movement has helped me improve my sense of achievement.

Table: 1

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Graph: 1
It can be observed from the table-1 and graph-1 that maximum respondents have given affirmative response for high improvement in self-esteem where as a few have given affirmative response for medium improvement. More than 90 percent respondents have given response in favor of high improvement in self-esteem because dance movement therapy had positive impact on their behavior. In case of remaining parameter also not less than 65 percent respondents felt achievement of high improvement in self-esteem due to dance movement therapy. Response in favor of medium improvement was between 0 to 35% only. The data shows that dance movement therapy has been highly effective in improving the self-esteem of the respondents in general as out of forty respondents nobody has given an affirmative response for low improvement in self-esteem for any of the 15 parameters selected for showing improved self-esteem.
### PARAMETERS- Objective to be attained after the Dance Movement Therapy

#### OPTIMISM- Qualitative Data: (Positive affirmations, vision, joy, etc)

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<tbody>
<tr>
<td>01.</td>
<td>Dance movement has helped me experience balance and harmony with my body.</td>
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<tr>
<td>02.</td>
<td>Dance movement has helped me believe in my potentials and know that everything is possible for me.</td>
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<tr>
<td>03.</td>
<td>Dance movement has helped me remove feelings of helplessness and has made me hopeful in life.</td>
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<td>04.</td>
<td>Dance movement has helped me develop kinesthetic awareness and in doing so has made me a happy person.</td>
</tr>
<tr>
<td>05.</td>
<td>Dance movement has made me realize that my circumstances do not create me, but I create my circumstances.</td>
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<tr>
<td>06.</td>
<td>Dance movement has helped me experience a deep sense of connection with one another.</td>
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<tr>
<td>07.</td>
<td>Through dance movement I have realized that failure is a learning experience and is a stepping stone to success.</td>
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<tr>
<td>08.</td>
<td>Dance movement has helped me experience the joy of movement.</td>
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<tr>
<td>09.</td>
<td>Using the body through dance movement has helped me improve my psychological and physiological well being since it promotes a deeper level of emotional release than verbal expression.</td>
</tr>
<tr>
<td>10.</td>
<td>Dance movement has excited me to perform better in life.</td>
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<tr>
<td>11.</td>
<td>Dance movement has relaxed my body and made me more joyful and fun loving.</td>
</tr>
<tr>
<td>12.</td>
<td>Through dance movement I realize that the connection/integration of the body, mind and spirit are activated.</td>
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<tr>
<td>13.</td>
<td>Dance movement has improved my neuro muscular skills by increasing the flow of oxygen to the brain and the muscles, thus increasing the release of</td>
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endorphins which promote positive feeling about self.

14. Dance movement has made me hopeful that nice and good things will happen to me.

15. Dance movement has made me feel healthier.

Table: 2

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</table>

Graph: 2
It can be observed from the table-2 and graph-2 that maximum respondents have given affirmative response for high improvement in optimism where as a few have given affirmative response for medium improvement. More than 90 percent respondents have given response in favor of high improvement in optimism because dance movement therapy had positive impact on their behavior. In case of remaining parameter also not less than 52.5 percent respondents felt achievement of high improvement in optimism due to dance movement therapy. Response in favor of medium improvement was between 0 to 47.5 percent only. The data shows that dance movement therapy has been highly effective in improving the optimism of the respondents in general as out of forty respondents nobody has given an affirmative response for low improvement in optimism for any of the 15 parameters selected for showing improved optimism.

<table>
<thead>
<tr>
<th>PARAMETERS- Objective to be attained after the Dance Movement Therapy</th>
</tr>
</thead>
<tbody>
<tr>
<td>ANXIETY-Qualitative Data: (Improving communication and concentration)</td>
</tr>
<tr>
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### Table: 3

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</table>

### Graph: 3
It can be observed from the table-3 and graph-3 that maximum respondents have given affirmative response for high improvement in anxiety where as a few have given affirmative response for medium improvement. More than 90 percent respondents have given response in favor of high improvement in anxiety because dance movement therapy had positive impact on their behavior. In case of remaining parameter also not less than 52.5 percent respondents felt achievement of high improvement in anxiety due to dance movement therapy. Response in favor of medium improvement was between 0 to 47.5 percent only. The data shows that dance movement therapy has been highly effective in improving the anxiety of the respondents in general as out of forty respondents nobody has given an affirmative response for low improvement in anxiety for any of the 15 parameters selected for showing improved anxiety.
<table>
<thead>
<tr>
<th></th>
<th>AGGRESSION-Qualitative Data: (Self-control, reduction in stress, aggression)</th>
</tr>
</thead>
<tbody>
<tr>
<td>01.</td>
<td>I can forgive myself and others as a result of dance movement.</td>
</tr>
<tr>
<td>02.</td>
<td>Dance movement has helped me verbalize through my body all my unconscious aggressive feelings and thoughts.</td>
</tr>
<tr>
<td>03.</td>
<td>Dance movement has made me develop the ability to think before acting on my anger and increased my self-control.</td>
</tr>
<tr>
<td>04.</td>
<td>Dance movement has made me reduce impulsive nature.</td>
</tr>
<tr>
<td>05.</td>
<td>After doing dance movement I do not have the urge to hit others.</td>
</tr>
<tr>
<td>06.</td>
<td>Dance movement has helped me understand my own body which has developed my mind body coordination leading to peace.</td>
</tr>
<tr>
<td>07.</td>
<td>Dance movement has helped me reduce my stress levels.</td>
</tr>
<tr>
<td>08.</td>
<td>Dance movement by tapping deeply into the expressive aspects of body, mind and spirit has facilitated the healing of the aggressive tendencies.</td>
</tr>
<tr>
<td>09.</td>
<td>Dance movement by allowing me to move my body freely to connect with my aggressive emotions.</td>
</tr>
<tr>
<td>10.</td>
<td>Dance movement has helped me to verbalize my aggressive emotions in a peaceful way.</td>
</tr>
<tr>
<td>11.</td>
<td>Dance movement has helped me change from my aggressive tendencies to become more assertive.</td>
</tr>
<tr>
<td>12.</td>
<td>Dance movement has given me a psycho-physiological outlook that has led to cathartic release of my aggression.</td>
</tr>
<tr>
<td>13.</td>
<td>It is because of dance movement that I have felt an increase in the flow of oxygen to my muscles and brain which has led to positive emotions and decrease in aggressive tendencies.</td>
</tr>
<tr>
<td>14.</td>
<td>Dance movement has helped me become aware of my buried traumatizing experience and helped me to accept it.</td>
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</table>
15. Dance movement has made me realize that aggressive and violent behavior is unacceptable behavior in society.

**Table: 4**

<table>
<thead>
<tr>
<th>Sr.no.</th>
<th>Low</th>
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**Graph: 4**
It can be observed from the table-4 and graph-4 that maximum respondents have given affirmative response for high improvement in aggression where as a few have given affirmative response for medium improvement. More than 90 percent respondents have given response in favor of high improvement in aggression because dance movement therapy had positive impact on their behavior. In case of remaining parameter also not less than 50 percent respondents felt achievement of high improvement in aggression due to dance movement therapy. Response in favor of medium improvement was between 0 to 47.5 percent only. The data shows that dance movement therapy has been highly effective in improving the aggression of the respondents in general as out of forty respondents nobody has given an affirmative response for low improvement in aggression for any of the 15 parameters selected for showing improved aggression.

The Following Four Parameters Summarize the Qualitative Data.
SELF-ESTEEM (90%-95%)

- Children and adolescents were able to build a strong and a firm faith in their personality through the dance movement therapy.
- It has helped them to appreciate their talents and the beautiful qualities they possess in them.
- It has helped them to mingle and relate with others without any fears.
- They were able to say that he/she is unique person on this earth.

SELF-ESTEEM (82.5%-87.5%)

- The movements have built their trust and confidence in self.
- They felt that they are respected by others.

SELF-ESTEEM (70%-75%)

- Dance movement has made them to love self more.
- It has helped them to improve body image and physical well being.
- It has helped them to forget the painful past and plan for the future.
OPTIMISM (80%-92.5%)

• Dance movement has helped them to remove feelings of helplessness and be hopeful in life.

• It has made them positive that good things will surely happen in the future.

• It has made them to feel very healthy.

• They were very much excited to perform better in all the areas of existence.

OPTIMISM (75%-77.5%)

• Dance movement has helped them to believe in their potentials and know that everything is possible for them.

• It has helped them to develop kinesthetic awareness and in doing so has made them happy individuals.

• It has helped them to experience the joy of movement.

• Through dance movement they have realized that the
ANXIETY (85%-92.5%)

- Children and adolescents said that they can sleep well.
- They can communicate with others in a calm and easy way.
- They feel very much relaxed.
- They are able to pay better attention in class.

ANXIETY (70%-77.5%)

- They have realized that doing dance movement has helped them to concentrate better on their studies.
- Dance movement has stimulated and released the trapped body emotions (e.g. anxiety) to bring them healing and mental peace to their mind.
- They feel less restless and more calm as a result of dance movement.
- The movements have helped them to have a better understanding of their own feelings.
AGGRESSION (80%-95%)

- Dance movement therapy has helped to forgive self and others.

- It has helped them to verbalize through their body all the unconscious aggressive feelings and thoughts.

- It has developed in them the ability to think before acting on anger and also increased their self-control.

- Dance movement has made them to reduce impulsive nature.

AGGRESSION (72.5%-75%)

- Dance movement has allowed them move their bodies freely to connect with their aggressive emotions.

- It is because of dance movement that they have felt an increase in the flow of oxygen to their muscles and brain which has led to positive emotions and decrease in aggressive tendencies.

- The movements have helped them to become aware of their buried traumatizing experience and accept them to bring change.

- Dance movement has made them to realize that aggressive and violent behavior is unacceptable behavior in society.
5.7 DANCE MOVEMENT METHODOLOGY (of an individual in relation to society) The following table shows in a nutshell the objectives and the beneficial effects of dance movement therapy

<table>
<thead>
<tr>
<th>Warm up</th>
<th>Warming exercise prepares the body for possible energetic action.</th>
<th>It frees the unconscious emotional material.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mix with one another and restore the mental well-being from the inside out.</td>
<td>Builds trust and learning to make adjustments.</td>
</tr>
<tr>
<td></td>
<td>Fun and enjoyment</td>
<td>Relaxing and refreshing</td>
</tr>
<tr>
<td>------------------------------------</td>
<td>------------------</td>
<td>-------------------------</td>
</tr>
<tr>
<td>Body stretch from head to toe</td>
<td>Grounding and connecting</td>
<td></td>
</tr>
<tr>
<td>Balancing the body</td>
<td>Improves concentration</td>
<td></td>
</tr>
<tr>
<td>Walking in space</td>
<td>Reconnection of body, mind and spirit.</td>
<td></td>
</tr>
</tbody>
</table>

**Psychological and physical warm up**

| Free and structured and rigorous movement of the hands, feet and the entire body. | It helps to reduce muscle tension and increases body mind coordination. |
| Move through the body internal and vertical. | Become aware of the psycho-physical state to discharge tension. |

**Stretch and let go**

<p>| Physical, spiritual and the emotional integration of the individual. | It helps to remove anger, tension and anxiety. |
| Encouraged to bring to mind all that is unwanted like past hurts | Helps to reduce aggression |</p>
<table>
<thead>
<tr>
<th>Combination of various techniques</th>
<th>The cardio-vascular and aerobic energy generating movements are put into the dance exercise in order to stimulate body and brain</th>
<th>Burning of calories and improving cardio-vascular condition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nerves, muscle integrating action</td>
<td>There is dance movement of the feet, legs, centre of the body, pelvis, chest and head.</td>
<td>Experience of balance and harmony with the body.</td>
</tr>
<tr>
<td></td>
<td>Experience of balance and harmony with the body.</td>
<td>Enhances self-esteem</td>
</tr>
<tr>
<td>Nerves, muscle integrating action</td>
<td>There is profound breathing, inhaling the oxygen and exhaling the carbon dioxide and toxins.</td>
<td>Connection with the awareness, which is the voice of the body.</td>
</tr>
<tr>
<td>Mind body healing through creative arts</td>
<td>Use the movement as healing and find connection to the joy of movement.</td>
<td>Understanding the joy of movement and refreshing of the body parts</td>
</tr>
<tr>
<td>Mind body healing through creative arts</td>
<td>The curative use of dance movement as a process helps to develop the mental, cognitive, social and physical integration of the person.</td>
<td>It attains the full body transformation and health.</td>
</tr>
<tr>
<td>Mind body healing through creative arts</td>
<td>It is able to develop communication and trust through body actions and non verbal empathy.</td>
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</tr>
<tr>
<td>Each individual discovers his/her own way of dance within music</td>
<td>It develops kinesthetic awareness.</td>
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<tr>
<td>-----------------------------------------------</td>
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<tr>
<td>The person listens to the body by a) trying to focus awareness on the body or body sensation, b) trying to focus on an image or c) trying to focus on a feeling. The body and brain reacts positively to dance movement</td>
<td>It reduces distressing blockage through self expression and the symbolic messages. It releases the person's attachment to trauma.</td>
<td></td>
</tr>
<tr>
<td>The therapist pays attention to everyone in the room and brings clients inside and dances with them</td>
<td>It develops an understanding between the client and therapist.</td>
<td></td>
</tr>
<tr>
<td>The movement conveys the inside world of the client as a way to the unconscious and allows for self knowledge and healing remedy</td>
<td>It helps recreating one’s healthy self-identity and one’s dreams.</td>
<td></td>
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<tr>
<td>Each individual is able to ask s</td>
<td>The body gets reconnected</td>
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</table>
| **oneself: A self introspection takes place- What is happening to me?**
<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>Movement gives an opportunity to develop a deep self-awareness through deep attention. The attention takes place through the body.</td>
</tr>
<tr>
<td>through the movements, stimulates and releases the trapped body emotions.</td>
</tr>
<tr>
<td>There is a deep sense of connection with one another. It builds self-confidence.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>A lot can be said in the music of the dance session. Intra psychic, interpersonal and cognitive processing takes place.</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Communication skill are improved and low self esteem is raised.</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>The rhythms of dance movements</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>To dance according to beats and rhythms and help to let go one’s attachment to trauma</td>
</tr>
<tr>
<td>Helps to bring in the surface the unconscious emotions.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>To help recreate self identity through the artistic rhythm of dance</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Trauma directly affects the brain verbal processing</td>
</tr>
<tr>
<td>It creates healthy self identity</td>
</tr>
<tr>
<td>It motivates and encourages to accept painful experiences</td>
</tr>
<tr>
<td>It softens the horrible trauma effects</td>
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<tr>
<td>The Real and Free Movements</td>
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<td>Innovative and Imaginative dance</td>
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<td><strong>The body patterns</strong></td>
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