***Dance and Movement Therapy: Unique Media to
Express Your Feelings***

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ABSTRACT

Every individual experiences anxiety in his life. This anxiety can disrupt a person's psychological health and affect their psychological well-being. Dance & movement therapy is one of the unique media, to express the feelings of happiness that individuals have and reduce anxiety in themselves. This article uses a literature review using several references, such as books and other research articles as a support in writing. The purpose of this article is to provide knowledge for the wider community, about the unique techniques that exist in this modern era of counseling services.

INTRODUCTION

Currently, the development of technology and media is very developed and affects human life. The growing media also has a good impact on one's life. Counseling services have had a good impact, with the presence of technology and media. Dance and song are some of the media that can be used in the counseling process. Individuals can use dance as a way or technique in alleviating their problems.

Counselors can provide dance as a unique medium in helping the counselee. In one study, the use of TikTok media can be used as a therapy and to spread happiness (Situmorang, 2021). Therefore, the development of social media, it can help someone in reducing their anxiety.

DISCUSSION

Definition of Dance & Movement Therapy

In essence, dance therapy has an etymological meaning, which consists of two words, namely "dance" and "therapy". The word "dance" refers to the activities used in the therapy process. While the word "therapy" relates to a series of efforts designed to help someone overcome the problems they have. The American Dance Therapy Association (2010) suggests that therapy uses movement and dance to support the body's intellectual, emotional, and motor functions.

DMT is the application of creative dance movements for therapeutic activities. This therapy can be done by all ages with a range of mental and physical abilities, and can be done in groups or individually (American Dance Therapy Association, 2010).

Based on some of the opinions above regarding dance and movement therapy, it can be concluded that dance and movement therapy is a process or assistance that is therapeutic, creative, and supports the client's intellectual, emotional, and motor functions so that it can help clients overcome their problems.

The principles of the Dance & Movement Therapy

Association and the Standing Committee for Arts Therapies Professions (ADMT) have several principles in DMT, namely;

- 1) there is a connection between motion and emotion, by exploring vocabulary variations through safe, spontaneously balanced, and adaptable
- 2) movements through movement and dancing, each person's inner world becomes real. Individuals can share a lot of their symbolism, through dance moves together, their relationship becomes visible.

In dance and movement therapy, it can be combined with existing techniques in music therapy. The counseling process that uses dance & movement therapy can use active music so that the counselee feels comfortable and moves freely to the music. The choice of music in DMT also depends on the purpose of

counseling, if you want to get a psychospiritual effect, you can use passive music, so that the counselee feels more relaxed and the counselee's tension is reduced.

The use of dance and movement therapy can also be combined in theory and counseling approaches, namely SFBT (Solution Focused Brief Therapy). SFBT theory has four stages, namely:

- 1) Beginning stage: at this stage, the counselor builds a rapport with the counselee by providing dance and movement.
- 2) Transition stage: at this stage, the counselor prepares the counseling process to enter the working stage.
- 3) Working stages: at this stage, the counselor provides techniques for The closing dance & movement to open the feelings felt by the counselee and continues with the provision of techniques scaling questions & miracle questions.
- 4) Closing stage at this stage, the counselor gives termination as the closing of the counseling session.

Population Dance & Movement Therapy

DMT can be done and given to all individuals who have a range of mental and physical abilities. DMT divides three populations whose dances are adjusted according to the age range of the individual.

1) Kids

DMT can be given dances or movements, such as train station, hand dialogue, shadow, and kid dance.

2) Adolescents

DMT in adolescents can be given dance or movement, such as free dance, modern or traditional dance, etc.

3) Adults & family

DMT in adults and families can be given dances or movements that combine them, such as family choreography.

Studies Dance & Movement Therapy

In one study, there was a small, consistent effect with clients on improving well-being, mood, affect, and body image over the past few decades through the use of dance and movement therapy (S. Koch, Kunx, Lykou, & Cruz in Gladding, 2016). As an approach in a therapeutic setting, dance and movement are based on some theoretical associations (Best, in Gladding 2016). The first comes from the psychoanalytic literature, through an implicit belief that self-awareness begins with the body (Freud in Gladding, 2016).

The research article entitled "*Effects of dance movement therapy and dance on health-related psychological outcomes: A meta-analysis*" found that DMT and dance are effective interventions in many clinical contexts. Empirical support was found for improvements in quality of life, well-being, mood, affect, body image, and clinical outcomes, and particularly for decreases in depression and anxiety. DMT and dancing as effective and useful treatment methods in clinical and prevention contexts.

CONCLUSION

The provision of dance and movement therapy can be used as an option in providing counseling services to individuals who have anxiety or problems within themselves. DMT can help individuals to express feelings so that individuals have better psychological well-being.

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