

WHAT ISSUES CAN THERAPEUTIC DANCE/MOVEMENT SUPPORT?

Therapeutic dance/movement is effective for individuals with developmental, medical, social, physical and psychological differences. Some areas therapeutic dance/movement serves as an intervention for are:

- Depression and low mood
 - Grief and loss
 - Stress
 - Anxiety
 - Trauma
- Postpartum depression and anxiety
 - Autism Spectrum Disorder
- Attention Deficit Hyperactivity Disorder
 - Self-esteem
 - Mobility

WHERE CAN I LEARN MORE ABOUT THERAPEUTIC DANCE/MOVEMENT AND EVIDENCE-BASED PRACTICES?

American Dance/Therapy Association <https://adta.org/>

Dance/Movement Therapy Association in Canada
<https://www.dmtac.org/>

West Coast Dance/Movement Therapy
<https://westcostdmt.com/>

The Moving Child
<https://themovingchild.com/>

National Centre for Dance Therapy
<https://grandsballets.com/en/national-centre-for-dance-therapy/the-centre/>

Stefanie is a therapeutic dance/movement practitioner with over 15 years of experience as a registered early childhood educator and dance choreographer. She has experiences working in the non-profit, public health and private practice sectors.



Stefanie Tong
BA, ECE

It is her joy to help children learn the mind-body connection and support emotional regulation through an individual's innate sense of movement. By coming alongside parents and caregivers, she supports adults by empowering them with guidance strategies catered to each child's unique needs. Stefanie has partnered with families to support early childhood mental health, developmental differences, depression, anxiety, postpartum care and maternal mental health.

By discovering together what is beneath a child's behaviour, Stefanie helps families form connections and understanding for one another. She values a collaborative and integrated approach by working with a child's extended network of adults, including their caregivers, teachers, and health professionals.

Stefanie considers it a privilege to serve your family as you dance through the early years with your children.



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THERAPEUTIC DANCE/MOVEMENT PROGRAM

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WHAT DOES A THERAPEUTIC DANCE/MOVEMENT PRACTITIONER DO?

Dance/movement practitioners focus on helping their clients improve self-esteem and body image, develop effective communication skills and relationships, expand their movement vocabulary, gain insight into patterns of behaviour as well as create new options for coping with problems.

Movement is the primary medium dance/movement practitioners use for observation, interaction, and intervention. Dance/movement practitioners help develop therapeutic goals, document their work in clinical records and collaborate with professionals from other disciplines.



WHAT IS THERAPEUTIC DANCE/MOVEMENT?

Therapeutic dance/movement is the use of movement to support the growth, development and integration of an individual's social, emotional, physical, and cognitive well-being.

HOW IS THERAPEUTIC DANCE/MOVEMENT DIFFERENT THAN A TYPICAL DANCE CLASS?

Therapeutic dance/movement focuses on the process of movement and the body's innate sense to move in response to internal and external environments. While dance classes focus on dance skill, therapeutic dance/movement focuses on the mind-body connection through an individual's emotions. All sessions are documented and confidential.



WHAT DOES A THERAPEUTIC DANCE/MOVEMENT SESSION LOOK LIKE?

Every session is unique and is tailored to the needs and abilities of the participant(s). The use of an extensive range of therapeutic dance/movement techniques allows for a wide variety of movement activities. Dance/movement characteristics, from subtle and everyday movement behaviours to expressive, improvisational dancing could occur.

Within a therapeutic dance/movement session, invitations to movement will be facilitated by the practitioner. Group or individual goals will be explored through a process of inquiry. A typical session is 50 minutes where the therapeutic dance/movement practitioner will move alongside participants in a guided process which can include games, movement props, music, books, storytelling, and more.