

Dance Movement Therapy to Push Emotional, Social, Cognitive, and Physical Integration of the Individual

Barbara Johnson*

Department of Dance and Yoga, New York University, 721 Broadway, New York, NY 10003, United States

***Corresponding author:** Barbara Johnson, Department of Dance and Yoga, New York University, 721 Broadway, New York, NY 10003, United States, E-mail: barbarajohn@hotmail.com

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Description

Dance/Movement Therapy (DMT) is defined by the American Dance Therapy Association (ADTA) because the psychotherapeutic use of movement to push emotional, social, cognitive, and physical integration of the individual, for the aim of improving health and well-being.

It emerged as a field within the 1940's as early innovators, many of

