

BEST PRACTICE CATALOG

Project Title: **DANCE/MOVEMENT THERAPY**

Function Category: PATIENT-FOCUSED ORGANIZATION STRUCTURES

Subcategory: **Care of Patients**

Heading: **Programming**

Key Word(s): **Self Awareness, Kinesthetic**

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Hospital: **Atascadero State Hospital**

Purpose: To have patients involved with movement skills development opportunities which can develop coordination, interpersonal communication and appropriate interactions to help bridge their barriers to treatment.

Brief Description: To treat patients with psychomotor retardation and tension, depression, low self esteem, poor impulse control, poor social skills and/or a lack of self awareness. Patients will practice coordination, communication and social interaction. Also to provide culturally sensitive movement groups which focus on participant's positive feelings about their particular ethnic background helping to reestablish cultural esteem. The program includes culturally oriented music and movement exercises. This program is an approved clinical internship site for American Dance Therapy Association.

Selection Basis/Criteria: Patients are referred by ID Teams who identify physical, mental or emotional barriers to treatment, which are known to respond to dance and movement interventions.

The following items are available regarding this Best Practice:

Photographs Video Tape Drawings Manual

Other: **Video Tape**

DATE SUBMITTED: **October 9, 1998**

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