

Psychosocial therapies for psychoses and bipolar disorders

DANCE AND MOVEMENT THERAPY

DANCE THERAPY

Dance therapy uses the artistic medium of dance and its basis of movement to promote psycho-physical integration of individuals. The aim of therapy is to improve contact to oneself and to other people, whereby music and other media are used in a supportive manner. One core theme here is to differentiate between bodily perception and expression as well as expand the movement repertoire. An additional aim of dance therapy is to acquire awareness of movement and expression of movement, to create an association between experiences and feelings and thereby to capture the meaning of movement in terms of life's events and promote an integrated experience of body, spirit and soul. The process is ritualised and consequently provides stability. In this manner, patients achieve increasing routine and security in their movement processes.

SPORT AND MOVEMENT THERAPY

The common assumption of all movement therapy procedures is that movement initiates general activation, which in turn is believed to lead to positive changes in behaviour and bodily functions.

The aims of sport and movement therapy are as follows:

- Personality-oriented aims (including improvement of perception of reality through participation in activities in daily life, formation and improvement of a body schema self-actualisation through experiencing one's own limits, increased toleration of frustration and processing capability by confrontation with failures and conflicts, and finally increased well-being)
- Environment-oriented aims (including formation and securing of a social network, active organization of leisure time in the community and adherence to a time structure)
- Social aims (including improvement in inter-individual communication, social behaviour in the group, adaptability and integration into social relationships)
- Physical aims (including bodily and coordinating improvements in performance, that is, an improvement in fitness and motor activity)
- Reduktion von Nebenwirkungen (u. a. Verbesserung des Gleichgewichtsempfindens, der Koordination verschiedener Muskelgruppen und Verbesserung der Feinmotorik)