



Version 2.0



# MARA: Movement Assessment and Reporting App

PARTICIPANTS

GROUPS

SUPPORT

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# ABOUT MARA: *MOVEMENT ASSESSMENT AND REPORTING APP*

MARA is the world's first iPad app for dance movement therapy assessment.

MARA provides a theoretically supported, methodologically sound assessment tool that is practical and easy for DM therapists to use.

This portable assessment tool enables gathering and systematising of data and export into user-friendly reports.



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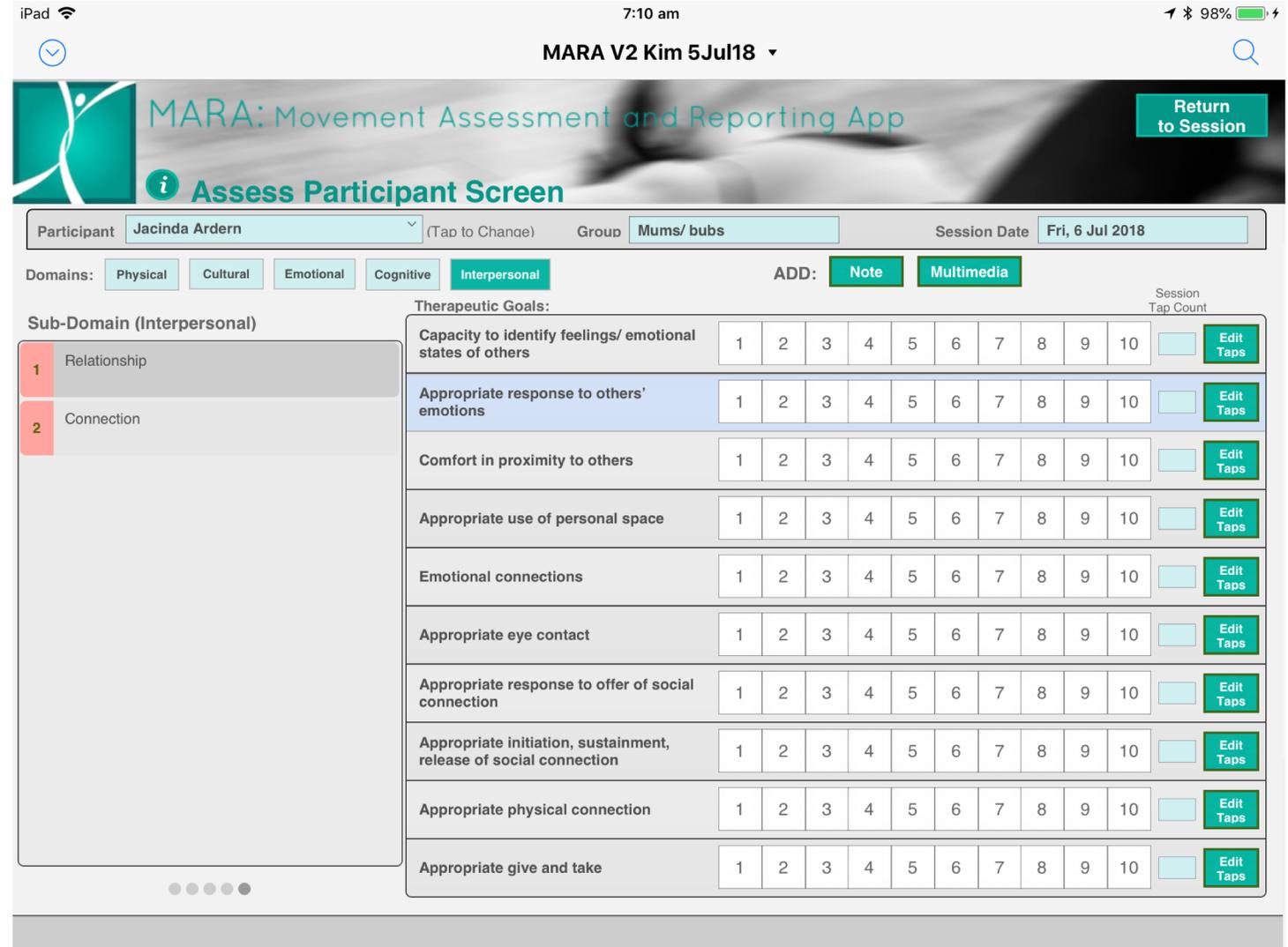


# HOW MARA WORKS

MARA is simple to use. The app technology allows therapists to assess as they go with no paper, pens or sitting down required.

Therapists just tap the screen to record their score on assessment scales provided, as many times in a session as their assessment protocol recommends.

The app turns the tap into data, which is collated into table and graphic form automatically. No more laborious transcription of data from notes to computers to assessment reports!



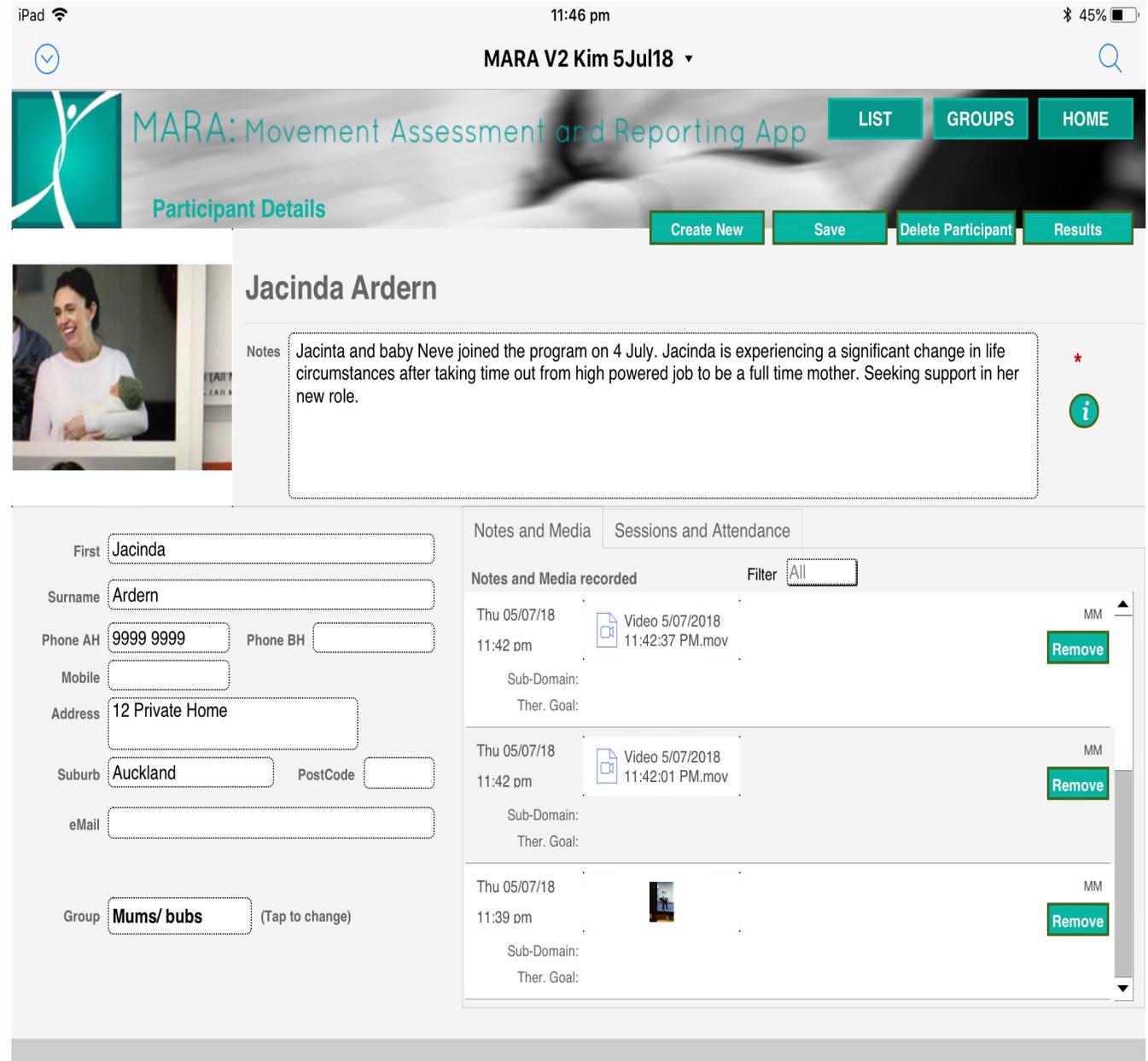
# MARA'S FEATURES

## Security features include

- password protected access,
- two levels of access for managers and users of the assessment process, and the
- option of different users on the same licence.

## Client information storage options include

- storage of client personal data such as name, contact details,
- information about health and
- identification photo.



iPad 11:46 pm 45%

MARA V2 Kim 5 Jul 18

MARA: Movement Assessment and Reporting App

LIST GROUPS HOME

Participant Details

Create New Save Delete Participant Results

### Jacinda Ardern

Notes Jacinta and baby Neve joined the program on 4 July. Jacinta is experiencing a significant change in life circumstances after taking time out from high powered job to be a full time mother. Seeking support in her new role.

First Jacinda

Surname Ardern

Phone AH 9999 9999 Phone BH

Mobile

Address 12 Private Home

Suburb Auckland PostCode

eMail

Group Mums/ bubs (Tap to change)

Notes and Media Sessions and Attendance

Notes and Media recorded Filter All

Date	Time	Media	Action
Thu 05/07/18	11:42 pm	Video 5/07/2018 11:42:37 PM.mov	Remove
Thu 05/07/18	11:42 pm	Video 5/07/2018 11:42:01 PM.mov	Remove
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# MARA'S FEATURES

## Data collection options

Therapists' numerical scoring is augmented by typed or hand written notes, and drawings, photo, video and audio recordings.

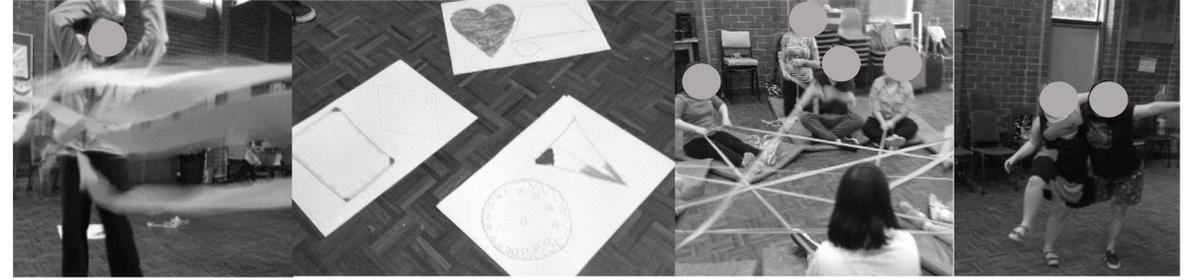
**Video and Photo options** allow for visual recording of movement moments.

**Audio recording** allows recording of clients' or therapists' comments

**Notes function** allows the therapist to type written comments to augment quantitative observations

**Drawing function** enables pictorial responses.

These are saved to client's record and filed by session and time.



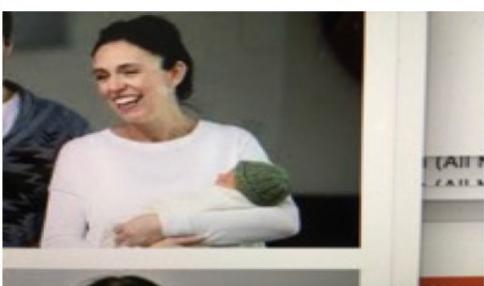


# MARA: Movement Assessment and Reporting App

- LIST
- GROUPS
- HOME

## Participant Details

- Create New
- Save
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**First**   
**Surname**   
**Phone AH**  **Phone BH**   
**Mobile**   
**Address**   
**Suburb**  **PostCode**   
**eMail**   
**Group**  (Tap to change)

- Notes and Media
- Sessions and Attendance

**Notes and Media recorded** Filter

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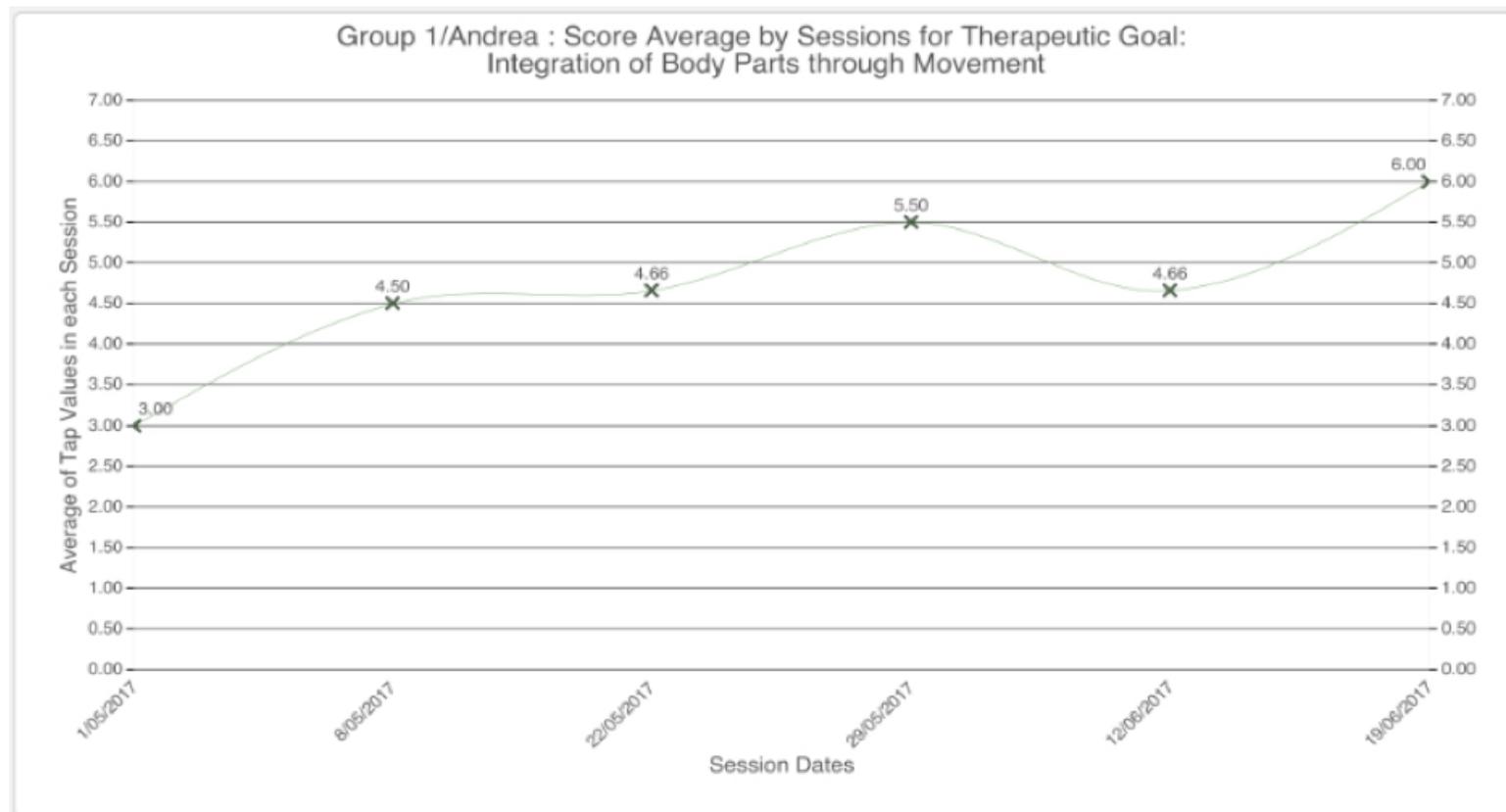
# MARA'S FEATURES

## Graph options

Graphs of data per therapeutic goal within a session

Graphs of data per therapeutic goal within a program or series of sessions

**Export:** This data is exportable in Excel form, via email and transfer to iTunes. This enables it to be used in other contexts, for reporting, archiving and back-up.



## MARA'S FEATURES

Diverse assessment data options support eco-systematic approach to assessment (Hoo, 2017) that could involve comment, reflection and input from:

- client body/voice response
- family/carers
- other specialists
- other care staff

This enables a reflexive iterative assessment process, and consideration of transferability of outcomes from the DMT session, and the potential for impacting other aspects of a client's therapeutic program or life.

# Participant's self-assessment. Present: Andrea and Kim Dunphy.

## Date: 19 June, 2017

**Dance program goals:** This term we have been working on:

1. Getting on with others by dancing together.



2. Getting better at using our different body parts together and on their own.



**Individual photos and film: Watch, respond and discuss:**

Kim and Andrea looked at and then discussed the dance program goals. Andrea affirmed her agreement with them. Then Kim and Andrea viewed film and photos of her dancing, relaxing and interacting with her peers during dance sessions. Kim invited Andrea to comment by asking questions:

K: 'Andrea can you tell me what you think we have been learning about in the dance program?'

A: 'Movement, dancing', 'I learned about my spine.'

K: 'What do you enjoy?'

A: 'Hand movements; relaxation'

'I was having fun watching myself. I liked looking at pictures of myself.

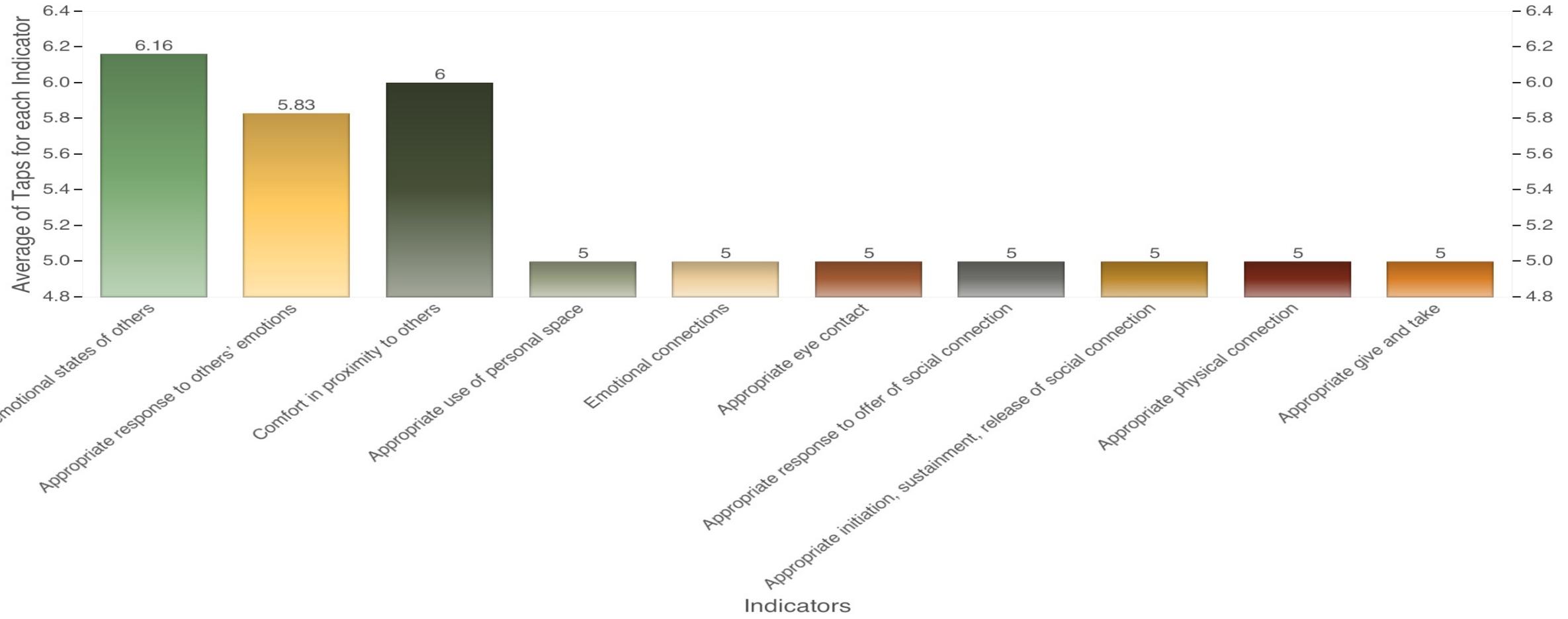
Good to see myself happy. That feels good. I'm enjoying it.'



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### Mums/ bubs/Jacinda Ardern: Score Average by Goal for Sub-Domain: Relationship



# OVERVIEW OF *OUTCOMES FRAMEWORK FOR DANCE MOVEMENT THERAPY* (DUNPHY & MULLANE 2018)

## TOWARDS FLOURISHING FULFILLED INDIVIDUALS

DOMAIN	SUB-DOMAIN	THERAPEUTIC GOAL					
<b>Physical</b> <i>Stable, mobile, expressive and functional body</i>	<b>Body: Organization and connectivity</b>	Ability to access and utilize breath to support movement	Core-distal connection	Head-tail connection	Upper-lower connection	Body-half connection	Cross-lateral connection
	<b>Body: Sequencing of movement through body</b>	Simultaneous	Successive	Sequential	Body parts active-held		
	<b>Effort: Access to movement qualities</b>	Space (Direct – Indirect)	Weight Active (Light – Strong)	Weight Passive (Limp- Heavy)	Time (Sudden – Sustained)	Flow (Bound-Free)	
	<b>Shape: Access to body shaping</b>	Directional shaping	Space carving	Shape flow	Shape qualities		
	<b>Space: Use of body in space</b>	Access to kinaesphere (near, mid, far reach)	Access to planes	Spatial intention	Access to levels in space	Body boundaries in space	
	<b>Fitness and co-ordination</b>	Stamina	Strength	Flexibility	Balance		
	<b>Relaxation</b>	Relaxed stillness	Deep, slow, regulated breathing	Release of tension			
<b>Cultural</b> <i>Creative, aesthetic expressive self</i>	<b>Creativity and aesthetic sense</b>	Connection between body sensations, feelings, thoughts and imagination	Creativity inspired or expressed	Experience of aesthetic enrichment	Making an aesthetic decision		
	<b>Knowledge, diversity, heritage</b>	New knowledge, insights, skills attained	Appreciation of diversity of cultural expression	Sense of belonging to shared cultural heritage stimulated			
<b>Emotional</b> <i>Healthy, regulated emotions</i>	<b>Emotional expression and regulation</b>	Capacity to identify own feeling/ emotional states	Appropriate mood / affect	Regulation of emotional expression	Energy attuned appropriately to the activity	Expression of appropriate feelings, emotions	Capacity to manage frustrating challenges
	<b>Fun, pleasure, enjoyment</b>	Level of engagement and enthusiasm	Smiling	Sense of safety experienced	Body Ease	Verbal/vocal communication	Playfulness
	<b>Reality orientation</b>						
<b>Cognitive</b> <i>Active enquiring mind</i>	<b>Initiative</b>	Indication of preferences and choice-making	Independent initiation of action or activity	Leading, taking ownership of an activity	Confidence in expression of self	Capacity to reflect on and share experiences	Indication of preferences, choice-making
	<b>Memory</b>	Sense of (appropriate) anticipation evident	Recall of movement sequences:	Recall of themes/activities from previous sessions	Meaningful exploration of life memories		
	<b>Executive function</b>	Reflective capacity?	Transfer, organize thinking, make connection, identify patterns	Integration of past, present and future embodied self	Bodyful sense of a positive future	Theory of mind	
<b>Inter-personal</b> <i>Satisfying relationships</i>	<b>Relationship</b>	Capacity to identify feelings/ emotional states of others	Appropriate response to others' emotions	Comfort in proximity to others	Appropriate use of personal space	Emotional connections	Appropriate eye contact
		Appropriate social connection: response, initiation, sustainment, release	Appropriate physical connection	Appropriate give and take	Expressive vocal /verbal communication	Appropriate vocal /verbal communication	
	<b>Connection</b>	Focus on the activity	Energy attuned appropriately				

# OUTCOMES FRAMEWORK

MARA's assessment process is based on the *Outcomes Framework for Dance Movement Therapy* (Dunphy & Mullane, 2018).

Therapists select therapeutic domains and goals to assess each session or program from a comprehensive range encompassing physical, emotional, cognitive, cultural and interpersonal.

# MARA VERSION 2- AVAILABLE TODAY

Version 2 includes an expanded range of outcomes; new security, graphing and export features; cleaner design and more, developed after trials and user-feedback.

More improvements underway include even better graphing options and an improved range of outcomes.

[www.makingdancematter.com.au](http://www.makingdancematter.com.au)

**Try it for free for 30 days**



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# ACKNOWLEDGEMENTS

Support for MARA's development and trialling

- Sue Mullane, dance movement therapist
- Sunshine Special Developmental School
- Tess Hens, DM therapist
- Bayley House, Brighton
- Hanny Exiner Memorial Foundation
- (of the Dance Movement Therapy Association of Australasia)
- PACFA (Psychotherapy and Counselling Federation of Australia)
- and an anonymous charitable foundation.

Current developments

- Mackenzie Post-Doctoral Fellowship,  
University of Melbourne
- Developers: Advaita Digital (Frank Ryder and Dennis Claringbold).

