*A picture containing food

Description automatically generated*

**Scoring sheet for single participant using the Outcomes Framework**

The following table provides an assessment option for a single participant using *the Outcomes Framework for Dance Movement Therapy* (Dunphy, Lebre & Mullane, 2020, [www.makingdancematter.com.au](http://www.makingdancematter.com.au)). Therapists and participants may choose to assess all outcomes in order to identify areas that could be supported in a DMT process or select a smaller number of outcomes based on pre-identified program goals, or ideas for focus that arose in interview.

This process could be completed here on this form, on app *MARA* [www.makingdancematter.com.au/help/](http://www.makingdancematter.com.au/help/) or on Excel documents available here [www.makingdancematter.com.au/about/outcomes-framework/](https://www.makingdancematter.com.au/about/outcomes-framework/).

Use in conjunction with Outcomes Framework available on [www.makingdancematter.com.au/about/outcomes-framework/](https://www.makingdancematter.com.au/about/outcomes-framework/) that provides a full explanation and definitions for each item. Space is provided for up to four scores and a mean, which allows therapists to record the potential range of scores for each item that might be evident in a session/s.

The mean for each domain and sub-domain can be calculated from the items within that sub-domain, allowing the therapist to identify areas of strength and potential development at the sub-domain level.

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| **OUTCOME DOMAIN 1 PHYSICAL: Towards a stable, mobile, functional & expressive body** | | | | | | | |
|  | **SUB-DOMAIN & OBJECTIVES Scoring: 1 (minimal) to 10 (maximum conceivable)** | | | | | | |
|  | **1.1** | **Body parts: awareness, activation, connection** | **Score 1** | **Score 2** | **Score 3** | **Score 4** | **Mean** |
|  | **1.1.1** | **Use of breath to support movement** |  |  |  |  |  |
|  | **1.1.2** | **Activation of body parts: upper, lower body** |  |  |  |  |  |
|  | **1.1.3** | **Activation of body hemispheres left, right** |  |  |  |  |  |
|  | **1.1.4** | **Body parts connection: centre to extremities, head to tail connections** |  |  |  |  |  |
|  | **1.1.5** | **Body parts connection: upper and lower body** |  |  |  |  |  |
|  | **1.1.6** | **Body halves connection: right and left sides** |  |  |  |  |  |
|  | **1.1.7** | **Body parts connection: diagonal movement** |  |  |  |  |  |
|  | **1.1.8** | **Sequencing of body parts in movement** |  |  |  |  |  |
|  | **1.1.9** | **Self-synchrony: body parts moving in rhythm with oneself** |  |  |  |  |  |
|  | **1.1.10** | **Control of movement succession** |  |  |  |  |  |

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| **Sub-domain Mean** |  |

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|  | **1.2** | **Space: Body in space** | **Score 1** | **Score 2** | **Score 3** | **Score 4** | **Mean** |
|  | **1.2.1** | **Kinaesphere: access to near-, mid- and far- reach space** |  |  |  |  |  |
|  | **1.2.2** | **Movement planes: access to vertical, horizontal, sagittal planes** |  |  |  |  |  |
|  | **1.2.3** | **Spatial intention: mover identifies and uses directions or points in space** |  |  |  |  |  |
|  | **1.2.4** | **Levels in space: access to low, medium, high levels** |  |  |  |  |  |
|  | **1.2.5** | **Managing body boundaries in space** |  |  |  |  |  |

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| **Sub-domain Mean** |  |

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|  |  | **Shape: Body shaping** | **Score 1** | **Score 2** | **Score 3** | **Score 4** | **Mean** |
|  | **1.3.1** | **Shape Flow: access to Shape Flow, representing a relationship of the body to itself** |  |  |  |  |  |
|  | **1.3.2** | **Directional: access to Directional Shaping of the body** |  |  |  |  |  |
|  | **1.3.3** | **Carving: access to Space Carving, the body’s active and three-dimensional interaction with the volume of the environment** |  |  |  |  |  |
|  | **1.3.4** | **Shape qualities: access to Shape qualities, opening and closing** |  |  |  |  |  |

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| **Sub-domain Mean** |  |

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|  | **1.4** | **Effort: Movement qualities** | **Score 1** | **Score 2** | **Score 3** | **Score 4** | **Mean** |
|  | **1.4.1** | **Weight**: **access to Active (light - strong) and Passive (limp - heavy) Weight Efforts** |  |  |  |  |  |
|  | **1.4.2** | **Space: access to Direct – Indirect Space Efforts** |  |  |  |  |  |
|  | **1.4.3** | **Time: access to Sudden –Sustained Time Efforts** |  |  |  |  |  |
|  | **1.4.4** | **Flow**: **Access to Bound - Free Flow Efforts** |  |  |  |  |  |
|  | **1.4.5** | **Effort combinations: access to combinations of Effort elements** |  |  |  |  |  |
|  | **1.4.6** | **Effort phrasing: access to Effort phrasing** |  |  |  |  |  |

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| **Sub-domain Mean** |  |

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|  | **1.5** | **Fitness and release** | **Score 1** | **Score 2** | **Score 3** | **Score 4** | **Mean** |
|  | **1.5.1** | **Stamina** |  |  |  |  |  |
|  | **1.5.2** | **Strength** |  |  |  |  |  |
|  | **1.5.3** | **Flexibility** |  |  |  |  |  |
|  | **1.5.4** | **Balance** |  |  |  |  |  |
|  | **1.5.5** | **Release of physical tension** |  |  |  |  |  |

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| **OUTCOME DOMAIN 2 CULTURAL: Towards a creative, aesthetic, expressive self** | | | | | | | |
|  | **SUB-DOMAIN & OBJECTIVES Scoring: 1 (minimal) to 10 (maximum conceivable)** | | | | | | |
|  | **2.1** | **Creativity and aesthetic sense** | **Score 1** | **Score 2** | **Score 3** | **Score 4** | **Mean** |
|  | **2.1.1** | **Creativity expressed** |  |  |  |  |  |
|  | **2.1.2** | **Experience of aesthetic enrichment** |  |  |  |  |  |
|  | **2.1.3** | **Aesthetic decision-making** |  |  |  |  |  |

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| **Sub-domain Mean** |  |

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|  | **2.2** | **Cultural appreciation and belonging** | **Score 1** | **Score 2** | **Score 3** | **Score 4** | **Mean** |
|  | **2.2.1** | **Appreciation of diversity and difference of cultural expression** |  |  |  |  |  |
|  | **2.2.2** | **Sense of belonging to a shared cultural heritage experienced** |  |  |  |  |  |

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| **Sub-domain Mean** |  |

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| **OUTCOME DOMAIN 3 EMOTIONAL: Towards healthy, regulated emotions** | | | | | | | |
|  | **SUB-DOMAIN & OBJECTIVES Scoring: 1 (minimal) to 10 (maximum conceivable)** | | | | | | |
|  | **3.1** | **Emotional expression** | **Score 1** | **Score 2** | **Score 3** | **Score 4** | **Mean** |
|  | **3.1.1** | **Identification of own feeling or emotional states** |  |  |  |  |  |
|  | **3.1.2** | **Expression of own feeling or emotional states** |  |  |  |  |  |
|  | **3.1.3** | **Experience of fun, pleasure, enjoyment** |  |  |  |  |  |
|  | **3.1.4** | **Access to playfulness** |  |  |  |  |  |
|  | **3.1.5** | **Access to full range and intensity of affects** |  |  |  |  |  |
|  | **3.1.6** | **Sense of positive body image** |  |  |  |  |  |
|  | **3.1.7** | **Sense of confidence in self** |  |  |  |  |  |

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| **Sub-domain Mean** |  |

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|  | **3.2** | **Emotional regulation** | **Score 1** | **Score 2** | **Score 3** | **Score 4** | **Mean** |
|  | **3.2.1** | **Expression of feelings and emotions appropriate to current situation** |  |  |  |  |  |
|  | **3.2.2** | **Capacity to cope with challenges and difficulties** |  |  |  |  |  |
|  | **3.2.3** | **Release of psychological tension** |  |  |  |  |  |

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| **Sub-domain Mean** |  |

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| **OUTCOME DOMAIN 4 COGNITIVE: Towards an Active, enquiring mind** | | | | | | | |
| **SUB-DOMAIN & OBJECTIVES Scoring: 1 (minimal) to 10 (maximum conceivable)** | | | | | | | |
|  | **4.1** | **Attention and initiative** | **Score 1** | **Score 2** | **Score 3** | **Score 4** | **Mean** |
|  | **4.1.1** | **Attention to activity** |  |  |  |  |  |
|  | **4.1.2** | **Energy attuned appropriately to activity** |  |  |  |  |  |
|  | **4.1.3** | **Indication of preferences and choice-making** |  |  |  |  |  |
|  | **4.1.4** | **Independent initiation of an action or activity** |  |  |  |  |  |
|  | **4.1.5** | **Leading, taking ownership of an activity** |  |  |  |  |  |

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| **Sub-domain Mean** |  |

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|  | **4.2** | **Memory** | **Score 1** | **Score 2** | **Score 3** | **Score 4** | **Mean** |
|  | **4.2.1** | **Sense of enthusiastic anticipation evident** |  |  |  |  |  |
|  | **4.2.2** | **Recall of movement sequences** |  |  |  |  |  |
|  | **4.2.3** | **Recall of themes or ideas from previous activities** |  |  |  |  |  |
|  | **4.2.4** | **Meaningful evocation and exploration of life memories** |  |  |  |  |  |

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|  | **4.3** | **Executive function** | **Score 1** | **Score 2** | **Score 3** | **Score 4** | **Mean** |
|  | **4.3.1** | **Following directions** |  |  |  |  |  |
|  | **4.3.2** | **Processing speed** |  |  |  |  |  |
|  | **4.3.3** | **Reflective capacity** |  |  |  |  |  |
|  | **4.3.4** | **Organisation of thinking, making connections, identifying patterns** |  |  |  |  |  |
|  | **4.3.5** | **Attribution of mental states to oneself and other (Theory of mind)** |  |  |  |  |  |

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| **Sub-domain Mean** |  |

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| **OUTCOME DOMAIN 5 SOCIAL: Towards satisfying, reciprocal relationships** | | | | | | | |
|  | **SUB-DOMAIN & OBJECTIVES Scoring: 1 (minimal) to 10 (maximum conceivable)** | | | | | | |
|  | **5.1** | **Embodied (non-verbal) communication** | **Score 1** | **Score 2** | **Score 3** | **Score 4** | **Mean** |
|  | **5.1.1** | **Comfort in proximity to others** |  |  |  |  |  |
|  | **5.1.2** | **Appropriate eye gaze or contact** |  |  |  |  |  |
|  | **5.1.3** | **Appropriate facial expression** |  |  |  |  |  |
|  | **5.1.4** | **Appropriate use and reception of touch** |  |  |  |  |  |
|  | **5.1.5** | **Appropriate physical contact or connection with others** |  |  |  |  |  |
|  | **5.1.6** | **Appropriate use of personal space in relation to others, including body boundaries** |  |  |  |  |  |

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|  | **5.2** | **Social reciprocity** | **Score 1** | **Score 2** | **Score 3** | **Score 4** | **Mean** |
|  | **5.2.1.** | **Appropriate response to offer of social connection** |  |  |  |  |  |
|  | **5.2.2.** | **Appropriate initiation, sustainment, release of social connection** |  |  |  |  |  |
|  | **5.2.3** | **Appropriate give and take in relationship, turn-taking** |  |  |  |  |  |
|  | **5.2.4** | **Synchrony of movement with others** |  |  |  |  |  |

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|  | **5.3** | **Expressive (including verbal and vocal) communication** | **Score 1** | **Score 2** | **Score 3** | **Score 4** | **Mean** |
|  | **5.3.1** | **Identification of feelings or emotional states of others** |  |  |  |  |  |
|  | **5.3.2** | **Socially acceptable or appropriate response to emotions of others** |  |  |  |  |  |
|  | **5.3.3** | **Emotional connection with others** |  |  |  |  |  |
|  | **5.3.4** | **Receptive communication** |  |  |  |  |  |
|  | **5.3.5** | **Expressive vocal or verbal communication** |  |  |  |  |  |
|  | **5.3.6** | **Appropriate vocal or verbal communication** |  |  |  |  |  |
|  | **5.3.7** | **Capacity to reflect on experiences and to communicate them** |  |  |  |  |  |

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| **Sub-domain Mean** |  |

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| **OUTCOME DOMAIN 6 INTEGRATION: WHOLENESS, VITALITY, ALIVENESS** | | | | | | | |
|  | **SUB-DOMAIN & OBJECTIVES Scoring: 1 (minimal) to 10 (maximum conceivable)** | | | | | | |
|  | **6.1** | **Sense of integration within self** | **Score 1** | **Score 2** | **Score 3** | **Score 4** | **Mean** |
|  | **6.1.1** | **Integration of past, present and future dynamic (embodied) self** |  |  |  |  |  |
|  | **6.1.2** | **Adaptation to adversity, coping, resilience** |  |  |  |  |  |
|  | **6.1.3** | **Integration of whole self: sensations, feelings, thoughts, imagination** |  |  |  |  |  |
|  | **6.1.4** | **Embodied sense of a positive future** |  |  |  |  |  |
|  | **6.1.5** | **Experience of flow state** |  |  |  |  |  |

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| **Sub-domain Mean** |  |

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|  | **6.2** | **Sense of integration between self and outside world.** | **Score 1** | **Score 2** | **Score 3** | **Score 4** | **Mean** |
|  | **6.2.1** | **Resonance: sense of felt unity with music, partner or other stimulus** |  |  |  |  |  |
|  | **6.2.2** | **Embodied pleasure and sensuality** |  |  |  |  |  |
|  | **6.2.3** | **Experience of sense of meaning, spiritual or numinous connection or transcendence** |  |  |  |  |  |
|  | **6.2.4** | **Sense of belonging and becoming, connection and contribution** |  |  |  |  |  |

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| **Sub-domain Mean** |  |

**Therapist undertaking assessment**

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| **Name of therapist** |  |
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| **Therapists’ comments** | |
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