
Outcomes Framework for Dance Movement Therapy[©]

SHORT VERSION

TOWARDS FLOURISHING INDIVIDUALS AS EVIDENCED IN OVERALL VITALITY AND ALIVENESS



1. PHYSICAL DOMAIN: TOWARDS A STABLE, MOBILE, FUNCTIONAL AND EXPRESSIVE BODY
1.1. Bodyparts: awareness, activation and connection
1.2. Space: Body in space
1.3. Shape: Body shaping
1.4. Effort: Movement qualities
1.5. Fitness and release
2. CULTURAL DOMAIN: Towards a creative, aesthetic, expressive self
2.1. Creativity and aesthetic sense
2.2. Cultural appreciation and belonging
3. EMOTIONAL DOMAIN:
3.1. Emotional expression
3.2. Emotional regulation
4. COGNITIVE DOMAIN: Towards an active enquiring mind
4.1. Attention and initiative
4.2. Memory
4.3. Executive function
5. SOCIAL: Towards satisfying reciprocal relationships
5.1. Embodied communication
5.2. Social reciprocity
5.3 Expressive communication
6. INTEGRATION DOMAIN: Towards wholeness, vitality, aliveness
6.1. Sense of integration within oneself
6.2. Sense of integration between self and outside world.