
Outcomes Framework for Dance Movement Therapy©

TOWARDS FLOURISHING INDIVIDUALS AS EVIDENCED IN OVERALL VITALITY AND ALIVENESS



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OVERVIEW: OUTCOMES FRAMEWORK FOR DANCE MOVEMENT THERAPY

This page provides an overview and short version of the *Outcomes Framework*, depicting the six domains, their desired endpoints and their two or more sub-domains. These sub-domains are divided further into objectives, up to ten each, which are described in the complete *Framework* that follows. The *Framework short version* is suggested as useful for participants, given the reduced complexity, detail and jargon it includes. It may be used in planning for identification of goals, and associated objectives, or as a self-assessment tool for participants, enabling them to consider their progress against the sub-domains.

1. PHYSICAL DOMAIN: Towards a stable, mobile, functional and expressive body
1.1. Body parts: 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: Towards healthy, regulated emotions
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 DOMAIN: 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.

