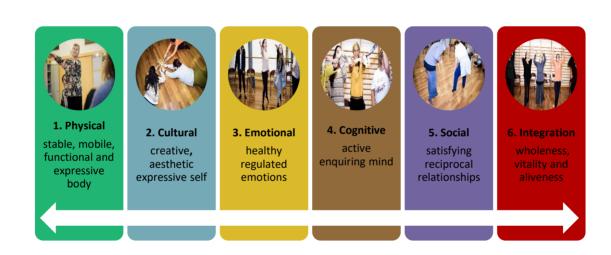
## Outcomes Framework for Dance Movement Therapy®

## 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.

