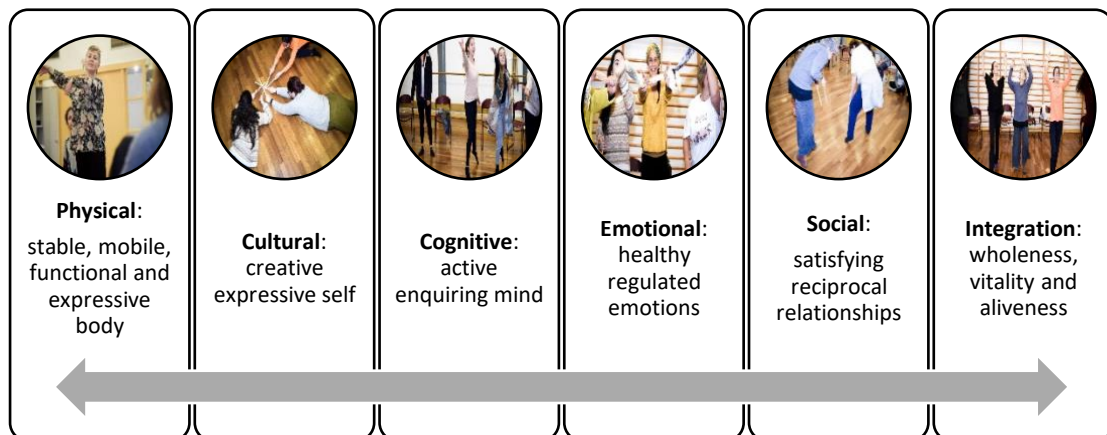

Outcomes Framework for Dance Movement Therapy[©]

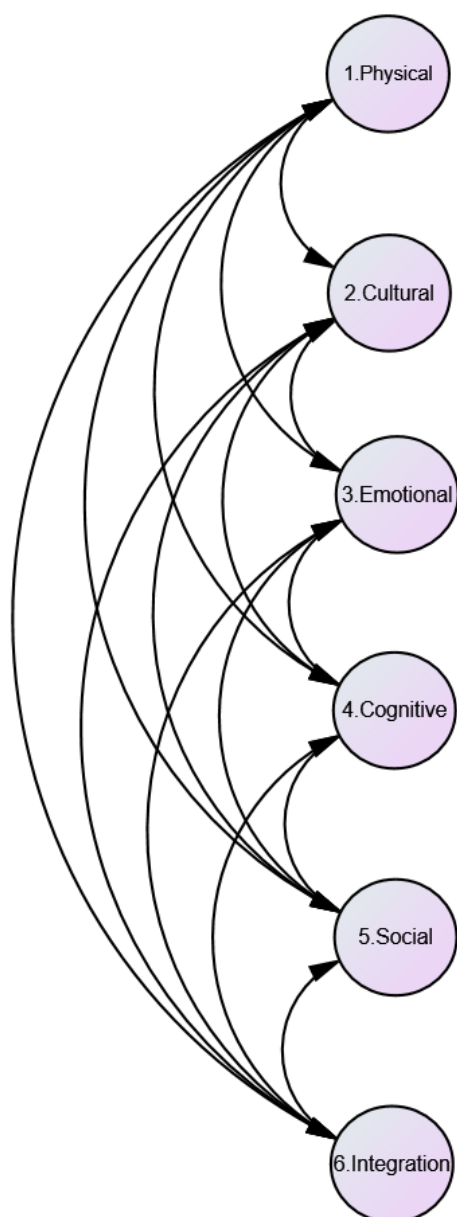
TOWARDS FLOURISHING FULFILLED INDIVIDUALS AS EVIDENCED IN OVERALL VITALITY AND ALIVENESS



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PHOTOS: IGOR PEREIRA

COMPREHENSIVE MODEL DEPICTING RELATIONSHIPS BETWEEN THE DOMAINS



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OUTCOME DOMAIN 1	PHYSICAL: TOWARDS A STABLE, MOBILE, FUNCTIONAL & EXPRESSIVE BODY
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SUB-DOMAIN & OBJECTIVES	DEFINITION OF OUTCOME
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1.1	Body parts: awareness, activation, connection	What is moving: which body parts are moving and the way these work together in movement: involving capacity for awareness, activation and connection of the body and breath, and sequencing and integration of movement.
1.1.1	Use of breath to support movement	Ability to access, activate and control breath to support movement, including depth, rate and shape of breath.
1.1.2	Activation of body parts: upper, lower body	Awareness of body parts demonstrated through activation and or naming of body parts: upper (head, shoulders, upper torso, arms, hands); lower (lower torso, legs, knees, ankles, feet).
1.1.3	Activation of body hemispheres: left, right	Awareness of body hemispheres demonstrated through activation and or naming of left and right hemispheres.
1.1.4	Body parts connection: centre to extremities, head to tail connections	Awareness of, and connections demonstrated between: core (centre) of the body and distal (extremities, hands, feet and tail); head and the tail (base of spine, coccyx).
1.1.5	Body parts connection: upper and lower body	Awareness of and connections demonstrated between: upper and lower halves of the body (homologous) mostly involving limbs. Upper body functions for mobility and articulation, while lower body functions for stability and locomotion.
1.1.6	Body halves connection: right and left sides	Activation of and connections demonstrated between: right and left sides of the body (homolateral) where one side of the body is stabilised while the other mobilises. Movement can switch from one side to the other but does not cross the midline.
1.1.7	Body parts connection: diagonal movement	Ability to: connect the body diagonally (top-left to bottom-right, etc), moving one upper limb with the opposite lower limb; cross the mid-line of the body with any body part. This includes diagonal movement such as creeping on hands and forelegs, walking, running and leaping.
1.1.8	Sequencing of body parts in movement	Ability to sequence body parts for effective movement, including simultaneous (at the same time), successive (one and then another), or sequential (one followed by another, flowing from one movement to another) sequencing.
1.1.9	Self-synchrony: body parts moving in rhythm with oneself	Ability to move body parts in an integrated and organised way, in synchrony, with timing of movement distributed through the body.
1.1.10	Control of movement succession	Ability to control movement succession: including initiation (beginning movement); sustainment (holding movement); conclusion (stopping movement); release (letting go of partner, prop, action).

1.2	Space: Body in space	Where the body moves: involving the capacity for use of direction of a movement (up/down, forward/backward, sideways or across), and planes the movement occurs in (vertical, sagittal, horizontal), and use of the kinaesphere (e.g. near - far reach space).
1.2.1	Kinaesphere: access to near-, mid- and far- reach space	Capacity to access movement across the full kinaesphere, (the three-dimensional volume of space that can be accessed without a shift of weight to change one's stance), encompassing near reach (close to ourselves), mid reach (in between), far reach (large movements) in space. It also incorporates the area that the body is moving within and the way the mover is paying attention to it.
1.2.2	Movement planes: access to vertical, horizontal, sagittal planes	Capacity to access movement within and across planes, vertical (up and down), horizontal (around the central axis), sagittal (forward and backwards); make transition/s from plane to plane; access movement pathways: peripheral (passing between the centre of the body and the periphery of the kinaesphere); central (initiated from or passing through the centre of the body), or transversal (passing between the centre of the body and the periphery of the kinaesphere).
1.2.3	Spatial intention: mover identifies and uses directions or points in space	Capacity to identify and move towards directions or points in space
1.2.4	Levels in space: access to low, medium, high levels	Capacity to access different levels (high, medium and low) and locations in space
1.2.5	Managing body boundaries in space	Capacity to move appropriately within the confines of the space, involving proprioceptive sense, manoeuvring objects and areas in space.

1.3	Shape: Body shaping	The why of movement: involving the capacity for change in the shape of the body itself, moving in relation to one's surroundings, to others and to one's own needs; the capacity for the body to enclose or spread, rise or sink.
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1.3.1	Shape Flow: access to Shape Flow, representing a relationship of the body to itself	Capacity for body-oriented shaping, representing a relationship of the body to itself, essentially consciousness expressed through movement. This includes the capacity for growing and shrinking movements across the planes: vertical (lengthening/shortening); horizontal (widening/narrowing); and sagittal (bulging/hollowing). This could be amoebic like-movement or usual actions, like shrugging, shivering, rubbing an injured shoulder.
1.3.2	Directional: access to Directional Shaping of the body	Capacity for the body to be directed towards some part of the environment, making goal-oriented movements such as reaching to touch something, in either spoke-like (such as punching and pointing) and arc-like (swinging a tennis racket, painting a fence) movements.
1.3.3	Carving: access to Space Carving, with the body actively and three-dimensionally interacting with the volume of the environment	Capacity for the body to be actively and three-dimensionally interacting with the volume of the environment, in a quality of movement that leads to integration of the self and the world. Evidenced in tasks like kneading bread dough, wringing out a towel or miming the shape of an imaginary object.
1.3.4	Shape qualities: access to Shape qualities, opening and closing	Capacity for the body to change in an active way toward some point in space, either opening (growing larger with more extension) or closing (growing smaller with more flexion), including actions of rising, sinking, spreading, enclosing, advancing and retreating. Environment-oriented shape that includes carving, moulding and sculpting.

1.4	Effort: Movement qualities	How the body moves in terms of qualities of movement, reflecting the mover's inner attitude towards movement, manifested in access to four movement factors, Weight, Space, Time, Flow, each of which spans two opposite poles.
1.4.1	Weight: access to Active (light - strong) and Passive (limp - heavy) Weight Efforts	Capacity to access force in movement, through sensing, intention, feeling one's own weight, presence and relationship to earth/gravity, across the continuums of movement of <i>Light</i> (delicate, fragile, overcoming one's weight, buoyant, lifted up) to <i>Strong</i> (power, standing one's ground, immovable); and <i>Limp</i> (giving up my weight) to <i>Heavy</i> (complete collapse).
1.4.3	Time: access to Sudden– Sustained Time Efforts	Capacity to access acceleration and deceleration of movement, across the continuum of <i>Sustained</i> (drawing out the moment, luxuriate, languidly, adagio, prolonging, leisurely) to <i>Sudden</i> (urgent, instantaneous, staccato, quick, hurried, spark like) movement. It is about intuition, decision-making, related to the moment, now versus not now, knowing the right moment to act.
1.4.4	Flow: Access to Bound - Free Flow Efforts	Capacity to express attitude towards controlling the progression of movement from a higher control, from having little control in bound flow or moving with abandon in free flow .This covers the continuum of <i>Bound</i> (contained, controlled, keeping the inside in and the outside out, can be stopped at any moment, rigid, boundaries, clarity) to <i>Free</i> (outpouring, letting the inside out and the outside in, uncontrollable, open-hearted, fluid) movement. Flow is about continuity, progression, emotions, involvement and is responsible for the ongoingness of movement.
1.4.5	Effort combinations: access to combinations of Effort elements	Capacity to activate and integrate two or more Effort elements simultaneously. Combinations of two efforts known as states are: Awake - combining Space and Time; Dreamlike - combining Weight and Flow; Distant - combining Space and Flow; Near/Rhythm - combining Time and Weight; Stable - combining Space and Weight. Combinations of three efforts known as drives, are: Action Drive - with Weight, Space and Time but missing Flow; Passion Drive – with Weight, Time and Flow but no Space; Spell Drive – with Weight, Space and Flow but no Time; Vision Drive – with Space, Time and Flow but no Weight.
1.4.6	Effort phrasing: access to Effort phrasing	Capacity to access the coming and going of Effort qualities: ebb and flow of movement.

1.5	Fitness and release	The state of being physically fit and healthy; the ability to carry out daily tasks with vigour and alertness, without undue fatigue and to release tension.
1.5.1	Stamina	Ability to sustain prolonged physical effort, including aerobic fitness.
1.5.2	Strength	State of being physically strong, including the ability to exert force on objects or exert one's sense of self in space.
1.5.3	Flexibility	Capacity for joints to move freely across a range of motion and for muscles to have mobility that allows freedom of movement around joints.
1.5.4	Balance	Access to even distribution of weight, ability to remain upright, steady, both static (in stillness) and dynamic (in movement).
1.5.5	Release of physical tension	Capacity to release physical tension: passively, as evidenced in relaxed stillness; quieting of extraneous vocal communication or embodied movement, access to deep, slow regulated breathing; or in movement, as evidenced in overall sense of comfort and ease and impression of being fully present in the body.

OUTCOME DOMAIN 2		CULTURAL: TOWARDS A CREATIVE, AESTHETIC, EXPRESSIVE SELF
SUB-DOMAIN & OBJECTIVES		DEFINITION OF OUTCOME
2.1	Creativity and aesthetic sense	Creativity: the vehicle of human self-expression, involving the capacity to find new and unexpected connections, new relationships and therefore new meanings; aesthetic sense, the appreciation and awareness of experiences that are perceived through the senses.
2.1.1	Creativity expressed	Ability to express own creativity, evidenced through embodied movement or vocal (including verbal) expression.
2.1.2	Experience of aesthetic enrichment	Having an experience that comes through the senses that makes or recognises something as more significant, meaningful or valuable. This encompasses experiences outside the mundane and every day, most often associated with pleasurable emotions of joy, awe and wonder, arising from perceptions of beauty. It also includes the breadth of emotional and cognitive experiences evoked through experiencing and processing creative experiences. These are not necessarily pleasurable or beautiful, but are seminal for the fullest human existence, such as being challenging, provoking or unsettling. They can be as trivial as a sense of escape from daily life or captivation in the moment, to deeper feelings of being moved or intensely engaged.
2.1.3	Aesthetic decision-making	Expression of personal choices based on response to aesthetic stimuli, a hedonic response to a sensory experience engaging any or all of the sensory domains.
2.2	Cultural appreciation and belonging	Appreciation of diverse forms of cultural expression, sense of collective identity and the feeling of belonging to a culture
2.2.1	Appreciation of diversity and difference of cultural expression	Development of appreciation, which includes enjoyment, celebration or treasuring, of the value and quality of the different ways that people express themselves including through the arts, depending on their cultural backgrounds, life experience and interests. For example, recognising value and showing pleasure in seeing or participating in different forms of social or traditional dances.
2.2.2	Sense of belonging to a shared cultural heritage experienced	Expanding or intensifying one's relationship to members of a culture and their values, practices, and social, symbolic, and material ties. Culture might be considered those practices shared with an ethnic, language or spiritual group, but also but an artistic or aesthetic community. Where cultural heritage is defined as an expression of ways of living, developed by a community and passed on from generation to generation, the sense of belonging is related to shared experiences and feelings of inclusion with that group.

OUTCOME DOMAIN 3	EMOTIONAL TOWARDS HEALTHY, REGULATED EMOTIONS
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SUB-DOMAIN & OBJECTIVES	DEFINITION OF OUTCOME
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3.1	Emotional expression	Ability to express an internal emotional or affective state through embodied behaviours or movement and vocal (including verbal) expressions
3.1.1	Identification of own feeling or emotional states	Capacity to identify own feeling or emotional states and make this known through embodied, vocal or verbal responses.
3.1.2	Expression of own feeling or emotional states	Capacity to express own feeling or emotional states through embodied, vocal or verbal responses.
3.1.3	Experience of fun, pleasure, enjoyment	Capacity to experience fun, pleasure, enjoyment as evidenced in: level of engagement and enthusiasm; verbal, vocal and embodied communication indicating enjoyment, across the range from non-communicative (silent, withdrawn) to very communicative (laughing, talking, smiling, spontaneous comments); eye contact; body posture.
3.1.4	Access to playfulness	Capacity to experience playfulness (an attitude of a person when he or she is engaged mentally and physically in the state of play). Any situation can be approached in a playful manner when the person is in such frame of mind. Involves presence, responsiveness, lightness, attentiveness, improvisation and creativity, a willingness to let go and become part. This can occur when one is alone or engaged with others.
3.1.5	Access to full range and intensity of affects	Capacity to experience the complete continuum of human affects, emotion or feelings, in intensity and range. The range of affect includes broad (normal), restricted (constricted), blunted, or flat. The normal expression of affect involves variability in facial expression, pitch of voice, gestures (using hand and body movements). Restricted affect is characterized by a clear reduction in the expressive range and intensity of affects. Blunted affect is marked by a severe reduction in the intensity of affective expression. In flat affect there is a lack of signs of affective expression, the voice may be monotonous and the face, immobile.
3.1.6	Sense of positive body image	Holding a positive sense of self, especially a subjective appreciation of one's own body, that is evident in the body. It involves how a person sees themselves, notwithstanding standards and expectations set by society.
3.1.7	Sense of confidence in self	Positive feelings and thoughts of trust or belief in own abilities and capacities

3.2	Emotional regulation	The ability to respond to ongoing demands of experience with a range of emotions, that is socially tolerable and sufficiently flexible, and both permits and delays spontaneous reactions.
3.2.1	Expression of feelings and emotions appropriate to current situation	Capacity to display mood or affect that is considered appropriate, as assessed by other/s present, given task, context and client's circumstances.
3.2.2	The capacity to cope with challenges and difficulties	Capacity to tolerate ambiguity of emotions, and emotions that are difficult to express in words, such as ambivalence or frustration about one's personal situation and/or challenges arising in the course of the activity.
3.2.3	Release of psychological tension	Capacity to release psychological tension, stress or pressure, that may be evidenced in sense of being fully present or being at ease; quieting of superfluous verbal or non-verbal engagement; relaxed stillness; deep, slow regulated breathing.

OUTCOME DOMAIN 4		COGNITIVE TOWARDS AN ACTIVE, ENQUIRING MIND
SUB-DOMAIN & OBJECTIVES		DEFINITION OF OUTCOME
4.1	Attention and initiative	Attention: ability to selectively concentrate on discrete aspects of information, while ignoring other perceivable information; initiative: the ability to begin activities independently.
4.1.1	Attention to activity	Capacity to attend to current activities, using either: selective attention (ability to attend to stimuli while ignoring distractions); sustained attention (ability to maintain attention over extended time); divided attention (ability to attend to more than one task simultaneously); alternating attention (ability to shift attention from one task to another without losing focus).
4.1.2	Energy attuned appropriately to activity	Use of energy or response, or engagement in an activity, that seems suitable or appropriate to other/s present, given the task and context.
4.1.3	Indication of preferences and choice-making	Capacity to indicate what one enjoys or prefers, or to make choices between options.
4.1.4	Independent initiation of an action or activity	Capacity to use own initiative, without prompting, to begin an activity or action.
4.1.5	Leading, taking ownership of an activity	Capacity to take the lead or responsibility for the execution of an activity.
4.2	Memory	The capacity of the mind and body to store and remember information; recall or recognise previous experience.
4.2.1	Sense of enthusiastic anticipation evident	Pleasure at anticipation of involvement, indicating memory of enjoyment of previous activities, demonstrated through verbal/vocal or embodied communication.
4.2.2	Recall of movement sequences	Capacity for recall of movement sequences from previous activities, evidenced through verbal/vocal or embodied communication.
4.2.3	Recall of themes or ideas from previous activities	Capacity for recall of themes or ideas from previous activities, evidenced through verbal/vocal or embodied communication.
4.2.4	Meaningful evocation and exploration of life memories	Capacity to experience re-invigoration, re-awakening or examination of memories from one's life that are important or significant, evidenced in embodied or verbal/vocal communication.
4.3	Executive function	The set of cognitive, metacognitive and emotional processes necessary for adaptive functioning in daily life, a set of mental skills to help us get things done. It involves three core capacities: working memory, inhibition, shifting, which combine to support higher order cognitive processing (eg. problem solving) required to be goal-directed, resist contrary impulses and distractions and pursue more positive (rather than most immediate) outcomes. Dysfunction may manifest as problems with attention, impulse control, perseveration, apathy, or emotional dysregulation.
4.3.1	Following directions	Ability to attend to and follow instructions or directions, for one or a sequence of tasks
4.3.2	Processing speed	Ability to manage the speed of processing mental tasks, including understanding and reacting to information, either visual (letters and numbers), auditory (language), or movement.
4.3.3	Reflective capacity	Ability to reflect on previous experience and its meaning or implications, and to understand self and others in terms of intentional mental states, such as feelings, desires, wishes, goals and attitudes.
4.3.4	Capacity for organising thinking, making connections, identifying patterns	Access to higher order thinking that enables observation of connections or patterns between different aspects of one's experience and relevant life situations.
4.3.5	Ability to attribute mental states to oneself and other (Theory of mind)	Ability to attribute mental states – such as beliefs, intents, desires, emotions, knowledge – to oneself, and others, and understand that others have beliefs, desires, intentions and perspectives that are different from one's own.

OUTCOME DOMAIN 5	SOCIAL TOWARDS SATISFYING, RECIPROCAL RELATIONSHIPS
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SUB-DOMAIN & OBJECTIVES	DEFINITION OF OUTCOME
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5.1	Connection with others	Basic skills required to establish and maintain healthy and rewarding relationships with diverse individuals and groups.
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5.1.1	Capacity to identify feelings or emotional states of others	Capacity to recognise emotional state or feelings of others that is concordant with their experience, and evidenced through verbal, vocal and/or embodied communication.
5.1.2	Socially acceptable or appropriate response to emotions of others	Capacity to respond to others' feelings or emotional states, that other/s present feel is appropriate and acceptable given the task, context and relationship between people involved, and indicated through verbal, vocal and/or embodied communication.
5.1.3	Comfort in proximity to others	Capacity to manage oneself with comfort in the physical presence of others.
5.1.4	Appropriate use of personal space in relation to others, including body boundaries	Capacity to use personal space appropriately for the task, to manage being as close or as far from others as the situation demands, and that other/s present feel is appropriate given the task, context and relationship between people involved.
5.1.5	Emotional connections with others	Interest in and capacity for social emotional engagement, desire to be 'seen' and 'recognised', sense of trust or comfort in relationships with others, evidenced through verbal/vocal communication or embodied action.
5.1.6	Appropriate eye contact	Use of eye contact in relationship that others in the context perceive as appropriate, given the task, context and relationship between people involved.
5.1.7	Appropriate response to offer of social connection	Capacity to respond to contact offered by other/s, that other/s in the context perceive as appropriate, given the task, context and relationship between people involved.
5.1.8	Appropriate use and reception of touch	Capacity to <i>distinguish, apply</i> and <i>receive</i> touch, that other/s in the context perceive as appropriate, given the task, context and relationship between people involved.
5.1.9	Appropriate initiation, sustainment, release of social connection	Capacity to <i>begin, continue</i> and <i>let go</i> of connection (physical or other) with other/s, that other/s in the context feel is appropriate given the task, context and relationship between people involved.
5.1.10	Appropriate physical contact or connection with others	Use of physical contact or connection in relationship that other/s in the context perceive as appropriate given the task, context and relationships between people involved.
5.1.11	Appropriate give and take in relationship, turn-taking	Capacity to experience and create reciprocity; to take turns or wait; hold back or step forward, that other/s in the context perceive as appropriate, given the task, context and relationship between people involved.
5.1.12	Synchrony of movement with others	Body moving in an integrated way in synchrony with other person/ people.

5.2	Communication	Abilities used when giving and receiving different kinds of information, such as sharing feelings and ideas, or what's happening around oneself. Communication skills involve listening, speaking, observing and empathizing, being aware of how we relate to others, the messages we send and how relationships can be improved, involving both vocal/verbal and embodied gestures or language.
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5.2.1	Expressive vocal or verbal communication	Capacity to relate to others in expressing thoughts or feelings through voice or sound.
5.2.2	Appropriate vocal or verbal communication	Capacity to communicate using voice or sound that seems appropriate to other/s present, given the task, context and relationships between those communicating.
5.2.3	Capacity to reflect on experiences and to communicate them	The use of communication strategies to share with others some sense of contemplative thoughts on own experiences, using embodied, vocal or verbal communication.

OUTCOME DOMAIN 6		INTEGRATION: WHOLENESS, ENLIVENMENT, VITALITY TOWARDS A SENSE OF WHOLENESS AND INTEGRATED SELF ACROSS DOMAINS
SUB-DOMAIN & OBJECTIVES		DEFINITION OF OUTCOME
6.1	Integration	Sense of things coming together, being unified and connected, of wholeness and completeness. A full sense of vitality, showing vigour, enthusiasm, expressed in positive energy, a positive influence and motivation for change, towards a perception of robust health and wellbeing (physical, emotional, social).
6.1.1	Embodied sense of a positive future	Experience of a sense of positivity about one's own future and/or the future of others in one's life or world, evidenced through an enlivened embodiment.
6.1.2	Embodied pleasure and sensuality	Experience of embodied pleasure; enjoyment of physical closeness, intimacy or connection with an/other; enlivened sense of identity in sensual or sexual sense, feeling of positive activation of gender identity; embodied sense of hope and positive affirmation of self in the moment and into the future.
6.1.3	Experience of sense of meaning, spiritual or numinous connection or transcendence	Deep experiences of a sense of meaning, of life itself or particular aspects of it; or sense of connection to aspects of life beyond the immediate here and now, and self. This can include spiritual connection for those with beliefs about religion or some kind of higher power or other world, but also numinous, uplifting transcendent experiences for those without such beliefs.
6.1.4	Integration of past, present and future embodied self	Evidence of integrated sense of self and identity about how one sees themselves in the world, involving a feeling of connection between memory of one's past, the present moment in time, and anticipation of future, across the domains.
6.1.5	Resonance: sense of felt unity with music, partner or other stimulus	A feeling of deep connectedness to an element of one's experience, either another person or persons or music, prop or idea, evoked through movement or other stimulus.
6.1.6	Integration of whole self: sensations, feelings, thoughts, imagination	Ability to integrate the whole self, bringing together body sensations (physical), feelings (emotional), thoughts (cognitive) and imagination (cultural-creative and aesthetic) aspects, through movement.
6.1.7	Experience of flow state	Experience of being in a state of flow, a feeling of being fully present and immersed in a sense of energized focus, through enjoyment in the embodied process of an activity.
6.1.8	Sense of belonging and becoming, connection and contribution	Feeling of belonging to and becoming one's full self, contributing or making a difference to a group, family, community, cause or problem outside oneself; sense of the greater social whole; social conscience.