
Outcomes Framework for Dance Movement Therapy[©]

**TOWARDS FLOURISHING FULFILLED INDIVIDUALS
AS EVIDENCED IN
OVERALL SENSE OF VITALISATION AND ENLIVENMENT**

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OUTCOMES FRAMEWORK OVERVIEW.

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| PHYSICAL DOMAIN |
| TOWARDS A STABLE, MOBILE, FUNCTIONAL AND EXPRESSIVE BODY |
| THERAPEUTIC GOALS |
| Body parts activation |
| Space: Body in space |
| Shape: Body shaping |
| Effort: Movement qualities |
| Fitness and co-ordination |
| Tension release |
| Expressive body |

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| CULTURAL DOMAIN |
| TOWARDS A CREATIVE, AESTHETIC, EXPRESSIVE, SELF |
| THERAPEUTIC GOALS |
| Creativity |
| Aesthetic sense |
| Knowledge, ideas, insight |
| Appreciation of cultural expression |
| Belonging to culture |
| Integration |

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| EMOTIONAL DOMAIN |
| TOWARDS HEALTHY, REGULATED EMOTIONS |
| THERAPEUTIC GOALS |
| Emotional expression |
| Emotional regulation |

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| COGNITIVE DOMAIN |
| TOWARDS AN ACTIVE, ENQUIRING MIND |
| THERAPEUTIC GOALS |
| Focus |
| Initiative |
| Memory |
| Executive function |

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| SOCIAL DOMAIN |
| TOWARDS SATISFYING RECIPROCAL RELATIONSHIPS |
| THERAPEUTIC GOALS |
| Connection with others |
| Communication |

