

OVERVIEW OF *OUTCOMES FRAMEWORK FOR DANCE MOVEMENT THERAPY (DUNPHY & MULLANE 2018)*

TOWARDS FLOURISHING FULFILLED INDIVIDUALS

DOMAIN	SUB-DOMAIN	THERAPEUTIC GOAL					
Physical <i>Stable, mobile, expressive and functional body</i>	Body: Organization and connectivity	Ability to access and utilize breath to support movement	Core-distal connection	Head-tail connection	Upper-lower connection	Body-half connection	Cross-lateral connection
	Body: Sequencing of movement through body	Simultaneous	Successive	Sequential	Body parts active-held		
	Effort: Access to movement qualities	Space (Direct – Indirect)	Weight Active (Light – Strong)	Weight Passive (Limp- Heavy)	Time (Sudden – Sustained)	Flow (Bound-Free)	
	Shape: Access to body shaping	Directional shaping	Space carving	Shape flow	Shape qualities		
	Space: Use of body in space	Access to kinaesphere (near, mid, far reach)	Access to planes	Spatial intention	Access to levels in space	Body boundaries in space	
	Fitness and co-ordination	Stamina	Strength	Flexibility	Balance		
	Relaxation	Relaxed stillness	Deep, slow, regulated breathing	Release of tension			
Cultural <i>Creative, aesthetic expressive self</i>	Fun, pleasure, enjoyment	Level of engagement and enthusiasm	Smiling	Sense of safety experienced	Body Ease	Verbal/vocal communication	Playfulness
	Creativity and aesthetic sense	Connection between body sensations, feelings, thoughts and imagination	Creativity inspired or expressed	Experience of aesthetic enrichment	Making an aesthetic decision		
	Knowledge, diversity, heritage	New knowledge, insights, skills attained	Appreciation of diversity of cultural expression	Sense of belonging to shared past stimulated			
Emotional <i>Healthy, regulated emotions</i>	Emotional expression and regulation	Capacity to identify own feeling/ emotional states	Appropriate mood / affect	Regulation of emotional expression	Energy attuned appropriately to the activity	Expression of appropriate feelings, emotions	Capacity to manage frustration/ challenges
	Reality orientation						
Cognitive <i>Active enquiring mind</i>	Initiative	Indication of preferences and choice-making	Independent initiation of action or activity	Leading, taking ownership of an activity	Confidence in expression of self	Capacity to reflect on and share experiences	Indication of preferences, choice-making
	Memory	Sense of (appropriate) anticipation evident	Recall of movement sequences:	Recall of themes/activities from previous sessions	Meaningful exploration of life memories		
	Executive function	Reflective capacity?	Transfer, organize thinking, make connection, identify patterns	Integration of past, present and future embodied self	Bodyful sense of a positive future	Theory of mind	
Inter-personal <i>Satisfying relationships</i>	Relationship	Capacity to identify feelings/ emotional states of others	Appropriate response to others' emotions	Comfort in proximity to others	Appropriate use of personal space	Emotional connections	Appropriate eye contact
		Appropriate social connection: response, initiation, sustainment, release	Appropriate physical connection	Appropriate give and take	Expressive vocal /verbal communication	Appropriate vocal /verbal communication	
	Connection	Focus on the activity	Energy attuned appropriately				