

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> | 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 cultural heritage 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 |
| | Fun, pleasure, enjoyment | Level of engagement and enthusiasm | Smiling | Sense of safety experienced | Body Ease | Verbal/vocal communication | Playfulness |
| | 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 | | | | |