

PSYCHIATRY DISORDERS, MENTAL HEALTH AND WELLNESS

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DANCE MOVEMENT THERAPY INTERVENTIONS FOR PSYCHOLOGICAL DISORDERS: WAYS TO COMBINE TREATMENTS WITH OTHER MODALITIES AND INTEGRATIVE SYSTEMS

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Dance has been used in indigenous healing rituals around the world for thousands of years. The purpose of the research explores ways that dance movement therapy (DMT) may be used as an intervention to prevent and treat various psychological and mood disorders. Research is based on how DMT is viewed around the world and utilized in healthcare environments. Investigated DMT modalities ranges from yoga-based movement therapy interventions for trauma to DMT interventions for anxiety, depression and general wellness. The research examines ways disease impacts the physiological and psychological wellbeing of patients and how DMT is used to counteract these implications. An additional highlight included in the research suggests that DMT be viewed as a complementary and alternative medicine (CAM) modality. Advanced treatment and research opportunities in psychiatry and mental health may exist when DMT is combined with other CAM therapies in the future.

BIOGRAPHY

Leneé Braxton has a Bachelor's Degree in Dance, a Master's Degree in Exercise Science with a concentration in Sport Psychology and is currently working on her PhD in Mind-Body Medicine specializing in Biofeedback and Clinical Hypnosis for Optimal Performance. She is a Member of the International Association for Dance Medicine and Science, the Association for Applied Sport Psychology and a NASM® Certified Performance Enhancement Specialist. She is comprehensively trained in Ayurvedic Medicine, Energy Medicine, Pilates and Yoga. Her clients include Physicians, Elite Athletes and Corporate wellness facilities.

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