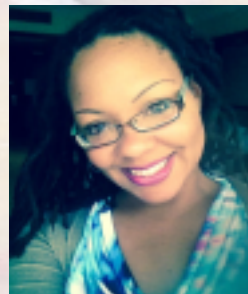


The Art of Healing



The Art of Healing



Left:

Carlotta Walcott, BSc
DVSAC Program Liaison

Right:

Khnuma Simmonds-Esannason, BA, MAE
DVSAC Executive Director

A Meditative Journey

Today I let go of all that does not serve me and choose to heal my heart, mind, body and soul with self-love, compassion and kindness.

I am grateful for this day, I am grateful for my body, I am grateful for my mind, I am grateful for my soul.

Everyday I notice and feel gratitude for the abundance around me.

I am strong, soft and graceful. No matter what events have come my way, I have the strength, the compassion and the tools to overcome them.

I love myself. I honor myself. I respect my boundaries and I trust myself. I know I am my best friend and biggest ally. I can do anything. I can heal.

The Art of Healing

Take care of yourself: Physically or mentally leave the room if you need to.

Thumbs up signal



The Art of Healing

Who is in the Room?



Sexual Assault Defined

Sexual assault is any type of **sexual** contact or behavior that occurs without the explicit consent of the recipient. Falling under the **definition of sexual assault** are **sexual** activities such as forced **sexual** intercourse, forcible sodomy, child molestation, incest, fondling, and attempted rape.

<https://www.justice.gov/ovw/sexual-assault>

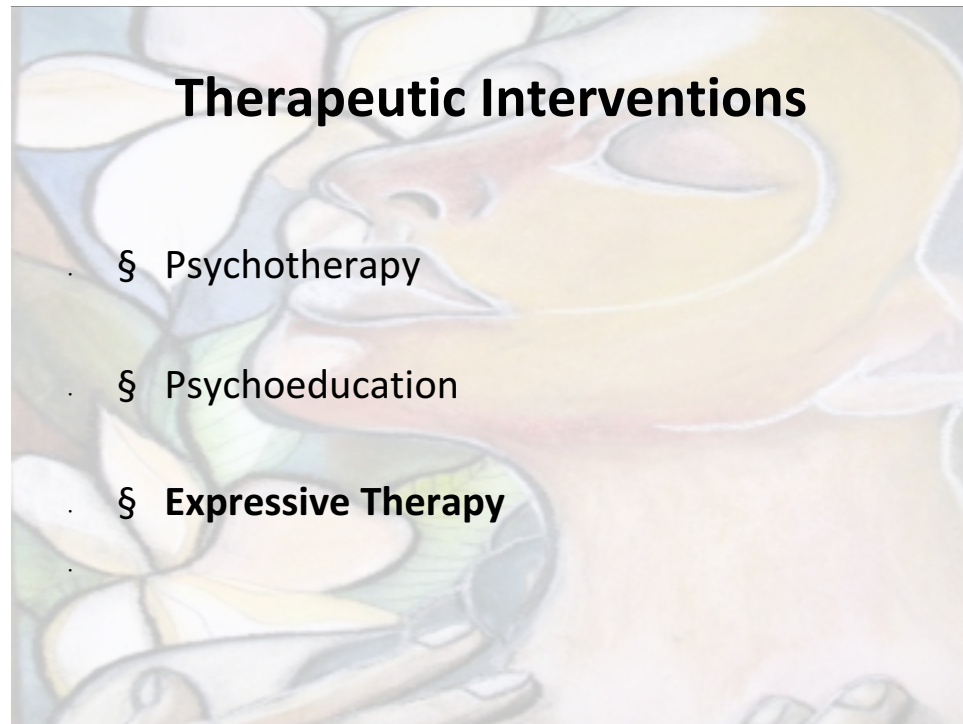
Rape

Rape: “The penetration, no matter how slight, of the vagina or anus with any body part or object, or oral penetration by a sex organ of another person, without the consent of the victim”

U.S. DOJ, January 6, 2012 <http://www.fbi.gov/news/pressrel/6/8/2012>

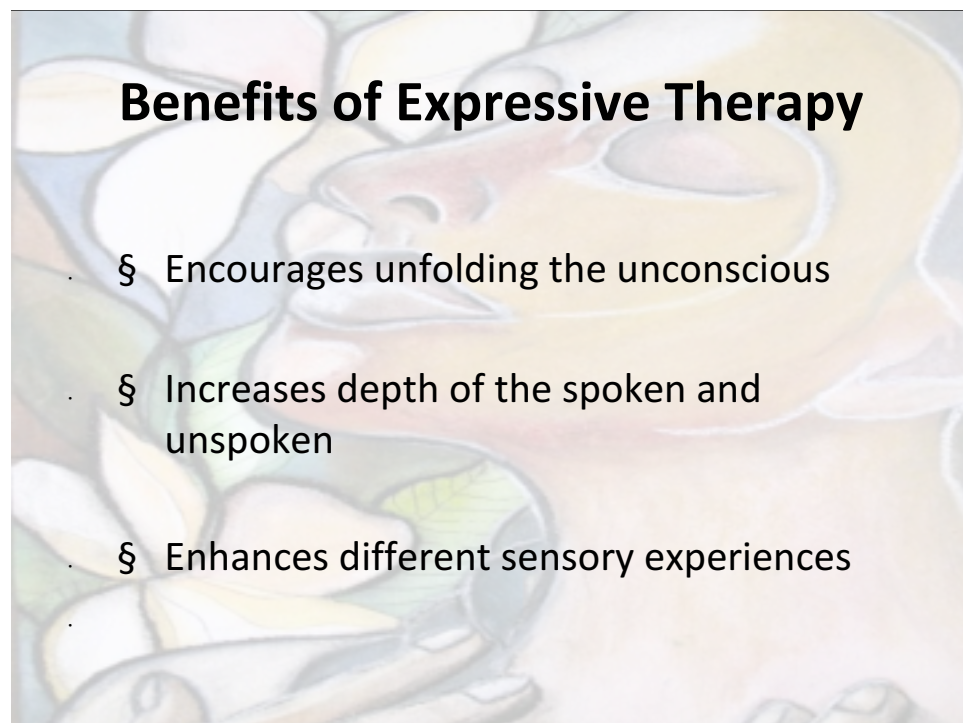
Emotional and Physiological Responses

- § Intense Fear
- § Self loathing
- § Nightmares
- § Anxiety
- § Eating disorders
- § Somatization



Therapeutic Interventions

- § Psychotherapy
- § Psychoeducation
- § **Expressive Therapy**
-



Benefits of Expressive Therapy

- § Encourages unfolding the unconscious
- § Increases depth of the spoken and unspoken
- § Enhances different sensory experiences
-

Narrative Therapy

- § Attributed to Michael White and David Epston
- § Emphasizes clients' strengths not the problem.
- § Rewrite negative stories, regard problems as something they have, not something they are.

Where Healing Begins

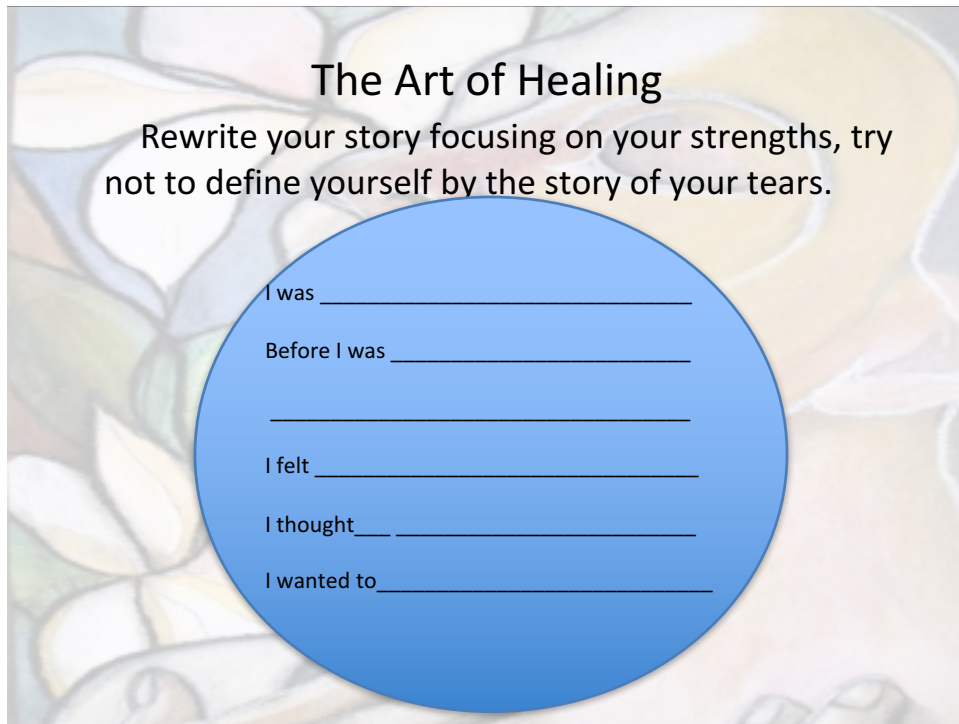
Think of an experience where you felt your tears on your face. In a few lines write the story of those tears

I was _____

I feel _____

I think _____

I want _____



The Art of Healing

Rewrite your story focusing on your strengths, try not to define yourself by the story of your tears.

I was _____

Before I was _____

I felt _____

I thought _____

I wanted to _____



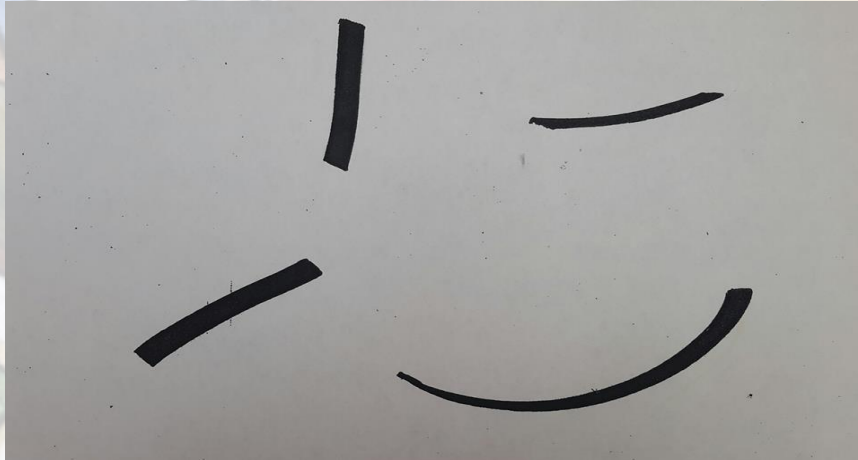
Where Healing Begins

Art therapy

- § To communicate what is sometimes difficult to put into words.
- § To gain a new, more objective perspective on challenges or difficult life circumstances
- § Tap into inner power and use existing strengths to build further skills.

Where Healing Begins

Fragmentation– Make something of the disconnect



Where Healing Begins

Fragmentation– Make something of the disconnect



Where Healing Begins

Fragmentation– Make something of the disconnect



Where Healing Begins

Fragmentation– Make something of the disconnect

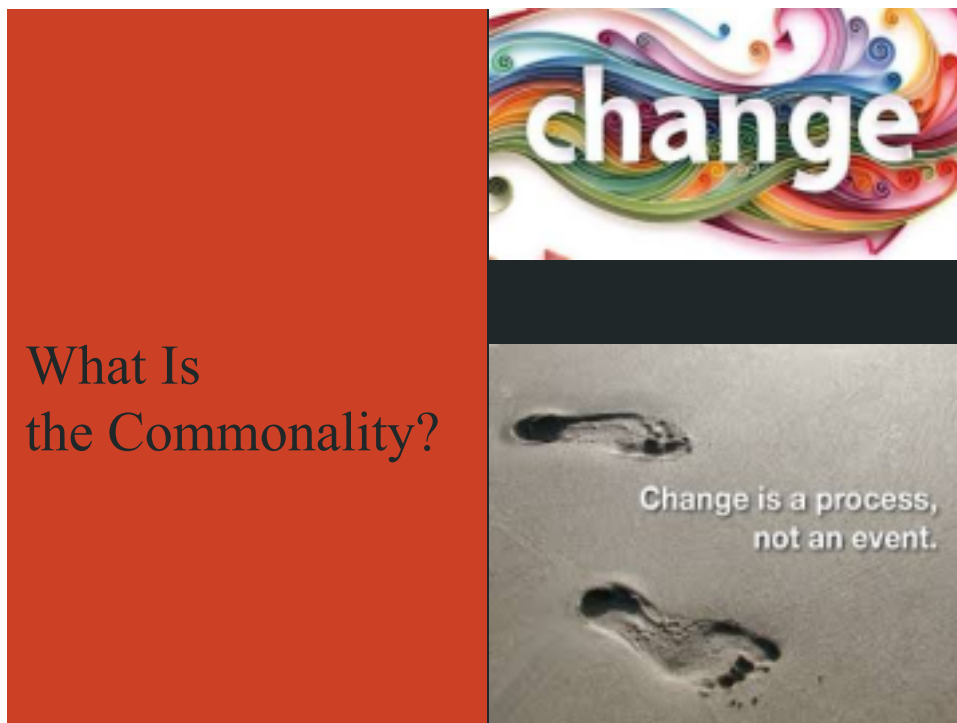




Move-mentality: What Does It Mean To YOU?

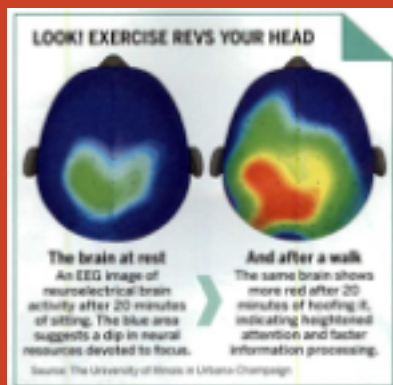
What Is Move-mentality?

A mindset that is conditioned to embrace change by nurturing a lifestyle of creativity and expression and engaging in an attitude of fluidity and freedom. Move-mentality is often demonstrated through the body-kinesthetic intelligence of dancers who translate the vocabulary of movement to the language of dance. - *Khnuma Simmonds-Esannason*



What Is
the Commonality?

Movement... Change... Processes... What's the Point?



Movement Changes Mental Health by offering Expression through Creativity, Stress Relief, Self-Esteem Building and Energetic Release - All of which are benefits to a Sexual Assault Survivor.

(Below: The Breathe Network)



Dance

Dance therapy (also called dance/movement therapy) is the use of choreographed or improvised movement as a way of treating social, emotional, cognitive, and physical problems. Throughout the ages, people of many cultures have used dance to express powerful emotions, tell stories, treat illness, celebrate important events, and maintain communal bonds. Dance therapy harnesses this power of movement in a therapeutic setting and uses it to promote personal growth, health, and well-being.

(www.wholehealthmd.com)

Therapy

Dance as therapy came into existence as a marriage of sorts between modern dance and psychiatry. Its was pioneered by Marian Chace (1896-1970), who studied dance in New York City before establishing her own studio in Washington, DC, in the 1930s. Because Chase's dance classes provided unique opportunities for self-expression, communication, and group interaction, psychiatrists in Washington began sending patients to her. It was not until 1966, when the American Dance Therapy Association (ADTA) was founded, that dance therapy gained professional recognition. Today the ADTA has nearly 1,200 members in 46 states and 20 countries around the world.

Benefits of Dance Movement Therapy for Autism

Autism Therapy has grown to include Neurological Music Therapy (NMT) and a program called Dance with Autism. Dance Movement Therapy is the developmentally use of dance and movement to enhance communication, self-awareness and self-esteem. Music therapy, the science of sound that includes the human voice, words, and singing.

DANCING MAKES YOU SMARTER

The 21 year study of women dancers. The study shows that for the same number of hours in other activities, based on the National Institute on Aging, and published in the New England Journal of Medicine.

- Improved risk of dementia
- In dancing, maintaining an average of 100% in thinking
- In thinking, maintaining an average of 100% in dancing

Reading Dr. Joseph Jones a Harvard Medical School professor who wrote the developmental connection. The study shows that dancers who danced for 10 hours a week, had an 86% reduction in risk of dementia.

CELEBRATE LIFE THROUGH DANCE

"Tell me the last time you danced, and I will tell you the last time you were happy."

-UNKNOWN

Anxiety

HOW CAN DANCE/MOVEMENT THERAPY PREVENT VIOLENCE?

THOUGHTS FROM SUSAN KISS - BOARD CERTIFIED DANCE/MOVEMENT THERAPIST

DANCE AS A THERAPY IN DEMENTIA CARE

Benefits of PDT

You have a diary, I have a dance floor

5 reasons to dance through pregnancy

1. Reduce stress and tension
2. Increase the flow of nutrients
3. Make you confident in your body
4. Exercise self-defense
5. Provide emotional support

U.S. VIRGIN ISLANDS™

at CROCK at JOHN at THOMAS

Let's Exercise Our Move-mentality!



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