



**Sub Committee for Performing Arts**  
**Faculty of Humanities and Social Sciences Curriculum Development**

**Name of the Institute:** Symbiosis School for Liberal Arts (SSLA)

**Course Name:** Dance/Movement Therapy

**(UG/PG):** UG, Elective

**Number of Credits:** 4

**Level:** 2

**Introduction**

Dance/Movement Therapy is a novel approach to healing, that is fast gaining popularity due to its propensity to break barriers of age and gender, and to help people with somatic problems, who are unable to verbally express themselves.

People around the world have begun to understand that expressive dance, including the natural and formal elements of dance, is inherently healing, a fact that is now backed by evidence due to research conducted in the field of neuroscience, for the purpose of understanding the therapeutic effects of dance.

This paper will help the student understand and discuss the basic assumptions of dance/movement therapy, and also enable them to compare and contrast their approaches to the art. It will introduce to the students a new vocabulary, with a focus on language that can be applied to movement observation and analysis.