

# Dance Movement Therapy to Push Emotional, Social, Cognitive, and Physical Integration of the Individual

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## **Description**

Dance/Movement Therapy (DMT) is defined by the American Dance Therapy Association (ADTA) because the psychotherapeutic use of movement to push emotional, social, cognitive, and physical integration of the individual, for the aim of improving health and well-being.

It emerged as a field within the 1940's as early innovators, many of

