

It is a nonverbal expressive psychotherapeutic method based on work with a body, space, energy, strength, time and at last on music. It is not focused on an aesthetic feature of dance and movement, on the other hand it is oriented to expressive, creative, and an individual potential of any personality. The subject matter of my work is to show theoretic information connected with a dance movement therapy included historical development, its methods, principles and rules. The term dance movement therapy is in an intimately connection with psychotherapy, that could be shown in the first chapter. There are details of theoretical approaches of individual and group clients' work described in other chapters too. You can get to know about my practical experiences learned in a course of dance movement therapy called "Elemental express" based on my theoretic information.