

Abstrakt

Title: Dance therapy

Aim: The main aim of this report was to evaluate the level of knowledge that the general public has about dance therapy and the [professionalization](#) of dance therapists.

Techniques: Two different questionnaires were used in order to assist with the completion of this report. The questionnaires were sent to 15 specialist institutions and to 25 members of the general public. The first questionnaire, directed to specialist institutions consisted of 13 open questions where dance therapists could share their opinions and point of views. The second questionnaire, directed to the general public consisted of 3 closed and 1 open question.

Findings: Since its inception, dance therapy is still developing. The progress is most apparent in the programme structure and content in which patients contribute themselves. Dance therapy has been slowly shifting into a scientific field. The other positive development is noticeable with patients who regularly attend dance therapy classes. The most visible improvements are in establishing contacts, patient self-esteem, perception of own body and a safe release of emotions. The Dance Therapy Association endeavours to provide useful information that will bring awareness to this type of therapy so it can be used by more people.

Key words: emotions, expression of feelings, movement, self fulfilment, cooperation, perception, expert knowledge