

# CSPH 5555 (2 Credits)

# INTRO TO BODY & MOVEMENT-BASED THERAPIES

In Person | Instructor: Barbara Nordstrom-Loeb

## COURSE DESCRIPTION

This course will cover basic theories and approaches of selected Somatic Therapies and Somatic Psychotherapy (Dance/Movement and body-based therapies). It will include 1) western historic and theoretical perspectives on the use of movement, dance and somatic re-patterning for well-being, 2) introductions and demonstrations of specific somatic approaches, and 3) brief introduction of the application of these techniques to specific populations and settings. The experiential part of the course will include individual, partner and group exercises intended to embody and deepen the topics covered in the class.

## COURSE OBJECTIVES

Upon successful completion of this course, students should be able to:

- Describe major approaches and schools within the fields of Body Therapy, Somatic Therapy, Dance/Movement Therapy and Somatic Psychotherapy, as well as other body and movement-based therapies
- Compare and contrast the theoretical framework and techniques of Somatic and Dance/Movement Therapy and Somatic Psychotherapy techniques
- Identify relevant ethical issues related to areas of touch and boundaries
- Adapt and understand the usefulness of Somatic, and Dance/Movement technique to a variety of settings and populations
- Understand the relationship of Somatic Body-Therapies, Somatic Psychotherapies and Dance/Movement techniques to other western and eastern approaches
- Become familiar with appropriate applications of Somatic and Dance/Movement Therapy modalities for assessment and intervention related to medical and psychological healing



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