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Professional Certificate in Dance Movement Therapy for Mental Health

## Ethics and Professional Practice

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Ethics and Professional Practice Glossary:

1. Confidentiality:

Confidentiality is the ethical principle of keeping information shared by clients during therapy sessions private and not disclosing it to others without the client's consent. It is crucial for maintaining trust and creating a safe therapeutic environment. Dance movement therapists must ensure that client information is kept confidential unless there is a legal or ethical obligation to disclose it.

2. Dual Relationships:

Dual relationships occur when a dance movement therapist has a professional relationship with a client that extends beyond the therapy setting. This can include socializing with clients outside of sessions, having a business relationship with a client, or engaging in any other non-therapeutic interaction that could potentially harm the therapeutic relationship. It is essential for dance movement therapists to maintain professional boundaries to avoid conflicts of interest and protect the well-being of their clients.

3. Informed Consent:

Informed consent is the process of informing clients about the nature of therapy, potential risks and benefits, confidentiality policies, and any other relevant information before beginning treatment. Clients must voluntarily agree to participate in therapy with a clear understanding of what to expect. Dance movement therapists must obtain informed consent from clients before starting sessions to ensure that clients are aware of their rights and responsibilities.

4. Multicultural Competence:

Multicultural competence refers to the ability of dance movement therapists to work effectively with clients from diverse cultural backgrounds. It involves understanding and respecting the beliefs, values, and practices of different cultures, as well as recognizing how cultural factors can influence clients' experiences and behaviors. Dance movement therapists must be culturally competent to provide appropriate and effective therapy to clients from various cultural backgrounds.

5. Non-Discrimination:

Non-discrimination is the ethical principle of treating all clients with respect and fairness, regardless of their race, ethnicity, gender, sexual orientation, religion, disability, or any other characteristic. Dance movement therapists must not discriminate against clients or engage in any form of prejudice or bias that could harm the therapeutic relationship. It is essential to create an inclusive and welcoming environment for all clients.

6. Professional Boundaries:

Professional boundaries are the limits that dance movement therapists establish to maintain a safe and ethical relationship with clients. These boundaries define the appropriate roles, responsibilities, and behaviors of both the therapist and the client within the therapeutic setting. It is crucial for dance movement therapists to set clear boundaries to protect the well-being of clients and ensure the effectiveness of therapy.

#### 7. Scope of Practice:

The scope of practice defines the professional responsibilities and limitations of dance movement therapists based on their education, training, and credentials. It outlines the specific activities and interventions that therapists are qualified to perform within the field of dance movement therapy. Understanding and adhering to the scope of practice is essential for providing ethical and effective therapy to clients.

#### 8. Supervision:

Supervision is the process of receiving guidance, feedback, and support from a more experienced dance movement therapist or supervisor to enhance clinical skills, professional development, and ethical practice. It provides therapists with opportunities to reflect on their work, address challenges, and improve the quality of therapy services. Regular supervision is essential for maintaining competence and ethical standards in the field of dance movement therapy.

#### 9. Transference and Countertransference:

Transference is the unconscious redirection of a client's feelings, desires, and expectations onto the dance movement therapist, based on past experiences and relationships. Countertransference, on the other hand, is the therapist's emotional response to the client, influenced by their own personal history and unresolved issues. Understanding transference and countertransference dynamics is crucial for dance movement therapists to navigate the therapeutic relationship and maintain professional boundaries.

#### 10. Verbal and Nonverbal Communication:

Verbal communication involves the use of words, language, and spoken messages to convey thoughts, feelings, and information between the dance movement therapist and the client. Nonverbal communication, on the other hand, includes gestures, facial expressions, body language, and other forms of nonverbal cues that communicate emotions and meaning without words. Both verbal and nonverbal communication play a significant role in the therapeutic process and can impact the effectiveness of therapy sessions.

#### 11. Vicarious Trauma:

Vicarious trauma, also known as secondary trauma, refers to the emotional and psychological impact that dance movement therapists may experience as a result of working with clients who have experienced trauma. Therapists can develop symptoms similar to those of trauma survivors, such as intrusive thoughts, emotional numbing, and hypervigilance. It is essential for therapists to practice self-care, seek support, and engage in supervision to prevent and address vicarious trauma in their work.

#### 12. Boundaries:

Boundaries are the limits that dance movement therapists establish to protect the therapeutic relationship and maintain a professional distance from clients. They define the roles, responsibilities, and expectations of both the therapist and the client within the therapeutic setting. Setting and maintaining clear boundaries is essential for creating a safe and effective therapeutic environment.

13. Empathy:

Empathy is the ability to understand and share the feelings and experiences of another person. Dance movement therapists use empathy to connect with clients, validate their emotions, and demonstrate understanding and compassion. By expressing empathy, therapists can build trust, foster rapport, and support clients in their healing process.

14. Ethical Decision-Making:

Ethical decision-making is the process of evaluating moral dilemmas, conflicts, and challenges in therapy practice and determining the most appropriate course of action based on ethical principles and standards. Dance movement therapists must consider the potential consequences of their decisions, consult with colleagues or supervisors when necessary, and adhere to ethical guidelines to ensure the well-being of clients and the integrity of the therapeutic relationship.

15. Self-Disclosure:

Self-disclosure is the act of sharing personal information, experiences, or feelings with clients during therapy sessions. Dance movement therapists may choose to disclose relevant aspects of their own lives to build rapport, establish trust, and model authenticity. However, therapists must consider the impact of self-disclosure on the therapeutic relationship and maintain professional boundaries to avoid potential harm to clients.

16. Supervision:

Supervision in dance movement therapy involves the process of receiving guidance, feedback, and support from a qualified supervisor to enhance clinical skills, professional development, and ethical practice. Supervision provides therapists with an opportunity to reflect on their work, receive constructive feedback, and address challenges in therapy sessions. It is essential for dance movement therapists to engage in regular supervision to ensure the quality and effectiveness of their therapeutic interventions.

17. Cultural Competence:

Cultural competence in dance movement therapy refers to the ability of therapists to work effectively with clients from diverse cultural backgrounds. It involves understanding and respecting the beliefs, values, customs, and practices of different cultures, as well as recognizing how cultural factors can influence clients' experiences and behaviors. Dance movement therapists must be culturally competent to provide culturally sensitive and appropriate therapy to clients from various cultural backgrounds.

18. Nonverbal Communication:

Nonverbal communication in dance movement therapy includes the use of gestures, facial expressions,

body language, and movement to convey emotions, thoughts, and experiences without words. Nonverbal cues play a significant role in the therapeutic process, as they can reveal unconscious feelings, attitudes, and relational dynamics between the therapist and the client. Dance movement therapists must be attuned to nonverbal communication to understand clients' needs, emotions, and responses during therapy sessions.

19. Reflection:

Reflection in dance movement therapy involves the process of thinking critically, analyzing therapeutic interactions, and examining one's thoughts, feelings, and responses to client work. Therapists engage in reflection to gain insight, deepen self-awareness, and enhance their clinical skills and effectiveness. Reflective practice is essential for continuous professional development, learning from experiences, and improving the quality of therapy services.

20. Self-Care:

Self-care refers to the practice of attending to one's physical, emotional, mental, and spiritual well-being to prevent burnout, compassion fatigue, and emotional exhaustion in therapy practice. Dance movement therapists must prioritize self-care activities, such as exercise, relaxation, mindfulness, and hobbies, to maintain their resilience, vitality, and effectiveness in working with clients. Taking care of oneself is essential for sustaining a healthy and balanced professional practice.

21. Trauma-Informed Practice:

Trauma-informed practice in dance movement therapy involves understanding the impact of trauma on clients' lives, recognizing trauma symptoms and responses, and creating a safe and supportive environment for healing and recovery. Trauma-informed therapists prioritize safety, trust, empowerment, and collaboration in therapy sessions, while avoiding retraumatization and harm. By integrating trauma-informed principles into their practice, dance movement therapists can support clients in processing trauma, building resilience, and restoring well-being.

22. Professional Integrity:

Professional integrity refers to the ethical commitment, honesty, and adherence to moral principles and standards in dance movement therapy practice. It involves acting with honesty, transparency, and accountability, maintaining professional boundaries, and upholding the welfare and rights of clients. Professional integrity is essential for building trust, credibility, and ethical practice in the field of dance movement therapy.

23. Reflective Practice:

Reflective practice in dance movement therapy involves the process of critically analyzing and evaluating one's therapeutic work, interactions, and interventions to gain insight, improve skills, and enhance the quality of therapy services. Therapists engage in reflection to deepen self-awareness, identify areas for growth, and integrate learning from experiences into their practice. Reflective practice is an essential component of professional development and continuous improvement in dance movement therapy.

#### 24. Self-Reflection:

Self-reflection is the practice of examining one's thoughts, feelings, beliefs, and behaviors in therapy practice to gain insight, self-awareness, and personal growth. Dance movement therapists engage in self-reflection to understand their own biases, triggers, and responses to client work, as well as to enhance their therapeutic skills and effectiveness. Self-reflection is essential for maintaining ethical standards, professional boundaries, and emotional well-being in the field of dance movement therapy.

#### 25. Therapeutic Relationship:

The therapeutic relationship in dance movement therapy refers to the connection, trust, and rapport established between the therapist and the client during therapy sessions. It is characterized by empathy, respect, authenticity, and collaboration, and serves as the foundation for effective therapeutic work. A strong therapeutic relationship is essential for promoting healing, growth, and transformation in clients and enhancing the outcomes of therapy interventions.

#### 26. Verbal Communication:

Verbal communication in dance movement therapy involves the use of words, language, and spoken messages to convey thoughts, feelings, and information between the therapist and the client. Verbal communication plays a significant role in expressing emotions, sharing experiences, and exploring issues in therapy sessions. Dance movement therapists must use clear, empathic, and effective verbal communication to facilitate understanding, connection, and growth in clients.

#### 27. Cultural Sensitivity:

Cultural sensitivity in dance movement therapy refers to the awareness, respect, and responsiveness to the cultural beliefs, values, customs, and practices of clients from diverse cultural backgrounds. It involves recognizing and valuing the uniqueness of each client's cultural identity, experiences, and needs, and adapting therapy approaches to be inclusive and relevant. Cultural sensitivity is essential for building trust, rapport, and collaboration with clients and providing culturally competent therapy services.

#### 28. Empowerment:

Empowerment in dance movement therapy involves facilitating clients' self-awareness, agency, and autonomy to make positive changes, solve problems, and achieve personal goals. Dance movement therapists empower clients by fostering self-expression, self-confidence, and self-efficacy through movement, creativity, and reflection. Empowerment is a core principle of therapy that promotes clients' growth, resilience, and well-being.

#### 29. Ethical Guidelines:

Ethical guidelines in dance movement therapy are the principles, values, and standards that guide therapists' professional conduct, decision-making, and practice in accordance with ethical codes and regulations. These guidelines address issues such as confidentiality, informed consent, boundaries, dual relationships, and cultural competence, outlining the ethical responsibilities and obligations of therapists in their work with clients. Adhering to ethical guidelines is essential for maintaining integrity, trust, and ethical

practice in dance movement therapy.

30. Intersectionality:

Intersectionality in dance movement therapy refers to the interconnected nature of social identities, experiences, and systems of oppression that shape clients' lives and well-being. It involves recognizing and addressing the multiple and intersecting factors, such as race, gender, sexuality, class, and ability, that influence clients' experiences of marginalization, discrimination, and privilege. Dance movement therapists must adopt an intersectional lens to understand the complexity of clients' identities and experiences and provide inclusive, affirming, and empowering therapy services.

31. Mindfulness:

Mindfulness in dance movement therapy involves cultivating present-moment awareness, attention, and acceptance of thoughts, emotions, and sensations without judgment. It is a practice of being fully engaged in the present experience, observing and accepting whatever arises with openness and curiosity. Dance movement therapists use mindfulness techniques to help clients develop self-awareness, emotional regulation, and stress reduction, as well as to deepen their connection to themselves and others through movement and embodiment.

32. Professional Development:

Professional development in dance movement therapy involves ongoing learning, growth, and skill-building to enhance clinical competence, effectiveness, and ethical practice. It includes attending trainings, workshops, conferences, and continuing education programs, seeking supervision, consultation, and mentorship, and engaging in reflective practice and self-assessment. Professional development is essential for staying current with best practices, expanding therapeutic skills, and maintaining high standards of care in dance movement therapy.

33. Self-Compassion:

Self-compassion in dance movement therapy involves treating oneself with kindness, acceptance, and understanding in the face of challenges, mistakes, and difficulties. It is the practice of acknowledging one's own humanity, imperfections, and struggles with self-care and self-encouragement. Dance movement therapists cultivate self-compassion to prevent burnout, enhance resilience, and maintain emotional well-being in their work with clients.

34. Supervision:

Supervision in dance movement therapy is the process of receiving guidance, feedback, and support from a qualified supervisor to enhance clinical skills, professional development, and ethical practice. Supervision provides therapists with opportunities to reflect on their work, receive constructive feedback, and address challenges in therapy sessions. Regular supervision is essential for maintaining competence, ethical standards, and quality of care in dance movement therapy.

35. Trauma-Sensitive Practice:

Trauma-sensitive practice in dance movement therapy involves creating a safe, supportive, and empowering environment for clients who have experienced trauma. It focuses on promoting safety, trust, choice, and collaboration in therapy sessions, while avoiding triggers, retraumatization, and harm. Trauma-sensitive therapists prioritize the well-being and empowerment of clients, respect their boundaries and choices, and provide trauma-informed interventions to support healing and recovery.

#### 36. Authenticity:

Authenticity in dance movement therapy involves being genuine, transparent, and true to oneself in therapeutic interactions, relationships, and interventions. It is the practice of expressing one's true thoughts, feelings, and experiences with honesty, openness, and integrity. Dance movement therapists cultivate authenticity to build trust, rapport, and connection with clients, as well as to model self-awareness, vulnerability, and self-expression in therapy sessions.

#### 37. Diversity and Inclusion:

Diversity and inclusion in dance movement therapy refer to the recognition, respect, and celebration of the unique identities, experiences, and perspectives of clients from diverse backgrounds. It involves creating a welcoming, affirming, and inclusive environment that values and affirms the diversity of race, ethnicity, gender, sexuality, ability, and other social identities. Dance movement therapists promote diversity and inclusion by addressing systemic barriers, advocating for social justice, and providing culturally responsive and equitable therapy services.

#### 38. Empathic Listening:

Empathic listening in dance movement therapy involves actively attending to, understanding, and reflecting on clients' thoughts, emotions, and experiences with empathy, compassion, and nonjudgment. It is the practice of listening deeply, attuning to clients' verbal and nonverbal cues, and validating their feelings and perspectives. Empathic listening helps therapists build trust, rapport, and connection with clients, as well as support clients in expressing and processing their emotions and experiences through movement and verbal communication.

#### 39. Ethical Practice:

Ethical practice in dance movement therapy involves upholding professional standards, values, and principles to ensure the well-being, rights, and dignity of clients. It includes respecting confidentiality, obtaining informed consent, maintaining professional boundaries, and adhering to ethical guidelines and codes of conduct. Ethical practice is essential for building trust, credibility, and integrity in the therapeutic relationship and providing effective and responsible therapy services.

#### 40. Reflective Inquiry:

Reflective inquiry in dance movement therapy involves asking open-ended questions, exploring clients' thoughts, feelings, and experiences, and engaging in a collaborative process of inquiry, reflection, and discovery. It is a practice of deepening self-awareness, insight, and understanding through dialogue, curiosity, and exploration. Dance movement therapists use reflective inquiry to support clients in exploring



their emotions, beliefs, and behaviors, as well as to foster self-reflection, insight, and growth in therapy sessions.

41. Self-Regulation:

Self-regulation in dance movement therapy refers to the ability to manage one's emotions, thoughts, and behaviors in response to internal and external triggers, stressors, and challenges. It involves cultivating self-awareness, emotional regulation, and impulse control to maintain composure, focus, and balance in therapy sessions. Dance movement therapists practice self-regulation to remain present, attuned, and responsive to clients' needs, as well as to model self-care, resilience, and emotional well-being in their work.

42. Trauma Healing:

Trauma healing in dance movement therapy involves supporting clients in processing, integrating, and transforming traumatic experiences, memories, and emotions through movement, creativity, and embodied practices. It focuses on promoting safety, empowerment, and resilience in clients who have experienced trauma, as well as on addressing trauma symptoms, triggers, and responses. Dance movement therapists use trauma-informed interventions to facilitate healing, recovery, and transformation in clients and to restore their sense of agency, well-being, and wholeness.

43. Authentic Movement:

Authentic movement is a therapeutic and expressive practice in dance movement therapy that involves exploring one's inner experiences, emotions, and sensations through spontaneous movement, guided imagery, and self-expression. It is a form of nonverbal communication that allows clients to access their unconscious thoughts, feelings, and memories, as well as to deepen self-awareness, self-expression, and self-discovery. Dance movement therapists facilitate authentic movement sessions to support clients in accessing their inner wisdom, creativity, and healing resources through embodied exploration and self-reflection.

44. Body-Mind Connection:

The body-mind connection in dance movement therapy refers to the interrelationship between