**Healing Trauma with Cultural and Creative Expression**

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**Dance Therapy to Work with Syrian Refugees in Jordan**

- Dance Therapy:
  - Founded in 1966 as masters level creative arts therapy
  - Focus on nonverbal communication and expressive movement
  - Incorporate cultural forms (belly dance, debka dance, Hakka, Syrian music)

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**What is Dance/Movement Therapy?**

- Dance/Movement Therapy (DMT) is defined as the psychotherapeutic use of movement to further the emotional, cognitive, physical and social integration of the individual.
- Dance/movement therapy is focused on movement behavior as it emerges in the therapeutic relationship.
- Body movement, as the core component of dance, simultaneously provides the means of assessment and the mode of intervention for dance/movement therapy.
- Adta.org

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**Dance/Movement Therapy: Clinical Application for Trauma**

- Trauma is in the body: Speechless Terror—Need for nonverbal, symbolic approaches
- Trauma is a crisis of mortality, meaning and identity: Need for existential perspectives.
- Trauma is “stuckness” and “numbness”, inability to play: Need for creative, imaginal, movement, and emotional approaches
- Trauma is about fragmentation: Need for connection, integration, transitions
Dance Movement Therapy and Trauma: a Posttraumatic Growth Approach

- Working with the body as well as the mind
- Build resilience and posttraumatic growth
- Reduce compassion fatigue
- Building strength, reducing anxiety and fear
- Increase connection to self, other, and environment

Method: KinAesthetic Imagining

- Individual
- Couples
- Family
- Group
- Community
- Children
- Adults
- Senior

Group Work

1) Warm Up
   - Create safe space—use of circle, outside/inside, boundaries
   - Privacy, wholeness, confidentiality, trust-building
   - Introductions
   - Body part warm-up, grounding, parts/integration
   - Picking up cues, empower individuals within group setting

2) Development of the Theme
   - Listening, mirroring, kinesthetic empathy
   - Amplify theme, energy and emotion
   - Individual stories
   - Working Through
3) Reflection
- Cool down
- Internalize
- Observe self
- Discovering Meaning

Working with Individuals
- Start with strengths and structure
- Use group for support
- Discover own resources
- Moving from mirroring to authentic dialogue
- Use of creativity and improvisation

Therapeutic Outcomes
- Heal body/mind split from dehumanizing terror
- Creative means for containing, discharging and rechanneling aggression
- Strengthen individual and community resilience and connections
- Bridge multicultural symbolic forms
- Symbolize traumatic losses and hopes for the future

Trauma Training in Jordan
**Women’s Support Group**

- Share experiences
- Express emotions in safe space
- Develop support and strength
- Experience joy and hope

**Opening and Closing Ceremonies**

- Opening Ceremony with Haka
- Closing Ceremony with Debka

**Staff training**

**Movement Choir and Spiral Dance**

- Movement Choir