

Dance with Depression

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Using Dance as Therapy for Depression Using Dance as Therapy: Dancing Away Depression When you consider types of treatment for depression, you may think of a person sitting in a room with a therapist, or meeting with a prescriber like a psychiatrist or physician to initiate medication to treat the depression. Theses Bachelor's. Healing Through Movement: Dance/Movement Therapy for Major Depression. Pericleous, Isabella A. Dance. Movement. Expression. All three words are part of my everyday life, and they have been companions of my soul for the past fifteen years.

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Read about how dance can help fight depression through exercise and helping express yourself. Dance is a great way of body expression and get your body moving. Read about how dance can help fight depression through exercise and helping express yourself. Dance is a great way of body expression and get your body moving.

What is Dance and Movement Therapy? In this type of therapy, a dance therapist helps a group of people to express themselves in movement. Expressing feelings in this way is .

I learned this first hand and now see my dance with depression as my greatest teacher. I say dance because I dont believe it is a battle, which gives the .

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