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AN ANNOTATED BIBLIOGRAPHY OF DANCE/MOVEMENT THERAPY
APPROACHES TO EATING DISORDERS

Apryl Marie Grasty

Thesis submitted to the faculty of Columbia College Chicago

In partial fulfillment of the requirements for

Master of Arts

In

Dance/Movement Therapy & Counseling

Dance/Movement Therapy and Counseling Department

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Abstract

This thesis is an annotated bibliography of dance/movement therapy approaches to eating disorders. The leading question of this research was: What information exists on dance/movement therapy approaches to eating disorders? Through data collection of articles, book chapters, online interviews, and the suggestions of therapists in the field, a total of twenty-six sources were annotated in this bibliography. The bibliography is organized by the author's last name and each citation provides the author's qualifications, analysis of content, and assessment of strengths and weaknesses. During the research process, the writer discovered that the selection of sources, such as master's theses, were not accessible. The limitations this lack of access caused in creating a complete bibliography are addressed in the discussion and conclusion chapter.

Acknowledgements

I would like to thank the faculty and staff of Columbia College Chicago for their continuous support.

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Chapter One: Introduction

In a field where dance/movement therapists work with populations that vary from adjustment disorders to chronic pain conditions, how does the therapeutic community provide data on approaches utilized in the field? At the 2013 American Dance Therapy Association Conference, the lifetime achievement award was given to Susan Kleinman for her dedicated and pioneering approaches to the treatment of eating disorders. While this is a well-deserved recognition of Kleinman's work, the supportive literature on dance/movement therapy approaches to treating eating disorders is scattered across the research domains. For graduate students pursuing degrees in dance/movement therapy, research is not only part of the course of study, but also a means to explore roads of opportunity for practice upon graduation. This paper, an annotated bibliography which documents the treatment of eating disorders by dance movement therapists, seeks to illuminate what literature exists, both quantitative and qualitative, and to provide students and clinicians with a database of collected research on the topic.

The plan of inquiry for this paper grew from the desire to gather all available documented research on dance/movement therapy approaches to eating disorders. Since the only criterion for inclusion in this paper was a focus on dance/movement therapy approaches to eating disorders as the topic, it was impossible to predict the size of the sampling to come. The American Dance Therapy Association has a bibliography of literature published to date, but does not claim to be exhaustive and offers no annotation. In the research process of this paper, no other annotated bibliographies were discovered. The decision to use the broadest possible criteria was made so that all sources of information would be included.

The research in this paper was gathered from personal conversations, electronic articles and books, published books and resources from treatment facilities specializing in eating disorder treatment. Literature was reviewed and selected based on the topic of dance/movement therapy approaches to eating disorders. The next step involved procuring the sampling of available research. With the data collection period concluded, this writer performed a close reading of each article that included: notation of the author's credentials, the scope and purpose of the work, whether the work was descriptive, quantitative or both, and a summary of the strengths, weaknesses and usefulness of each work. Once the documentation was completed, this writer looked for themes or commonalities that would provide a structure for presenting the results. For several weeks variations were explored such as grouping by subtopic, publication date, author and qualitative or quantitative research design. These variables did not serve to structure the paper. At this point, presenting the results in alphabetical order by the author's name emerged from consultation of how to write an annotated bibliography. With the results structured, the last step was to discuss and reflect on the process, findings and possible outcomes.

The research process was shaped by the intent to provide students and clinicians with a database about dance/movement therapy approaches to the treatment of eating disorders. This information is new to the field of dance/movement therapy, as no other annotated bibliography exists as of date of this writing. Although a bibliography citing research on dance/movement therapy and eating disorders exists on the American Dance Therapy Association web site, it is not annotated and does not provide access to the listed articles. This thesis is an attempt to provide beyond that by providing additional resources and annotations. As no other database exists, this writer feels researching this topic and providing annotations of the available work could be advantageous to field of dance/movement therapy.

The process of literature review began with data sample searches through the Columbia College Chicago library holdings, the institution the writer attends, and simultaneous Google searches. The only criterion a sample of data needed to meet was a focus on dance/movement therapy approach and eating disorders. With these criteria in place, all conference proceedings and blog entries were omitted, as they were not examples of scholarly research.

The Columbia College Chicago library holdings and research tools, such as psychinfo and lexis nexus, provided citations in two groups of research: master's theses and dissertations as well as published articles and book chapters. Accessing the master's theses and dissertations proved challenging as they are non-circulating and electronic versions are not lent out to prospective researchers. At Columbia College Chicago, master's theses are only available for viewing in the library. As this writer no longer lives in Chicago, this was not an option. The writer contact the library and asked for assistance and if any dispensation would be made to assist in her research process. The library declined these request. The research librarian specific to dance/movement therapy was also contacted in the hope she would be of assistance, but she was unable to grant access. The same process was taken with all other institutions that held master's theses and dissertations without success. Being able to see that research exists, but not be able to access it was particularly frustrating to the writer. As the research process continued, the limited amount of available research on dance/movement therapy approaches with eating disorders only highlighted the need for access to master's theses and dissertations. These documents are, therefore, absent in the annotation section. Suggestions on addressing these issues can be found in the discussion and conclusion section of the paper.

The remainder of the sample data was comprised of literature either in article format or chapter in a scholarly text. The Columbia College library provided access to some of the

writings, but not all. This writer then created a list of articles that needed to be found and focused her attention on Google searches and the suggestions of therapists working in the field. The initial Google searches yielded interviews and links to the eating disorder bibliography listed on the American Dance Therapy Association web site. Access to these articles was gained, and the source list grew so that this writer was able to build the bibliography concurrent with the data sampling process. This writer elected to format all data samples in APA format at the finding for ease of writing.

The final component of the literature review process came from personal connections. Susan Kleinman, a BC-DMT, NCC, who specializes in eating disorders and has had a long standing role in the field of dance/movement therapy as a researcher of eating disorders, was contacted directly and provided many of the articles, book chapters, and links to interviews she has done. Kleinman also provided suggestions for other dance/movement therapist to contact. The research she provided spans decades and reflects Kleinman's own experience and research as well as her collaborative efforts with other members of the therapeutic community, such as social workers. This writer decided to address the list of inaccessible citations in the discussion and conclusion section of this paper. Other possible sources came from conversations with Carol Bloom, an LCSW in New York City who specializes in eating and body disorders in women and is a Co-founder of the Women's Therapy Center Institute and from Dr. Suzi Tortora, an ED.D., BC-DMT, C.M.A., LCAT, and LMHC, who is a mentor to the writer.

The evolution of the research questions and structure for each annotation came next to frame the results. This provided a consistent structure for annotation and analysis of the collected data. The final piece of the literature review was to determine how the results would be presented. Many options were tested over a period of several weeks to see if one method, such as

by subtopic, better organized the results for a potential reader and created a cohesive, flowing paper. With the only emerging theme being the link of dance/movement therapy and eating disorders, this writer elected to utilize that link as the unifying point of all the research and relied on online resources on writing annotated bibliographies as reference for structure. Of the sources referenced, a consistent theme was found in alphabetical presentation, and this method was chosen. It provided a simple format and cohesive structure. Alphabetical presentation then made the sequence of the results section directly match the bibliography. With the literature now reviewed, the entire annotation section was examined for questions and outcomes. These findings, and the writer's opinions and suggestions on them, are reported in the summary of findings section.

Chapter 2: Annotations

Adámková, M., & Hátlová, B. (2009). Systematic Review of Researches Testing Movement and Body Techniques In The Treatment of Eating Disorders. *E-Psychologie*, 3(4), 55-60.

Author information. Milena Adámková, M.Sc. is a doctoral student candidate at Charles University in Prague. Her specialization is psychomotor therapy in clinical praxis and mental health. Dr. Běla Hátlová, Ph.D., is a faculty member at the Jan Evangelista Purkyně University in Ústí nad Labem, Czech Republic and at Charles University in Prague, Czech Republic. Her specialization is in clinical praxis, mental health, and kinesiotherapy.

Description. Adamkova and Hatlova reviewed over eighteen hundred articles published in or before 2008 that contained information on the efficacy of body-based treatment, such as dance movement therapy, in the treatment of eating disorders. The authors contend that a multidisciplinary approach is effective, but state that this is the reason body therapies are often not cited as they become lost in the treatment protocol or are not seen as primary or essential method of treatment. Utilizing a methodological design of systematic review, the authors focused on English language articles available in electronic resources. Of the eighteen hundred plus articles reviewed, forty-one were found to be relevant. While this demonstrates the relevance of body-focused therapies it also highlights the need for quantitative and qualitative research in the field inclusive of dance/movement therapy.

Other considerations. The authors are synthesizing and presenting data without opinion, which creates a paper of objective research without bias.

This article is concise, quantitative and written for the academic community in higher education and beyond. A weakness of this research as a source for the topic of this database is the exclusion of non-English language papers and that the research includes other movement and body techniques, but is not specific as to the types of treatment modalities, thus making the results not reflective of dance/movement therapy specifically.

Burn, H. (1987). The movement behavior of anorectics: The control issue. *American Journal of Dance Therapy*, 10, 54-76.

Author information. Holly Burn, MA, R-DMT, works in the bay area of San Francisco. Listed biographies state she is on the board of redweb.org and leads monthly sacred dance sessions. It is unclear if she is practicing as a dance/movement therapist at this time. She is not listed on the American Dance Therapy Association web site.

Description. This pilot study of the movement behavior of anorectics finds that specific movement preferences could be identified in the population. The structure of the study, five female anorectics ages seventeen to twenty-two and five non-eating disorder participants in the same age range, asked all participants to perform three movement sequences and then take the Reid-Ware multidimensional locus of control scale. The eating disorder clients all presented restricted, contained, and enclosing movement preferences with lack of awareness to space, weight and time, which was in direct contrast to the non-eating disorder population. This observation came from review of two movement analysts who noted the distinction and variations between the two groups. These findings support the need for eating disorder clients to have access to somatic therapies such as dance/movement therapy to address the self-made containers that block feelings, emotions and connection to self. Burn presents how anorectics intellectualize, compartmentalize and rationalize their behavior, but as the study illuminates, when placed in the nonverbal the limitations emerge and had observable and recognizable patterns to patient and therapist. Burn then discusses implications for treatment and how research might provide more treatment protocols for the field of dance/movement therapy.

Other considerations. Burn references the quantitative and qualitative data gathered in the research process to inform her suggestion and maintain an objective framework to the paper. The data is clearly presented without bias or personal opinion.

The source has strength in the presented data and clarity of objective research.

Limitations include the fact that it is a small sample size, and although similarities were found in terms of movement preferences, these may or may not be related to intellectualization, compartmentalization and the inability to feel emotions.

Frisch, M. J., Franko, D. L., & Herzog, D. B. (2006). Arts-Based Therapies in the Treatment of Eating Disorders. *Eating Disorders*, 14(2), 131-142.

Author information. Maris Frisch, MS, P.G.D., EdD., is a professor in the continuing education department of the University of Minnesota who specializes in eating disorder research.

David Herzog, MD, is a professor emeritus of psychiatry at Harvard medical school and specializes in eating disorders. He is noted, with distinction, for his voluminous research and contributions to understanding and treating eating disorders.

Debra Franko, PhD., is the associate dean of faculty affairs Bouve College of health services Northeastern University. She has worked within and researched eating disorders since 1986.

Description. Twenty-two residential eating disorder treatment facilities were asked to participate in a survey to determine the use of arts based therapies. Nineteen facilities responded and all of them reported having arts based treatments at least once a week. The section devoted to the review of findings presents a brief summation of the history, methodology, and treatment options for the eating disorder populations.

This article illuminates how arts based therapies, which includes dance/movement therapy, are active treatment modalities in residential treatment. The authors suggest that the field of arts based therapies would benefit with validation from qualitative and quantitative research to support efficacy. The co-authors base their findings and suggestions based on data gathered from this quantitative research study.

Other considerations. This article has strength in that the presented information is accessible for the educated public and beneficial to the researcher in higher education and beyond, but is limited in use for dance/movement therapy research as specific detail to the field is absent.

Franks, B., & Fraenkel, D. (1991). Fairy tales and dance/movement therapy: Catalysts of change for eating-disordered individuals. *The Arts in Psychotherapy*, 18, 311-319.

Author information. Beth Franks, M.Phil, EdD., specializes in special education and is an associate professor at Hobart and Williams Smith Colleges.

Danielle Fraenkel, PhD., BC-DMT, NCC, LCAT, LMHC, CGP introduced dance/movement therapy to the Rochester Eating Disorder Organization, and now coordinates dance/movement therapy for Hillside Children's Center in Rochester, NY. She teaches and lectures extensively on many subjects inclusive of eating disorder and dance/movement therapy.

Description. Franks and Frankel present how the symbolic imagery and narrative found in fairytales affords eating disorder clients with a new symbolic language that they can extend upon to move out of the narratives and imagery that define and embody their disorder and, in turn, their identity. Utilizing two cases of application of fairytales with an eating disorder population to support their thesis, the authors detail how in utilizing nonverbal expression the buried physical and emotional states emerge. While this article presents a unique adaptation and model for treatment, the structure and language of the article make a central thesis difficult to identify. The jump from symbolic representation to "wisdom" for the client in ownership of their experience, choices, feelings, and sensations is unclear even after several readings.

Other considerations. Lack of theory and methodology also detracts from the articles potential and presents a weakness. Clearly written for review and research in higher education, this qualitative article needs the support of evidenced based research to support its statements.

Kleinman, S. (2008, October). Challenging Body Distortions Through the Eyes of the Body.

Retrieved on October 1, 2012 from <http://www.eatingdisorderhope.com/body-distortions.html>

Author information. Susan Kleinman, BC-DMT, NCC, is the senior dance/movement therapist at the Renfrew Treatment Center in Florida. Kleinman is an active researcher in the field of dance/movement therapy and eating disorders and has made the largest contribution to eating disorder research to date in the field. Kleinman also acts as an advocate for eating disorder treatment.

Description. In order to effect change, Kleinman suggests that body image distortions must be directly challenged and using an experiential body based treatment protocol is ideal. Kleinman discusses body image universality in that we all create a body image and it is shaped by our environment and encounters. Everyone can be critical or self-deprecating, but in the case of individuals with eating disorders, these critical and self-deprecating thoughts become central to their actions and decision-making process. The effects of this way of thinking cause the individuals to express and see themselves from a distorted perspective. Low self esteem and insecurities become an established pattern of thinking for the individual. In addition, feeling and bodily sensations are numbed.

Kleinman presents the idea that in order to balance unbalanced thinking, individuals must reenter into relationship with the mind and the body. “Because our thought, attitudes and feelings are influenced by the rhythm and movements of the body, likewise, body movements are influenced by our thoughts, attitudes, and feeling. Therefore, body and mind cannot be treated independently of one another” (Ressler& Kleinman, 2012).

Kleinman’s approach is to build upon clients’ awareness of the body/mind connection in

order to rebalance disordered patterns of behavior. She created the Body Image Experiential, a psychoeducational, experiential, and psychodynamic treatment protocol, in her work at the Renfrew Center in Florida. The Body Image Experiential has clients explore perceptions and acknowledge choosing destructive patterns, which in the case of eating disorder and body image issues clients, often wraps around bingeing/purging, restriction, and negative self -talk. Clients then are challenged to see these patterns as signals to suppressed negative feelings. This insight creates the opportunity for a new pattern to be built. As clients recognize the onset of destructive patterns occurring and begin to build a new set of thoughts, they can take actions in a more healthful manner. Kleinman illustrates her process with excerpts from an individual case at the Renfrew Center. The clients' perspective is interspersed with the treating therapist.

Other considerations. The article's strengths lay in the level of accessibility to any reader, general public or clinician. It works as a tool for education on the work of dance/movement therapy with the eating disorder population. The paper is weak in the fact that Kleinman does not cite dance/movement therapy theory, literature or methodology or other cognitive theory as a basis for her evolved framework. The article is mostly descriptive.

Kleinman, S. (2008, [October](#)). Making the Most of Your Whole Self: Being an Embodied

Therapist. Retrieved on October 1, 2012 from <http://psychcentral.com/lib/making-the-most-of-your-whole-self-being-an-embodied-therapist/0006912>

Description. Kleinman emphasizes the body as “our most basic means of recognizing our needs and expressing ourselves”(Chace with Dyrud, 1993; Kleinman & Hall, 2006).

In this expression we have the opportunity to share emotions. Kleinman uses the term “whole” in relationship to an embodied practice as it calls on the therapist to access his/her own sense of self and ways of relating to and within the world. It is seeing or attuning from the internal felt landscape vs. the external thinking world. As she works primarily in the treatment of eating disorders using dance/movement therapy, Kleinman presents techniques for an embodied practice in relation to eating disorders. She highlights emphasizing the individual’s own inner experience as well as giving short annotations on the concepts of rhythmic synchrony, kinesthetic awareness and kinesthetic empathy. Kleinman presents two narratives that support an embodied approach from an eating disorder client, but no statistical information is given about the client.

In creating a therapeutic relationship that only resources cognitive understanding, Kleinman maintains the treating therapist is not utilizing one of his/her strongest resources: the body. Kleinman, and dance/movement therapists, view the body as a key resource in not only the treatment of disorders, but also as a means for the therapist to make an embodied connection with the client. The body, and how we communicate through it, is the first language we speak. Kleinman advocates for therapists to create an embodied practice that not only invites the client to resource the body as a means of knowledge and growth, but the therapist as well. She ascertains that an embodied practice

encourages connection to feeling and in connecting to feeling growth and change will occur.

Other considerations. If the reader is familiar with Kleinman's work, which is voluminous in the treatment of eating disorders with dance/movement therapy, then the ideas discussed present as obvious and consistent with Kleinman's professional and personal framework. To other readers, however, there is not enough supportive evidence of an embodied approach or definition of dance/movement therapy theory, literature and methodology to establish the work as qualitative research thus creating a bias in the writing being solely Kleinman's opinion.

The article's strength lies in Kleinman's understanding of the topic and her vast experience she presents in her research. The weakness comes from the lack of theory and supportive data. The article is useful as it includes client narrative, therapist experience and reflection on treatment.

Kleinman, S. (2009). Becoming whole again: Dance/Movement therapy for

those who suffer from eating disorders. In S. Chaiklin & H. Wengrower (Eds.),

The Art and Science of Dance/Movement Therapy: Life is Dance (pp. 125-144)

New York, NY. And Hove E. Sussex: Routledge.

Description. In the treatment of eating disorders, Kleinman presents as a thesis the need for clients to reconnect to their bodies as the central component for a successful outcome. Clients with eating disorders detach from listening and responding to their bodies, but through the therapeutic process of dance/movement therapy, clients have the opportunity to connect back to self and to express the underlining issues masked by their eating disorder. Utilizing her experience as the senior dance/movement therapist at the Renfrew Center in Florida as support for her thesis, Kleinman asks the reader to understand the level of disembodiment clients with eating disorders undertake in order to sustain their disorder. Reestablishing a connection to the body through nonverbal exploration establishes a connection to self and supports an understanding of the larger emotional issues present.

Other considerations. Supporting her statements with creative arts therapy theory, developmental theory and personal history as a therapist, Kleinman make strong case for a dance/movement therapy treatment protocol and presents qualitative and descriptive research.

This paper has strength in the presentation of dance/movement therapy theory, literature and methodology. It also serves as advocacy for dance/movement therapy approach beyond eating disorder due to these same facts.

Kleinman, S. & Hall, T. (2005). Dance movement therapy with women with eating disorders. In F. Levy (Ed.) *Dance/Movement Therapy, A Healing Art*. Revised Edition (pp. 221-227). Reston, VA: The American Alliance for Health, Physical Education, Recreation, and Dance.

Author information. Susan Kleinman, BC-DMT, NCC, is the senior dance/movement therapist at the Renfrew Treatment Center in Florida. Kleinman is an active research in the field of dance/movement therapy and eating disorders and has made the largest contribution to eating disorder research to date in the field. Kleinman also acts as an advocate for eating disorder treatment.

Terese Hall, MA, BC-DMT, LPC, NCC is a dance/movement therapist working with eating disorders and body image.

Description. The presented book chapter details diagnosis of an eating disorder and proceeds to explain the lived experience of the individual suffering from the disorder. The interplay of biological, environmental and cultural factors is discussed. The authors cite clinical research to frame the prevalence of eating disorder in society, but do not specify if they are referring to the United States or globally. Going deeper in the disorder, with theory and literature to support their statements, Kleinman and Hall illustrate how dance/movement therapy is an ideal framework for treating eating disorders by referencing specific, objective resources. They achieve this by first detailing the theoretical framework of dance/movement therapy and then use a case study to inform and present literature and methodology. The alignment of dance/movement therapy as a means of treatment with eating disorders is then constantly framed with quantitative and qualitative supporting data.

Other considerations. This paper has strength is its through presentation of the topic.

Kleinman, S. and Hall, T. (2006). *Dance/movement therapy: A method for embodying emotions*.

The Renfrew Center Foundation Healing Through Relationship Series: Contributions to Eating Disorder Theory and Treatment Volume 1: Fostering Body-Mind Integration. Philadelphia, PA.

Description. Kleinman and Hall articulate the method and therapeutic benefits of dance/movement therapy with women who suffer from eating disorders through a combination of theory reference, client feedback, vignettes, and personal reflection. Both therapists assert that when emotions and feelings are ignored they become buried, and the burial site is the body itself. For women who suffer from eating disorders, the repeated ignoring of the suppressed internal states results in maladaptive behaviors and coping patterns such as binging/purging and restriction. Eating disorder clients also, Kleinman and Hall believe, intellectualize to cover deep feelings thus creating a barrier that keeps connection and healing a difficult outcome to achieve. The authors strongly advocate that an experiential body based approach gives clients who suffer from eating disorders the foundation and ability to move beyond the constriction of disorder and develop new, healthy connection to self and other. As primary dance/movement therapist at the Renfrew center both in Florida and Philadelphia, Kleinman and Hall bring their years of experience into the article. As part of a series on healing that was facilitated by the Renfrew Center, Kleinman and Hall are writing for an educated public that is familiar with therapeutic process and the particulars of eating disorders.

Other considerations. The article defines dance/movement therapy and how, Kleinman and Hall believe, it is ideally suited for the eating disorder population. Verbal or pure cognitive processing limits the eating disorder client to the barrier they already have

firmly placed in their mind about their disorder. In going the body route, kinesthetic awareness is activated and the buried emotion and feelings are revealed. Hall and Kleinman utilize both personal and client narrative to illustrate the process of dance/movement therapy and include an explanation of the cognitive markers concept, developed by Kleinman, that is utilized in the treatment process at Renfrew. This descriptive paper has strength in accessibility to both the general public and members of the therapeutic community unfamiliar with dance/movement therapy.

Krantz, A. (1999). Growing into Her Body: Dance/Movement Therapy for Women with Eating Disorders. In *American Journal of Dance Therapy: Vol. 21, No.2, Fall/Winter 1999* 81-103.

Author information. Anne Krantz, PhD, BC-DMT is a dance therapist and clinical psychologist. She was trained by Blanche Evan and utilizes Evan's technique in her work with adults and children. One of her many specializations is eating disorders.

Description. The significant theme of Krantz's research of individual dance movement therapy sessions with female eating disorder clients is the potential for non-verbal therapy (movement) to connect the disconnected through expression of the client inner world. Through personal reflection, theory presentation, and a qualitative case study, Krantz documents how the therapeutic use of Blanch Evan's, a dance movement therapy pioneer, method fosters the opportunity for clients to bring action to repressed feeling and thoughts through movement. The movement basis of this therapeutic technique removes the necessity for clients to identify and verbalize their experience initially, as clients typically manifest and regulate what they cannot say or feel through binging, purging, and restriction. Patterns of incongruent behavior emerge and the treating therapist can explore with the client new movement options that support a healthy connection to self and to other. Krantz has integrated the Evan method fully into her work as a therapist and details the theory basis for her work while simultaneously providing a concise history of how Evan established her theoretical framework. Other dance/movement therapy techniques that might to applicable to the eating disorder population are not addressed.

Other considerations. The article is written and directed toward other dance/movement therapy practitioners and researchers, but it is accessible in form and content for the

larger therapeutic community. While the focus is on Evan's method and Krantz utilizes it in her work, no bias or suggestion that this is the only method of treatment for eating disorders is apparent. In fact, Krantz writes about several treatment protocols outside of dance/movement therapy as a treatment option. Krantz's research is indicative of the potential for dance/movement therapy to foster awareness of emotional and physical disembodiment with eating disorder clients and then to cultivate and support new pathways for integration of body, mind, and spirit. This paper is strong overall and useful as an educational tool or for research citation.

Krueger, D. W., & Schofield, E. (1986). Dance/movement therapy of eating disordered patients: A model. *The Arts In Psychotherapy*, 13(4), 323-331.

Author information. This paper does not list the author's qualifications and online searches yielded no results outside of numerous citations in other papers and books.

Description. The authors suggest and support how treatment of patients' suffering from bulimia and anorexia can happen through the application of a dance/movement framework. Referencing extensive methodology and techniques of dance/movement therapy to articulate how and why the process is relevant, Krueger and Schofield develop their thesis from the premise that nonverbal treatment is ideal for a population that can over intellectualize their disorder and seek to disconnect from the body. In starting in the nonverbal, patients can develop a new language and associations toward self and the body and move toward health and away from the maladaptive patterns of behavior that make up their disorder.

Other considerations. The article focuses on dance/movement therapy research only and has a descriptive and qualitative lens. Other treatment options are not discussed or alluded to nor discussed as part of a treatment plan.

The detail of dance/movement therapy research presented is the overriding strength to this article. The lack of additional information on other frameworks and modes of treatment is a weakness.

Meekums, B. (2005). Responding to the embodiment of distress in individuals defined as obese:

Implications for research. *Counseling & Psychotherapy Research*, 5(3), 246-255.

Author Information. Bonnie Meekums is a BSc, MPhil, PhD, Pg cert LTHE and SrDMT teaching and researching in Leeds. Her research is focused to embodied and creative process.

Description. Meekums suggests dance/movement therapy as a treatment option for obese women who suffer with emotional eating combined with diet and physical activity. The presented research mainly focuses on obesity and clients struggle with diet, but presents evidence of the psychological aspects of obesity and the need for body based therapeutic interventions.

Other considerations. Meekums presents a pilot study design that would assess shifts in the psychological and physical being of the client utilizing dance/movement therapy, but does not include history, methodology, or supportive research for why dance/movement therapy is an appropriate treatment option. It is then unclear how dance/movement therapy is part of this research outside of merely stating it as a treating method.

Meekums, B., Vaverniece, I., Majore-Dusele, I., & Rasnacs, O. (2012). Dance movement therapy for obese women with emotional eating: A controlled pilot study. *The Arts In Psychotherapy*, 39(2), 126-133.

Author information. The copy of this article the writer was able to attain did not include citation of the author's qualifications, but this article is cited in other text and books.

Description. The authors explore the potential for dance/movement theory to support women coping with obesity and emotional eating through data gathered in a controlled pilot study of 158 women. Of the 158 women who participated, 24 were selected at random to participate in a dance/movement therapy group. All of the participants, who vary in age, met the criteria for obesity and self reported a desire to loose weight initial intake interviews revealed common features such as low or decreased self esteem, emotional eating, and dislike of body image. The dance/movement therapy group targeted both the patients' reported issues and the intake observations. At the conclusion of the study, the authors reported the dance/movement therapy group showed statistically decreased psychological distress and were making strides toward weight loss and regulation of emotional eating.

Other considerations. The authors do not advocate for dance/movement therapy as a treatment option despite the clinical results they found. They also only briefly touch upon dance/movement therapy theory and methodology. This creates a qualitative paper that is not supportive or in advocacy of dance/movement therapy.

Oppikofer, R. (2012). The story of a wall, rose petals and footprints in the sand: A case study. *Body, Movement And Dance In Psychotherapy*, 7(3), 215-228.

Author information. Renate Oppikofer, PhD., is a psychoanalyst at the Jung institute in Zurich who specializes in body-psyche connection through research of psychomotricity.

Description. Oppikofer presents the findings from a three plus year case study of a female patient diagnosed with anorexia with bulimic features for this article. The patient selected authentic movement as a means of exploration in the analysis process, which makes this research relevant for the field of dance/movement therapy research. Drawing from the patient's authentic movement experience gave Oppikofer the insight into the contents of her unconsciousness and combining this information with dream analysis gave a framework for the internal psychological landscape of the patient. Having access in the therapeutic relationship to the feelings, sensation, and impulses that the eating disorder guarded allowed for the development of new ways of thinking about the self and the journey to healing could begin. The author noted that working symbolically, through movement and dreams, provided a safety to the patient and allowed her to progress in a manner where she was not overwhelmed or shaming to self. The resource of her body helped her being to gain control.

Other considerations. The author references over 70 sessions, which are condensed to sections of narrative between the patient and therapist that frame the therapeutic progression. The language and data is accessible to the educated public with assumptions being made as to the readers' familiarity with analysis and authentic movement. The author addresses these assumptions with a footnote on the genesis of analysis and the subsequent emergence of authentic movement as a modality that is primarily used by

dance/movement therapist. Oppikofer does not devote writing to dance/movement therapy beyond this footnote and as such the link to dance/movement therapy and eating disorder treatment is never directly linked. Oppikofer is clearly in support of body-based treatment options, but offers no evidenced based research in support of these methods. It almost seems as if a section of the paper that would present objective research is missing as Oppikofer is noted in her field for her writing and research of body-based treatment. Without the support of objective research, the paper is subjective to the details of the case that Oppikofer found to be relevant. The paper would benefit from evidenced based research to support the author's treatment plan and to act as advocacy for body-based treatments inclusive of dance/movement therapy.

Padrão, M., & Coimbra, J. (2011). The Anorectic Dance: Towards a New Understanding of Inner-Experience Through Psychotherapeutic Movement. *American Journal Of Dance Therapy, 33*(2), 131-147.

Author information. Maria Padrão is a PhD student in Psychology at the University of Porto Portugal and a licensed Psychiatrist. She also holds a masters degree in dance/movement therapy. Her research centers on art, embodiment, body-oriented intervention, and eating disorders.

Joaquim Luís Coimbra is faculty of psychology and education, University of Porto, Porto, Portugal.

Description. Utilizing the data from a six month study, Padrao and Coimbra state that dance/movement therapy “should aim to increase patient’s mastery of the symbolic system of dance so as to enable them to learn and make use of more of the many language systems used to construct our world and make meaning”(Padaro and Coimbra p, 136). Specific to anorexia, they state, the client should be challenged out of the rigid controlled movements that define their disorder and extend their kinesphere in order to facilitate a true dialogue of who they are without anorexia.

Anorexia is viewed from a developmental-constructivist perspective in which the authors suggest, based on research, that experience is not received in a passive manner.

Individuals co-construct their personal realities, and for the anorexic patient, this reality is a dysfunctional pattern of experience that sustains and maintains maladaptive behaviors.

Seeing how patients have constructed their world and how they experience themselves and their environment shapes how a therapist, specifically a dance/movement therapist, can structure interventions. Body-based interventions are extremely beneficial as they

circumvent the layered defenses of the eating disorder and capitulate the patient into the feeling and sensation they have so actively been guarding against. Allowing the body to speak and not be restricted to words, according to the authors, affords clients the chance to explore the reciprocal and intertwined relationship between the mind and the body. Exploration through movement can create new patterns and new patterns can facilitate new internal perception. The new internal makes for a new external and the patient can move towards growth and healing.

Other considerations. The authors continuously defer to the gathered qualitative and quantitative data to maintain a scholarly tone. The thesis is well supported by the data. The article is strong in quantitative data and direct in its presentation. In a field dominated by qualitative research, this is a prime example of efficacy for dance/movement therapy as a treatment modality

Ressler, A. and Kleinman, S. (2006). *Reframing Body-Image Identity in the Treatment of Eating Disorders*. The Renfrew Center Foundation Healing Through Relationship Series: Contributions to Eating Disorder Theory and Treatment Volume 1: Fostering Body-Mind Integration. Philadelphia, PA.

Author information. Adrienne Ressler, MA, LMSW, CEDS, is the national training director for the Renfrew Center. Her work and research is focused to eating disorder and body image.

Susan Kleinman, BC-DMT, NCC, is the senior dance/movement therapist at the Renfrew Treatment Center in Florida. Kleinman is an active research in the field of dance/movement therapy and eating disorders and has made the largest contribution to eating disorder research to date in the field. Kleinman also acts as an advocate for eating disorder treatment.

Description. In the first volume of the Renfrew Center Foundation's healing through relationship series, Ressler and Kleinman tackle body image and how it is woven into the fabric of a female identity. How one feels about one's body is in direct relation to how one feels about oneself and the authors take the current research and understanding of development of body image in relationship and apply it to the eating disorder client. For the eating disorder clients, who you are is linked to how you look, and as the clients' disorder manifests, they create means of dissociation and disconnection to support and maintain their disorder. In treatment, developing a new association with and to the body, and in turn the self, promotes growth and healing. Dance/movement therapy as a treatment option is briefly touched upon.

Other considerations. The authors avoid bias or lack objectivity by limiting personal opinion and instead focusing on presenting a diverse sample of psychological theory and methodology. This paper has strength in accessibility, but is weakened by lack of dance/movement therapy theory and methodology.

Ressler, A. and Kleinman, S. (2012). Experiential and Somatopsychic Approaches to Body Image Change. In: Thomas F Cash, editor. *Encyclopedia of Body Image and Human Appearance, Vol 1*(pp. 418-424). San Diego, CA: Academic Press.

Description. As part of a comprehensive resource on human physical appearance and how outer physical characteristics and inner perceptions and attitudes about appearance (body image) affect individuals lives, co-author's Kleinman and Ressler present on experiential and somatopsychic treatment options for body image. Kleinman and Ressler detail the theory, perspective and concepts of body image. As body image develops across the life span and is influenced by culture and society, Kleinman and Ressler present that treatment requires more than talk therapy alone. Kleinman and Ressler detail that connecting to and reclaiming a healthy body image is dependent on the interrelation of body and mind. Movements are influenced by thoughts, attitudes and feeling and are a barometer to overall emotional health and resilience. Treatment, therefore, should be based on methods that integrate the whole self vs. just the mind.

In application to eating disorder clients, moving away from the destructive patterns of bingeing/purging and restriction reveals the suppressed and often negated feelings underneath. Using the body and mind, as experiential and somatopsychic treatment methods do, is ideal in creating new perceptions and attitudes toward body image. The chapter is part of a larger text on body image and human appearance and is written in a manner that is accessible and informative to a wide audience including the educated public, students, scientist, and clinical practitioners. A further reading section is included to aid in research.

Other considerations. Kleinman and Ressler present a wide sampling of qualitative and descriptive research to support their thesis, but the article lacks substantive reference to dance/movement therapy, which weakens it as a source.

Ressler, A., Kleinman, S., & Mott, E. (2010). The Use of Holistic Methods to Integrate the Shattered Self. In Maine, M., Hartman McGilley, B., Bunnell, D (Eds.), *Treatment of Eating Disorders: Bridging the Research Practice Gap* (pp.405-424). London, UK: Academic Press.

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Elisa Mott, MEd/EdS, whose work focuses on yoga in the treatment of eating disorders.

Description. The authors call for therapists to shift from a cognitive therapy approach to a holistic approach in treatment of an eating disordered client as a means to integrate a disconnected self into a whole and connected individual. Utilizing established theory as a basis for and model of the current diagnosis and treatment protocols for eating disorders, the authors challenge the reader to conceptualize a somatically oriented perspective for treatment. Ressler, Kleinman, and Mott acknowledge how radical the treatment process is even to an established therapist, but they support their research with the very theories that would denounce holistic methods as inappropriate. In building a case for holistic methods from cognitive research, the authors are not calling for a separation, but unification for the betterment of the individual suffering from an eating disorder.

Other considerations. The language and research presented in this chapter, part of a larger text on eating disorder treatment, is appropriate for the educated public, but would be most useful to higher education student seeking information or sources for writing or the practicing therapist. The chapter has strengths in the detail of qualitative research being presented and in the inclusion of research from other treatment methods. A weakness is the lack of focus and supportive data explicitly identifying dance/movement therapy as a treatment option.

Rice, J. B., Hardenbergh, M., & Hornyak, L. M. (1989). Disturbed body image in anorexia nervosa: Dance/movement therapy interventions. In L. M. Hornyak, E. K. Baker (Eds.), *Experiential Therapies for Eating Disorders* (pp. 252-278). New York, NY: Guilford Press.

Author information. No citation is given for the qualifications of the author's. The chapter is, however, frequently cited a resource.

Description. As part of the reference book, Experiential Therapies, the chapter dedicated to dance/movement therapy opens with an exploration of the concept of body image in relation to dance therapy. The combination of theory on how body image develops and is fractured through an eating disorder is given clear theoretical detail with supportive text to frame for the reader or researcher the importance of focused treatment. The opportunity to select a dance/movement therapy model for treatment is first addressed by explaining theory and methodology which structure the therapeutic lens. Highlighting dance/movement therapies ability to access the nonverbal and bring movement, sensation, and attunement to suppressed parts of the physical being and emotional psyche is therefore a natural option for treatment with eating disorders. The specific profile of anorexics is then detailed before the authors set forth a treatment model anchored in healthy body image development.

Other considerations. The article is strong in presentation of qualitative dance/movement therapy theory and methodology in relation to eating disorders.

Stark, A., Aronow, S., & McGeehan, T. (1989). Dance/movement therapy with bulimic patients.

In L. M. Hornyak, E. K. Baker (Eds.), *Experiential Therapies For Eating Disorders* (pp. 121-143). New York, NY: Guilford Press.

Author information. No citation is given for the qualifications of the author's. The chapter is, however, frequently cited a resource.

Description. The authors illustrate the therapeutic value and possibilities for bulimic patients through a presentation of the theoretical process of dance/movement therapy with case study support and reflection. Divided into two sections, the first focuses on the emergence and development of dance/movement therapy and the second devotes itself to the specific needs and treatments protocols with bulimia. Emphasis is given to the role of dance/movement therapy in inpatient group and individual treatment. The authors also devote writing in the chapter to the possibility of dance/movement therapy with other populations and in the concluding discussion stress that while an unfamiliar therapist can develop a relationship to non-verbal communication and utilize it as a means for professional and personal integration, to fully undertake the modality requires advanced training.

Other considerations. The presented research in this chapter is well articulated and intended for an individual studying in higher education or professional in the field seeking continuing education resources. The authors are detailed and offer theory to back up their thesis that dance/movement is ideally suited for the bulimic patient, and they do so with descriptive and qualitative research examples. Synthesizing three therapeutic voices into one for this chapter could have given the text irregularity in presentation and

tone as the background of the authors' experience varies, but that is not the case. The chapter is strong as a source for dance/movement therapy treatment with eating disorders.

Totenbier, S. L. (1994). A new way of working with body image in therapy, incorporating dance/movement therapy methodology. In D. Dokter (Ed.), *Arts Therapies and Clients with Eating Disorders* (pp. 193-207). London, UK: Jessica Kingsley Publishers.

Author information. Sally Totenbier, MA, BC-DMT practices dance/movement therapy and research in Texas. Totenbier is a spokesperson for the American Dance Therapy Association and has served on the board. Her specialization is in personal growth and wellness.

Description. Through case study example, Totenbier presents a model based on the theory that movement is a primary influence on both development and change in body image, thus making dance/movement therapy the ideal treatment method for eating disorders. Structuring the theory of the paper from documented profiles of eating disorder patients with attention paid to the concept of disorganized relationship to body image, the author builds the treatment model from a focus on clarification of the patients self reported body image and through dance/movement therapy based body exploration. Patients come to make new associations to self and body that results in change in body image and in turn a pathway to recovery.

Other considerations. A qualitative research model is maintained in this article through the author's use of supportive documentation for dance/movement therapy theory and methodology, but this information is not lengthy which becomes a weakness to the work overall.

Wennerstrand, A. Dance/movement therapy in the treatment of eating and body image problems.

Eating Disorder Referral and Information Center. Retrieved on November 1, 2012 from

http://www.edreferral.com/Articles/movement_therapy_&ed.htm#Dance/Movement%20Therapy

Author information. Anne Wennerstrand, MS, MSW, LCSW-R specializes in eating disorders and body image. Wennerstrand is a trained dance/movement therapist, but it not listed nor can a level of credential be found on the American Dance Therapy Association web site.

Description. Wennerstrand presents an overview of dance movement therapy, the criteria required to practice it, the populations it serves, including eating disorders, and the foundations of the practice. The article, presented on the Eating Disorder Referral web site, is short and concise and written to be accessible for the general public.

Other considerations. While the article presents pictures of the potential of dance/movement therapy with the eating disorder population, lack of quantitative or qualitative data to support these statements creates descriptive research that reads as opinion based versus evidenced based.

This article would benefit from supportative documentation and a sample bibliography of additional resources and research of dance/movement therapy approaches to eating disorders

Chapter 3: Summary of Findings

This paper sought to survey the existing research concerning dance/movement therapy approaches to eating disorders in order to provide both students and clinicians with a database. The process of compiling the resources necessary for this study has illuminated gaps in the field and suggests possible implications for further research. The main findings from conducting this research revealed a limited amount of scholarly work and difficulty in accessing what could be supportive and essential research in the form of master's theses and dissertations.

The initial research question of what literature exists on dance/movement therapy approaches in the treatment of eating disorders yielded a list of twenty-two accessible sources for citation from sixty-five results. This collected research spans a period of time ranging from the 1980's until present day. In the 1980's, research reflected non-verbal treatment options, the incorporation of Laban Movement Analysis, and identification of the locus of control. Moving into the 1990's, the literature focuses on the disconnection to body sensations and disorganization with body image. With the advent of the 2000's, research detailed dance/movement therapy approaches to develop healthy connections to self, create an embodied process, and support the development of a healthy body image. Moving forward into the present day, the reconstruction of personal realities through nonverbal techniques, holistic approaches to treatment and body image across the life span reflect the research interest areas. The forty years of collected research illustrates the primary interest of the individual researchers, with the unifying element of nonverbal technique. As dance/movement therapy has become recognized as a valid treatment protocol, the methods of inquiry have remained consistent while the focus has shifted. It is not evident in the reviewed literature if these shifts in focus are related to neurobiological discovery or societal influence. A question that results from this observation is:

Will the research remain based on individual interest or will the field begin concentrate on specific topics? While this body of literature addresses several topics integral to understanding the nature of dance/movement therapy approaches, each article reflects the specific focus of the individual researchers. Consequently, there are no underlying themes in the research that define treatment protocols. The issue then becomes how to synthesis or blend this data in order to provide that information. It was this writer's intention to include all published research to better inform the reader. As the process unfolded two keys issues emerged: lack of data and lack of access. It is the writer's belief that the lack of data is evidence of dance/movement therapist focusing on treatment vs. scholarly research. The implications that grow from this understanding emphasize the need for both quantitative and qualitative research on the topic of dance/movement therapy approaches to eating disorders. As more practitioners share their data and experience a guiding theoretical framework will emerge and generate a comprehensive psychotherapeutic approach.

The second issue proved to be lack of access to data, specifically master's theses and dissertations. That an enrolled graduate student would have issues gaining access to data from her own institution was unknown to this writer at the time of collection. The response at the college, that they are non-circulating, was shocking. As a requirement for graduation, these documents represent intensive research that has been reviewed and approved by a committee of dance/movement therapist. This research, which can be quantitative or qualitative in design, reflects personal interest, theoretical questions, treatment options, and reflection of internship experience, single study cases and many other research methods. They are of high importance to the research community as such. Limiting access to this research is detraction to the field of dance/movement therapy and this writer believes should be closely looked at by the college and

universities with dance/movement therapy degree programs and changed. This author suggests that the American Dance Therapy Association collect and make accessible all master's theses and dissertations electronically to members of the American Dance Therapy Association and to graduate student's through their institution. In this way, there would be regulation of how the information was shared, for how long, and for what purpose.

The compiled information in this paper creates a database of research conducted by dance/movement therapists on eating disorders and as such extends the body of knowledge for the dance/movement therapy community. It is the writer's hope that this paper serves to inspire further research in the field of eating disorders. As the results section attests, the psychotherapeutic approach of dance/movement therapy is of great service to the individual struggling with an eating disorder. Dance/movement therapy finds language in a disorder that can be a silent by accessing the body. Reporting these experiences in documented research ensures that the work itself does not become silent and the field continues to move forward.

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Resources

In design and structure of the annotation for the paper, this writer consulted the following online resources:

The Lucy Scribner Library at Skidmore College

<http://lib.skidmore.edu/library/index.php/li371-annotated-bib>

The Purdue Online Writing Lab at Purdue University

<https://owl.english.purdue.edu/owl/resource/614/01/>

The Cornell University Library at Cornell University

<http://www.library.cornell.edu/resrch/citing/bibtut>