

Psychotherapy Coventry

At Psychotherapy Coventry, I work with body movement with a range of groups using a specialised form of group therapy based on creative expressive movement, creative art materials and verbal dialogue. It is often used with groups or individuals who are non-verbal or have specific communication difficulties, but not exclusively.

As I work integratively, this approach is often incorporated appropriately as indicated in the counselling section. However, it might be more useful to incorporate much more of this approach in regard to the needs of accessing and working with a client's potential for creativity. This specialised form of psychotherapy is also available for individuals.

Psychotherapy Coventry offers, as a specialised form of Group Therapy, Body Movement Psychotherapy as a cost effective way of doing therapy as the cost will be shared amongst the participants. The group therapy that offered is based on the psychotherapeutic use of creative expressive movement, creative media etc.

As a Registered Private Practice Body Movement Psychotherapist, I choose to describe my practice as Body Movement Psychotherapy because there is often a concern expressed by potential clients that they will be expected to dance! Yes, I sometimes use dance or dance related movement but I am often more interested in working with the clients body based movement in ways suggested by our Professional Association ... "Dance Movement Psychotherapy (DMP) recognises body movement as an implicit and expressive instrument of communication and expression. DMP is a relational process in which client/s and therapist engage in an empathic creative process using body movement and dance to assist integration of emotional, cognitive, physical, social and spiritual aspects of self." ([Click Here](#)).

For those new to this form of psychotherapy, which has been around since the 1940s, the term 'dance' can sometimes get in the way of understanding what we do. Therefore, sometimes I prefer to use the term movement or body movement psychotherapist, however it is my extensive knowledge, experience and knowledge of dance that I bring to my practice. Having said that, it is the art form of dance that is the primary component of healing in the psychotherapeutic relationship.

What this means is, in my practice, as with my psychotherapeutic counselling practice is to create a safe place to support the client's exploration of what concerns them. The difference is, but not exclusively, is to primarily use movement to help with issues, concerns etc. at times more quickly than 'talking' about them. We can also 'talk' and sometimes we might toward the end of a session to help 'make sense' of the session if appropriate at the time. We might also use various music, props and art materials. We can be as creative as the therapy process allows.

On a practical level, we would have an assessment session where we explore whether this is the right approach for you at this time and if I'm the right therapist for you. Briefly, the sessions would begin with a 'warm up', which usually raises something that we might work with in the 'middle bit' as appropriate and we would close the session at the end safely to ensure the client is supported enough to go 'back into the world' until the next session. For more information, do please call me to discuss further. In general this would apply to groups, couples and individuals. My work often includes verbal dialogue as well as movement and any other creative medium e.g. Image making.

With other groups, I work with those who wish to explore specific issues in a group context which maybe be with others who have similar issues, or for personal development in a creative movement based context. This work may include other creative materials.

I offer either open or closed therapy groups. I also offer this way of working for personal development and particularly interested in offering a men's personal development group.