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ACTIVATE, MOTIVATE, (RE)CREATE:

Movement, Transformation and Resilience in Dance Movement Therapy

This lecture presents Activate, Motivate, ReCreate (AMR) as a theoretically grounded and clinically integrative framework within Dance Movement Therapy, advancing it as both a contemporary model of practice and a contribution to therapy as a science of change. In dialogue with embodiment studies, affective neuroscience, developmental psychology, trauma theory, and integrative psychotherapy, AMR rearticulates the relevance of DMP within contemporary mental health care while affirming its status as a distinct psychotherapeutic discipline.

At the core of the AMR framework lies the proposition that therapeutic change unfolds through embodied reorganisation. This view resonates with contemporary understandings of **transformational learning**, in which change involves not only shifts in cognition, but a reconfiguration of how a person senses, moves, relates, expresses, and participates in the world. AMR therefore conceptualises therapeutic process as an emergent interplay of activation, motivational mobilisation, creative exploration, relational attunement, and reflective integration. Such a process supports not only symptom relief, but the restoration of agency, vitality, resilience, and relational capacity.

The model is structured through three interconnected dimensions. **Activate** refers to the mobilisation of vitality, sensory awareness, embodied presence, and psychophysical engagement, particularly in states marked by inhibition, dissociation, passivity, or developmental constriction. **Motivate** denotes the emergence of intentionality, agency, and relational orientation, highlighting movement as a bridge between inner impulse and meaningful action. **ReCreate** identifies the transformative potential of embodied symbolic process, through which experience can be re-patterned, metabolised, and integrated into new possibilities for expression, relationship, and resilience.

A further conceptual pillar of the model is **homeodynamics**. In contrast to static notions of equilibrium, homeodynamics describes health as an ongoing process of adaptive self-regulation through movement, exchange, variability, and continuous reorganisation in relation to changing internal and external conditions. Within this framework, resilience is not understood as a return to a previous fixed state, but as the capacity to generate new forms of integration through flexible adaptation. Dance-Movement therapy is thus approached as a practice that supports homeodynamic regulation by restoring flow where rigidity, fragmentation, or collapse have become dominant.

The lecture situates AMR within broader therapy discourse by engaging central scientific questions concerning how change occurs, how affect is regulated, how selfhood develops in relationship, and how resilience is cultivated under conditions of adversity. To demonstrate its



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applied relevance, the presentation includes selected examples from clinical and preventive practice with **children and adolescents, preventive interventions in primary school settings,**

individuals living with long-term mental health difficulties, and work in both **community-based contexts** and **individual Dance Movement Therapy in private practice.**

By revisiting DMP through the AMR framework, the lecture argues that movement can be understood as a vital resource for expression, encounter, resilience, and transformation, while positioning Dance Movement Therapy as a theoretically coherent, scientifically relevant, and methodologically distinctive psychotherapeutic approach in its own right.