



Eleanor DiPalma, Ph.D., BC-DMT, LCAT, NCC

Eleanor_dipalma@fitnyc.edu

Nora.dipalma@gmail.com

edipalma@dot.nyc.gov

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“Mindful Walk, Talk and Dance in an evolving transport landscape.”

Walking and cycling are human-powered means of transport that yield physical, social, psychological, economical and environmental health benefits. When people engage in active transport, particularly in green spaces, the psychosocial and physical health benefits are particularly strong. This is supported by public health and dance movement psychotherapy researchers who agree active movement and therapeutic movement interaction in green spaces reduce anxiety, stress and depression and have great potential for behavioral change.

Dr. Eleanor DiPalma, NYCDOT executive and adjunct professor at the State University of New York will lead the “Mindful Walk, Talk and Dance Movement” session on the foot path behind the Universite de Montreal in route to “Parc Tiohtia:ke Otsira’kehne” that offers tranquil and impressive views of Montreal. Dr. Di Palma will introduce the basic principles of dance movement therapy conducted in the green space. She will facilitate a dance movement therapy (DMT) experience for participants and explain DMT principles of personal and shared biospheres and how embodying these principles is essential for physical/mental health.

What is dance movement psychotherapy (DMT)?

Who participates in dance movement psychotherapy?

How does DMT support Active Transport in Green Spaces?

Basic DMT Premises:

Movement is a reflection of the personality

A change in movement affects changes in behavior

A trusting therapeutic relationship supports behavioral change

How are changes in movement behavior observed, noted and analyzed?

“Dance movement in the Green Space” Vocabulary

Movement elements – Weight, Space, Time and Flow

Kinesphere - When we move, we carry our space with us. Our space is the area in which we can extend our body and limbs and is known as our kinesphere or biosphere, the space within which we move. It has three dimensions and in fact is a sphere.

Planes of Movement – Vertical, Sagittal and Horizontal

Shaping Dimensions of Movement

Vertical	Descending and Rising
Sagittal	Retiring and Advancing
Horizontal	Enclosing and Spreading

Effort

Weight	Strong and Light
Space	Direct and Indirect
Time	Quick and Sustained
Flow	Bound and Free

Movement Synchrony

People sometimes move in synchrony according to effort and/or shape movement qualities. For example, two individuals walk together in time. Both move in the same rhythm.