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## **Exploring Dance/Movement Therapy: African American Adolescents and Trauma**

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# **Exploring Dance/Movement Therapy: African American Adolescents and Trauma**

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## **Abstract**

The use of Dance Movement Therapy through the lens of trauma amongst African American adolescents has been groundbreaking. This is especially important as society aims to bridge the gap amongst African American adolescence and privileged adolescents. However, there is a further need to develop effective modes and methods of treating underprivileged youth. This project aimed to develop a thorough Healing in Motion Program designed specifically for African American adolescents in America. The primary methods were experiential learning, Dance Movement Therapy-informed techniques, and creative activities. The program guides facilitators through ten modules of content. It is designed to be replicated in order to measure its effectiveness. Over the course of a 10-week period, adolescents would be assessed before, during, and after the program. By the end of the 10-week period, adolescents show improvement in self-concept, self-esteem, and self-awareness.