

DANCE THERAPY APPROACH TO CHILDREN WITH AUTISM

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ABSTRACT

Dance therapy has a long history of working with people with autism spectrum disorders. Movement refers to observed energies in everyday life. Non-verbal words or gestures without the utilization of the phonetic device have been described as "acts and gestures performed by children in the service of voluntary communication. This encompasses the attitude of the person, muscle tone, head and eye movements, facial expressions, speech, voice, gestures, achievement and walking. Movement activities strengthen relationships, giving children the opportunity to use non-verbal cues as a means of communication and self-expression. This is useful for children who have problems due to their age, developmental problems or lack of emotional awareness.

KEYWORDS: *Dance Therapy, Autism Spectrum Disorders, Therapeutic Relationship, Emotional Security, Communication*

Article History

Received: 18 Jun 2021 | Revised: 24 Jun 2021 | Accepted: 29 Jun 2021
