

Movement Therapy for KFiM service @ Sheffield Mind



What is it?

Movement Therapy is a form of therapy founded on the body-mind connection. Body movement is understood as central to our communication and expression as human beings.

It is a creative process that aids self-awareness and healing. There is a focus on paying attention to and experiencing the present moment.

How can it help?

- Find ways to release physical, mental and emotional tension
- Increase body-mind awareness
- Explore ways of relating to yourself and others
- Learn about trauma responses in the body and how to spot them
- Discover ways to regulate the nervous system

How does it work?

- Initial referral and assessment
- One-to-one sessions via zoom
- Mixture of talking and working with the body in movement, breathing and stillness.
- Safe, confidential process between you and the therapist
- Sessions are guided by your needs and areas of focus outlined in assessment

Who's it for?

- Veterans and any family members seeking therapeutic support
- Anyone who can breathe and blink! Movement therapy can be adapted to meet disability needs and physical limitations
- No experience in movement required