

## Research Opportunities in Dance Movement Psychotherapy

### **1. Edge Hill University**

Relevant research at Edge Hill University spans across the Faculty of Arts and Science and the Faculty of Health and Social Care. *Arts for Wellbeing*, an inter-disciplinary and multi-disciplinary research group, under the auspice of the Postgraduate Medical Institute, is directed (since 2014) by **Professor Vicky Karkou**. It builds upon:

- Existing practice-based research and knowledge transfer experience in the arts for wellbeing.
- Research publications: books, chapters, articles, systematic reviews and practice-based outputs.
- Existing links and connections at a local, national and international level. It aims to generate evidence of good arts practice for wellbeing across the life span.

It defines evidence as: Arts-based and practice-based; Qualitative and quantitative; Biological and neuroscientific.

It brings together existing members of staff, PhD students, postdoctoral researchers, visiting professors and fellows in performance, applied performance and arts psychotherapies from the areas of Performing Arts, Psychology, Health, Education and Computer Sciences.

Research Priorities: Older people including dementia; Adult Mental health including trauma and depression; Children and adolescents including children at risk and those with developmental co-ordination problems

Available programmes:

Short CPD courses and introductions to dance movement psychotherapy, arts therapies and related topics under the Arts for Wellbeing research group.

**PhD opportunities in arts therapies (including dance movement psychotherapy).**

Contact: Professor Vicky Karkou: [karkouv@edgehill.ac.uk](mailto:karkouv@edgehill.ac.uk)

<https://www.edgehill.ac.uk/performingarts/research/arts-for-wellbeing/>

## **2. University of Hertfordshire**

A University of Hertfordshire research degree is an internationally recognised degree signifying high levels of achievement in research. The School of Education (supported by the School of Health and Social Work, School of Psychology, School of Art and Design/Art Therapy, Centre for Leadership and Coaching as required) offer **MPhil and/or PhD** research degrees in **Dance Movement Psychotherapy (DMP)**, led by **Professor Helen Payne**, within one of the research themes of Health and Wellbeing. Practice-based research (PBR), mixed methodology and collaborative research are distinctive features of the culture of inquiry, combining advancement of academic knowledge and development of practice. PBR engages with fundamental questions concerning: the nature of practitioner research; the way research impacts on practice; how practitioners develop their expertise and how research supports practitioner development.

The school has well established links and partnerships with a variety of local, national and international organisations including: the NHS, Bupa, Mind, special schools, early years settings, GP surgeries, hospitals, schools, centres for child development, The Social Brain Lab - Netherlands Institute for Neuroscience (NIN), professors based in health centres/universities abroad such as in Australia, South Africa, The Netherlands, Israel, Taiwan, China, Spain, Greece, Turkey, USA.

**The PhD** programme of studies is an individualised route which can be studied as a part-time or as a full-time student. You will have two or three dedicated supervisors and are supported by attending the postgraduate seminar series to develop subject specific knowledge and research skills relevant to your field of research. There are many opportunities to connect with the wider research community, in teaching, lectures and at conferences. The hybrid, multi-disciplinary nature of DMP means that studies will probably include an integration of, for example neuroscience, the arts, philosophy, psychotherapy and psychology. Furthermore, you may present your work at major conferences and in refereed journals.

Areas of staff expertise for PhD supervision include: **embodied approaches to psychotherapy (body /dance movement psychotherapy)** as applied to, for example:

medically unexplained symptoms, mental health and well-being  
coaching, mentoring, leadership and policy  
early years, children and adolescents  
autism, young offenders, special needs

psychotherapy, reflective practice  
arts inquiry

Contact: Professor Helen Payne: [h.l.payne@herts.ac.uk](mailto:h.l.payne@herts.ac.uk).

The **Doctorate in Education (EdD)** is designed for those in education or training settings to conduct research at doctoral level. A central feature of the work of professionals in education and training today is the evaluation and development of practice, and the ability to bring about change within their institutions. The EdD is a cohort experience programme focused on the improvement of professional practice through research. Contact: Dr Jon Berry [j.berry@herts.ac.uk](mailto:j.berry@herts.ac.uk)

**Pathways2Wellbeing** (a University of Hertfordshire spin-off) offers: Introductory courses and training modules in The BodyMind Approach™ for facilitating groups for people with medically unexplained symptoms/somatic symptom disorder in the NHS. [info@pathways2wellbeing.com](mailto:info@pathways2wellbeing.com) [www.pathways2wellbeing.com](http://www.pathways2wellbeing.com)

### **3. University of Roehampton**

The **Centre for Arts Therapies Research (CATR)** heralds a new phase for the development of Arts Therapies research within the university and within the wider social context. CATR moves in line with twenty first century progressive paradigms; it promotes integrated and complex understandings of the intersections between the arts, science, psychological and psychotherapeutic processes. The centre continues to produce research that contributes to social and clinical interventions in partnership with a variety of UK and international organisations including: the NHS, The Institute for Cell and Molecular Biology in Porto, The Grieg Academy of Music in Norway, Marie Curie Cancer Care, The Priory, UK Social Services, Bupa. Major research areas include: Neurofeminist approaches to understanding Embodiment; Embodied Approaches to working with Dementia; Embodied Methodologies; Art Psychotherapy and Cancer Care; Dramatherapy and Autism; Embodied processes in Play Therapy.

**The department of psychology offers an annual PhD bursary competition.**

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CATR Roehampton on FACEBOOK