

Dance therapy is a form of psychotherapy where move is the main mean of change. A man uses its own body for this change because body is physical aspect of personality. This therapy helps to create positive image of myself. It is a new profession which is still in proces of defining itself. Dancing education and art performance in this therapy is not the aim. In this therapy the esthetic aspect of movement is not concidered. The Greek word therapy has the same meaning as Czech word accompany. Therapist is the one who accompanies client on his way to recovery and self-knowledge. The principlal moment of dance therapy is connection of body movement and emotional experience. Connection body-mind is easy and harmonical functioning systém. Disruption continuity of this system can point out psychological and physical stress. Relation between emotion and movement charakterize an individual. That speaks about face expression, posture, space largeness, where the body moves etc. If psychotherapy changes psychical attitude, even the physical standard will change. In dance therapy thisprincipal also works but in revers order. Participant of this change of mans behaviour is his body. The fact that physical comunication becomes less important due to speach development is also surfaced. It is obvious that animals are in reverse order, because movement is existencially important for them. Kinesiologists believe that certainmove paterns are our biological heritage. Others we have to learn and modify. Dance therapy is concentrated kinestetic experience expansion and this way it helps expresive movement.