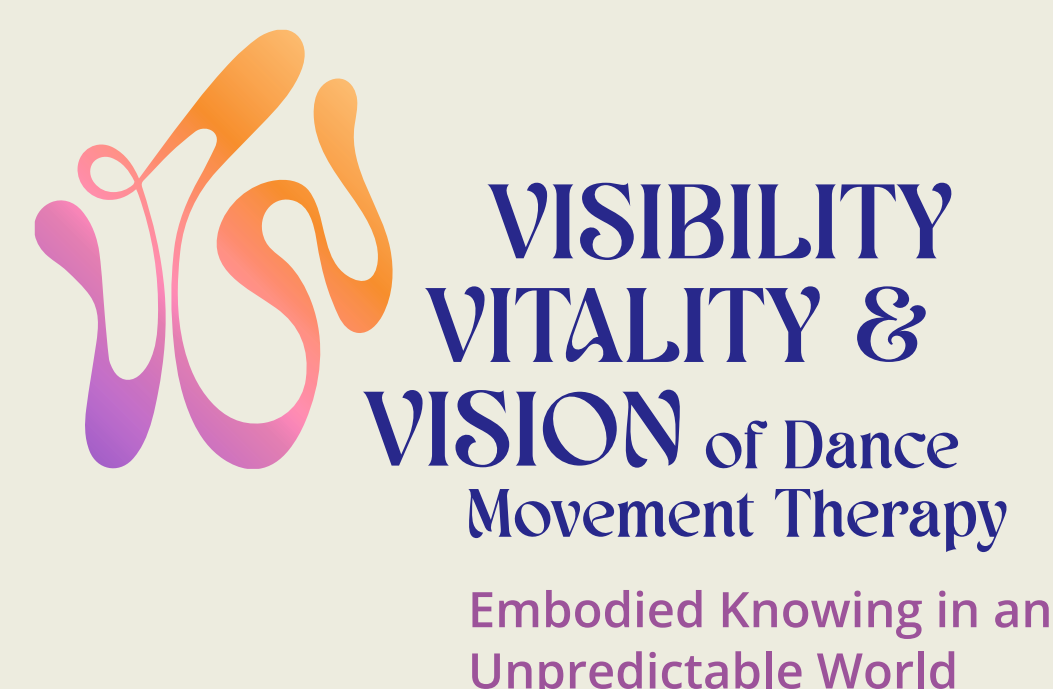


INTRODUCING PSYCHOKINISIS:

A network promoting professional Dance Movement Therapy practice in Greece and Beyond



ΨΥΧΟ·ΚΙΝΗΣΗΣ
ΔΙΚΤΥΟ ΨΥΧΟΘΕΡΑΠΕΥΤΩΝ ΜΕΣΩ ΧΟΡΟΥ - ΚΙΝΗΣΗΣ



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The Network: How we came into being

OUR ETHOS AND VALUES

- > Promoting the theory and practice of Dance Movement Therapy as a creative psychotherapy in Greece.
- > Upholding the clinical codes of professional and ethical standards of psychotherapeutic practice.
- > Building partnerships with allied professional associations in Europe and beyond towards professional visibility and staying up-to-date with best practice developments in DMT.
- > Creating a system that encourages connectivity, liaison and cross-disciplinarity with allied professionals in our home country and internationally.
- > Communicating and promoting our vision as a network of vocationally trained and registered Dance Movement Therapists.

Who can join the Network

Holders of University Masters Degree in Dance Movement Psychotherapy / Therapy

Individuals who have Greek nationality or residence

Upon joining the network members commit to regular Clinical Supervision in conjunction with their clinical practice

In 2021 a group of nine Dance Movement Therapists co-founded the network *Psychokinesis* in Greece. According to the Cambridge dictionary a network is “a large system consisting of many similar parts that are connected together to allow movement or communication between or along the parts, or between the parts and a control centre” (Cambridge dictionary). The urge to create the network came from a concerted effort towards expanding the visibility of the profession in a country that does not yet have an accredited training programme at postgraduate level (of UK or Spanish educational standards for example). Furthermore, DMT is not a recognised State profession in Greece. *Psychokinesis* aims to bridge this gap by driving the creation of a psychotherapeutic body that is informed by the ethics and best practice guidelines that underpin

Our Activities

- > Our work so far has focused on developing the **visibility** of embodied psychotherapeutic work in Greece by engaging the general public through educational programmes and events, information sharing via social and digital media and contributing to knowledge exchange opportunities such as conferences and symposia.
- > Delivering in person trainings for the general public taking place in multiple geographical locations around the country.
- > Organising online seminars open to colleagues internationally.
- > Maintaining our online presence through the professional website of Psychokinesis and social media accounts.
- > Members of the network regularly participate in national and international conferences, contribute to current DMT discourses through the publication of articles and books (see bibliography) and are affiliated with universities nationally and internationally supporting clinical placements and continuous professional development opportunities.
- > *Psychokinesis* members are committed to attending regular planning meetings and an annual AGM. The network is organised through working committees attending to its different needs and deliverables and regular contact among members is maintained through digital and online platforms.
- > The **vitality** of the network is sustained by its members' expertise and extensive training at postgraduate level.
- > Providing a network for disseminating professional opportunities to its members.
- > Building a community of practitioners which acts as a vital resource for peer support and knowledge exchange. All members participate in shaping the vision and strategy of the network through regular meetings and collaborative projects.



dance movement psychotherapy in Europe.

Psychokinesis is moving towards the integration of DMT in the National Health System, National Educational system and the establishment of a vocational Masters training programme in Greece. A longer term vision is to collaborate with other arts therapies networks towards the establishment of an arts therapies association representing the four modalities of dance, art, drama and music.

Today there are a total of 21 full members registered with the network, which also accommodates training members (currently 2). Our professional members are clinically active in various cities in Greece (including Athens, Larissa, Thebes and Thessaloniki) as well as in Europe (London and Barcelona).

Notable Psychokinesis events:

2023

Online Zoom Event: 'What is dance movement psychotherapy?' (March)

2024

Hypatia Women's Centre: 'Empowering women through dance movement psychotherapy', Connect family day center, Thessaloniki, Greece (March)

'Principals of Dance Movement Psychotherapy', Theoretical seminar & workshops, Athens, Greece (March)

Epioni Greek Carers Network: Keynote presentations on Dance Movement Psychotherapy, 2nd Art and Mental Health Conference, Aegina, Greece [presentation and workshop] (May)

2025

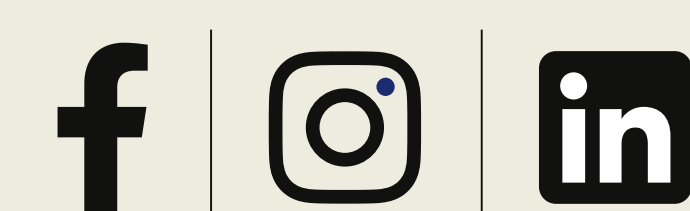
Introductory experiential seminar on Dance Movement Psychotherapy, Athens, Greece (May)



Conclusion

We are delighted to introduce Psychokinesis to our EADMT family as an exemplary contribution towards expanding the visibility of ethical embodied psychotherapeutic practice in Greece safeguarding the European standards of clinical and professional practice. Our mission is to destigmatize mental and psychological distress by advocating for whole-person, creative and relational approaches to personal development, healing, and growth. Psychokinesis therefore, is proudly positioning itself as a committed ambassador of dance movement therapy in Europe and our home country of Greece.

CONNECT WITH US



www.psychokinesis.gr

Selected publications by our members

Bunce, J. and Gougouli, C. (2023). 'An exploration of the relationship between the arts, awareness of nature and dance movement psychotherapy'. In *Body, Movement and Dance in Psychotherapy Journal*. 19(2):1-15. [journal article]

Frizell, Caroline and Rova, Marina, eds (2025). 'Practice Research Through Creative Bodies'. Perspectives on Embodied Inquiry. Abingdon: Routledge. [edited book]

Frizell, Caroline and Rova, Marina, eds. (2023). 'Creative Bodies in Therapy, Performance and Community: Research and Practice that Brings us Home'. Abingdon: Routledge. [edited book]

Karampoula, E. & Panhofer, H. (2018). 'The circle in dance movement therapy: A literature review' in *The Arts in Psychotherapy Journal*. March, 58. [journal article]

Rova, Marina. (2017). 'Embodying kinaesthetic empathy through interdisciplinary practice-based research'. In *The Arts in Psychotherapy Journal*, 55, pp. 164-173. [journal article]

Rova, Marina and Haddow, Sarah. (2017). 'Moving Bodies: Dance Movement Psychotherapy Groups for Mothers and Babies in Inpatient and Outpatient Perinatal Mental Health Services'. In: Monika Celebi, ed. *Weaving the Cradle: Facilitating Groups to Promote Attunement and Bonding between Parents, Their Babies and Toddlers*. London: Jessica Kingsley Publishers, pp. 120-131. [book chapter]

Rova, Marina; Burrell, Claire and Cohen, Marika. (2020). 'Existing in-between two worlds: supporting asylum seeking women living in temporary accommodation through a creative movement and art intervention'. In *Body, Movement and Dance in Psychotherapy Journal*, 15(3), pp. 204-218. [journal article]

Zachos, D. & Ildig, S. (2021). 'Dynamic Countertransference'. In *Body, Movement and Dance Psychotherapy Journal*. 29(2):73-89 [journal article]

Zachou, E., Panhofer, H. & Bareka, T. (2022). Metaphor and movement: exploring the unspoken with a group of frontline workers. In *Body, Movement and Dance in Psychotherapy*. 17. 1-17.