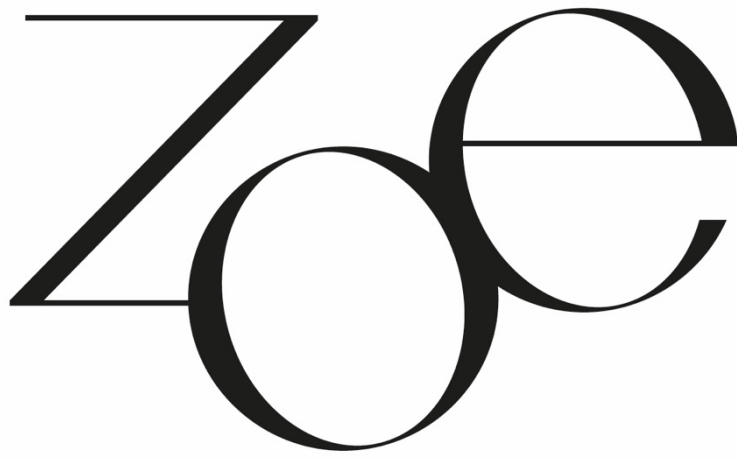




SCHOOL FOR
DANCE MOVEMENT
THERAPY

**“WE MOVE FOR THE SAKE OF MOVING AND
FEELING, AS A MEANS OF ACCESSING HIDDEN,
UNFINISHED BEHAVIOR, NEW INFORMATION, AND
CREATIVE NEW TERRITORY.”* Christine Caldwell**

Newsletter September 2025

self-Reflection opens Doors that Self-Awareness does not know

You may already know how intense self-awareness can be in body-oriented processes—
but have you ever considered what doors reflection opens?

Let our plea for self-reflection in this newsletter inspire you.

Emotions arise in workshops, during dance or physical exercises—often immediately and unexpectedly.

Anger, fear, sadness, or joy can be experienced with great intensity, sometimes even cathartically. Such moments are powerful, liberating, and deeply moving.

A sense of presence arises, an intense feeling, a struggle with or against the emotion.

Is this a sustainable basis for further development or even for a lasting transformation of our personality?

Experience shows that if emotions are to be changed in a lasting way, more is needed than immediate or even intense experience. It requires **emotion regulation** – and that is only possible through conscious **reflection**.

Reflection begins when the body has calmed down again. Then we can grasp what we have experienced and also ask questions that encourage us to reflect:

- What touched or triggered me so strongly in that moment?
- Was my reaction appropriate – or would another form of expression have been more helpful?
- How exactly did the emotion manifest itself in my body?

These questions open up **space for insight**. Suddenly, memories, thought loops, or even familiar patterns emerge and become recognizable. It sounds something like this: *Ah, I know this already... it keeps repeating itself in my life... it's particularly unpleasant and calls for change, etc.*

This is the beginning of reflection, which continues, for example, with the question of whether this reaction was appropriate and fitting in relation to the situation and how the reaction could be more appropriate. This is the starting point for “reprogramming”: How do I want to react? What would be appropriate for the situation?

The experience is not only felt and expressed—through reflection, it becomes conscious: Now I have the basis for the possibility of changing something.

And this is precisely where dance therapy unfolds its special power:

Using dance therapy inputs from our intervention system, you can try out different variations of new behaviors in a moving experience and feel them with your body. Your body intelligence immediately shows you what feels right—and what you want to anchor within yourself as a new experience and behavior for the future.

Takeaway:

Experience is the first step—reflection is the key to reorientation. Exploration with experience and self-reflection allow you to integrate and reorient yourself for your personal development.

Warm regards from ZOE SCHOOL and welcome to fall!
Brigitte Züger, School Director

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