

August 2026 Newsletter

ZOE SCHOOL FOR DANCE MOVEMENT THERAPY

Move - Create - Embodiment - Impact



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Creativity runs deeper than art

Whenever I stand in front of a painting or watch a dance piece, I wonder what the artist might have experienced, been shaped by, or even transformed during the creative process.

In my own dance creations, I found that my choreography constantly sought to change.

Have you ever wondered what creativity actually is? Has it ever occurred to you that it might be the real driving force behind change? Creativity, then, brings about change—or to put it another way: change is the result of creativity. And yes, that's what makes art therapy so effective.

The fact is: We change throughout our lives—and an innate force within us constantly invites us to do so

I believe that if we don't do this, we get stuck in the past and cannot step into the future. Therapy supports people in developing during phases of change. It thrives on processes of change, and development is only possible through change. We experience these changes—and speaking as a dance therapist, I'm naturally referring to dance and dance therapy here—directly and tangibly in our bodies. What's more—and what never ceases to impress me in my work as a dance therapist—is that the body creates change on its own when we allow ourselves to experience it. I could explain this from a neurobiological perspective right now.

You can listen to the interview for this newsletter
[here](#)

But I'd rather illustrate it with an example:

A client felt the urge to move in very small ways, but believed she had to “always create big things.” For her, small movements were associated with a loss of self-worth and failure. I asked her to repeat this movement, feeling the security of the ground beneath her and playing with varying degrees of force. She told me afterward that the force had transformed into gentleness and that this gentleness had evoked a kind of self-love within her. That was a solution: The force had dissolved, and with it, the unpleasant emotion.

My example clearly shows you:

My client played with her strength—in other words, she improvised. She managed to break free from her old pattern by moving. Now, the next time she falls back into that old pattern, she can simply adjust her strength to move more toward self-love and away from the fear of failure. In this way, she breaks the

repetition of a pattern that no longer serves her. She now knows the way out of what feels like a never-ending cycle.



This is where it becomes particularly impressive to me

We're talking here about the tertiary process. It's the connection between something unconscious and symbolic (her feeling of failure, her ingrained belief that she must create something grand) and something conscious and structured (the consciously altered energy). This gave rise to a new meaning for the "small movement," which transformed her experience of self. Dance therapy creates a space for this—not through explanation and understanding, but through movement itself.

This brings me to the point that is particularly important to me: This change occurs in one's self-experience through the body—not with a brush and paint, but through experienced movement. Movement is a language in its own right. It appeals to procedural or implicit memory, where early relational experiences are stored and continue to have an impact to this day. That is why simply talking about an experience is often not enough to truly change it. The body must be involved.

What fascinates me endlessly about my profession as a dance therapist

Dance therapy is not primarily concerned with insight; rather, it allows one to repeat a movement at one's own rhythm until it crystallizes into something reliable—which, for my client, was the clear experience of tenderness and self-love.

And then there's something else

that she and I experienced repeatedly during this session: My client felt seen. Our eyes met often, and nothing was said. It was simply the quality of presence and attention that enabled my client to perceive herself and take that step into the new—that gentle movement.

YOUR TAKEAWAY

Creativity and change go hand in hand. Perhaps that's the answer to my question from the beginning: They happen when we reveal ourselves and are seen in the process.

Now I wish you a wonderful late summer! Brigitte Züger

Director of ZOE SCHOOL



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