

**Tania Bruhn L.C.A.T.**  
**Licensed Creative Arts Therapist**  
**Dance Movement Therapist**  
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Dance/Movement Therapy is the psychotherapeutic use of movement as a process which furthers the emotional, cognitive and physical integration of the individual.

It helps the spirit, strengthens the body and stimulates the mind by using movement as a process to explore inner feelings and thoughts.

Dance/Movement Therapists work with all ages of individuals or groups who want to enhance their well-being, have social, emotional, cognitive or physical problems.

Please contact Tania Bruhn for Community workshops, class information and sessions held at her studio on Harkers Island and throughout the community.

Dance/Movement Therapy is recognized by the:

- National Institute of Mental Health
- National Institutes of Health Office of Alternative Medicine
- US Department of Education
- American Association of States' Counseling Boards

BS Dance-Skidmore College-University Without Walls Saratoga Springs, NY  
MS Ed-Special Education-Russell Sage College, Troy, NY  
ADTR-Princeton Dance Therapy Institute, Princeton, NJ  
Professional Member, American Dance Therapy Association (ADTA)