

Expressive Movement Therapy

at Weston Hospicecare



What is Expressive Movement Therapy?

Sometimes it is hard to express how you're feeling in words. At Weston Hospicecare, we hold a one-hour weekly Expressive Movement Therapy group in the beautiful, spacious garden room at the Wellbeing Centre. Expressive Movement Therapy is a form of creative arts therapy where you can have the chance to share with others and express yourself in your own way, using your own choices of gentle movement, music, words, colourful props and, at times, laughter. Anyone is welcome to join in, and you can choose how much or little you want to do.

How can Expressive Movement Therapy help?

Based on the connection between mind, body and feelings, Expressive Movement Therapy can help you release tension both physically and emotionally. It offers you a chance to find creative ways to express yourself, share with others and feel valued as a whole person, promoting an overall sense of relaxation and wellbeing. You might also find that the sessions can improve your circulation and flexibility.



What does a typical session involve?

This therapy group offers a chance to choose how to express yourself in a way that feels right for you. In this friendly therapy group, which is run by the hospice's Expressive Movement Therapist Sarah Woolf, there is a feeling of safety and trust, where everyone can be accepted and valued for who they are, no matter how well you are and regardless of how you are feeling, your ability or your age.

Sessions last for an hour and are run seated in a group. At the beginning, you 'check in' with how you're feeling. A gentle warm up helps you connect with your body, and then different themes are explored using music, gentle movement and colourful props. At the end of the session, everyone can offer their feedback.

“When I go away I feel fantastic — the movements, breathing and music put me in a better form. ... I go to bed with a clear mind and have the best night's sleep. ... I look forward to this all week.”

When and how do I join the therapy sessions?

The Expressive Movement Therapy group is run weekly in the Wellbeing Centre at Weston Hospicecare from 10:30–11:30 a.m. on a Thursday morning. It would be best to double check dates with the hospice staff.

Anyone is welcome to attend, and the sessions are free thanks to generous donations such as a grant from the D'Oyly Carte Charitable Trust. If you think this therapy might be of benefit to you, please call Alison Bailey at the Wellbeing Centre on 01924 423 900, speak with your Hospice Community Nurse Specialist or just come along on the day. You would be warmly welcomed.

