



RHYTHM & RECOVERY: DANCE THERAPY FOR MENTAL HEALTH

BY: JACQUELINE FINLEY

Policy Tracks: Public Health & Medicine and Science, Technology, Engineering, and Math

INSTITUTE FOR WOMEN'S LEADERSHIP

Mission Statement

The Leadership Scholars Certificate Program is a two-year selective, interdisciplinary certificate program that prepares Rutgers undergraduate women to be informed, innovative, and socially responsible leaders.

Leadership Scholars design and implement social action projects to expand their understanding of issues and problems and to develop leadership skills.

This project gives Scholars the opportunity to apply the theoretical knowledge they have gained about leadership, advocacy, and social change with the practical and experiential knowledge they have developed about a particular policy issue or problem through the field site placement. It also further develops leadership skills by giving undergraduates the opportunity to practice leadership through action.



TABLE OF CONTENTS

SAP Goal Statement & Project Inspiration	01
Intellectual & Conceptual Foundations	02
Methodology, Timeline, & Partners	03
Feminist Leadership & Project Impacts	04
Acknowledgements & Bibliography	05





WE DANCE FOR LAUGHTER,
WE DANCE FOR TEARS,
WE DANCE FOR MADNESS,
WE DANCE FOR FEARS,
WE DANCE FOR HOPES,
WE DANCE FOR SCREAMS,
WE ARE THE DANCERS,
WE CREATE THE DREAMS.

- ALBERT EINSTEIN



WHY DANCE THERAPY?

SAP Goal Statement & Project Inspiration



Goal Statement: Rhythm & Recovery: Dance Therapy for Mental Health is an innovative and inclusive workshop series that offers improvisational dance classes to all students at Rutgers University. With the aim of improving mental health, the classes provide a safe and supportive space for students to express themselves through movement and connect with others.



INTELLECTUAL & CONCEPTUAL FOUNDATIONS



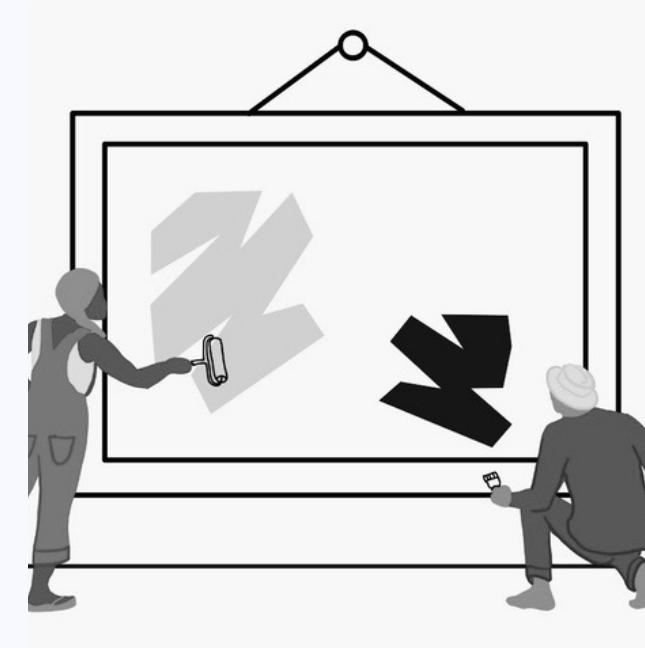
MENTAL HEALTH IN COLLEGE STUDENTS

“60.1% of college students reported feeling overwhelming anxiety, 40.1% reported feeling so depressed that it was difficult to function, and 10.6% reported seriously considering suicide”



DANCE AS A FORM OF HEALING

Dance, as a third-party medium, has the remarkable ability to transcend the constraints of verbal communication, often making it easier to approach sensitive and complex emotions.



YOUTH ACTIVIST TOOLKIT

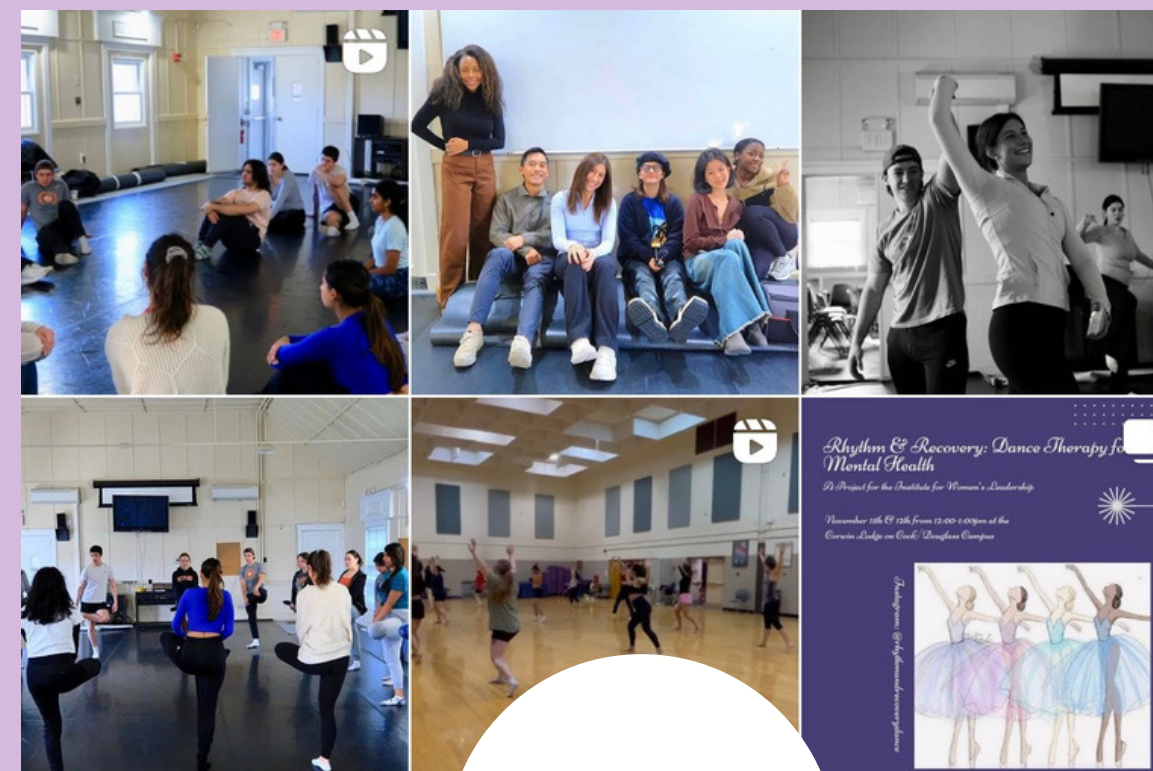
Art can be transformative for both the audience and the artist. For audiences, art can appeal to the listener or viewer on a sensory level and for the artist, the creative process can help heal hurt or channel rage around an issue in a way that promotes healing.





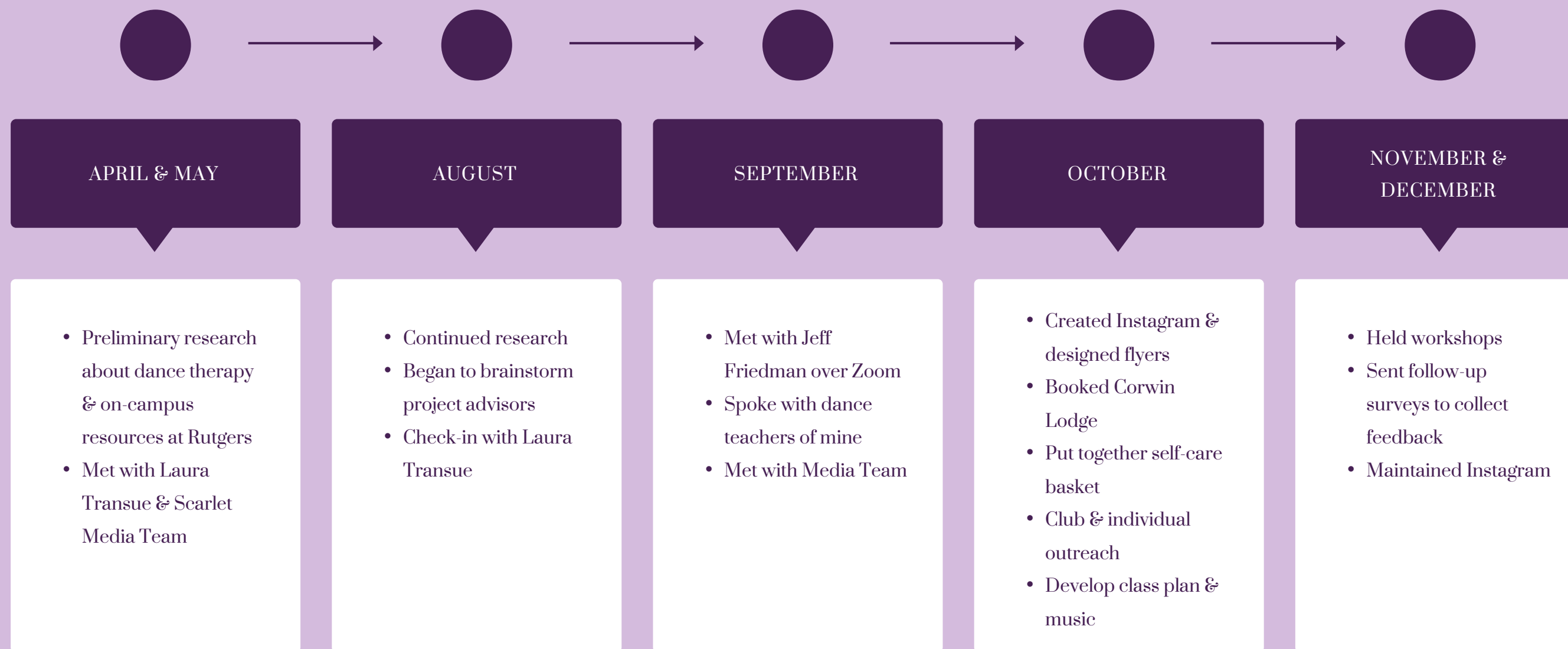
METHODOLOGY

- Research: Current Status of On-Campus Resources
- Media: A Tool for Activism
- Collaboration: Shared Vision
- Build Community: Make a Lasting Impact





PROJECT TIMELINE





[Rhythm & Recovery Video](#)

Feminist Leadership



Starting the Conversation

Initiating change is not merely a choice; it is a commitment to growth and a pledge to transcend the boundaries of the status quo.

Enhancing the Mind-Body Connection

At its core, feminist leadership recognizes the interconnectedness of mental and physical well-being, understanding that true empowerment goes beyond traditional leadership paradigms. Feminist leadership acknowledges the importance of self-care as a radical act of self-love and preservation.

Ethics of Care in a College Environment

Central to the ethics of care is the recognition of the interconnectedness of individuals and the significance of relationships. I sought to create a community built on empowerment and diversity, regardless of individuals' background or experience with dance and movement.

Systemic Change: Small is the Way to Go

It is the subtle, seemingly small changes that possess an extraordinary power to shape our world.

What I Learned



Be Adaptable

Be Open to New Ideas

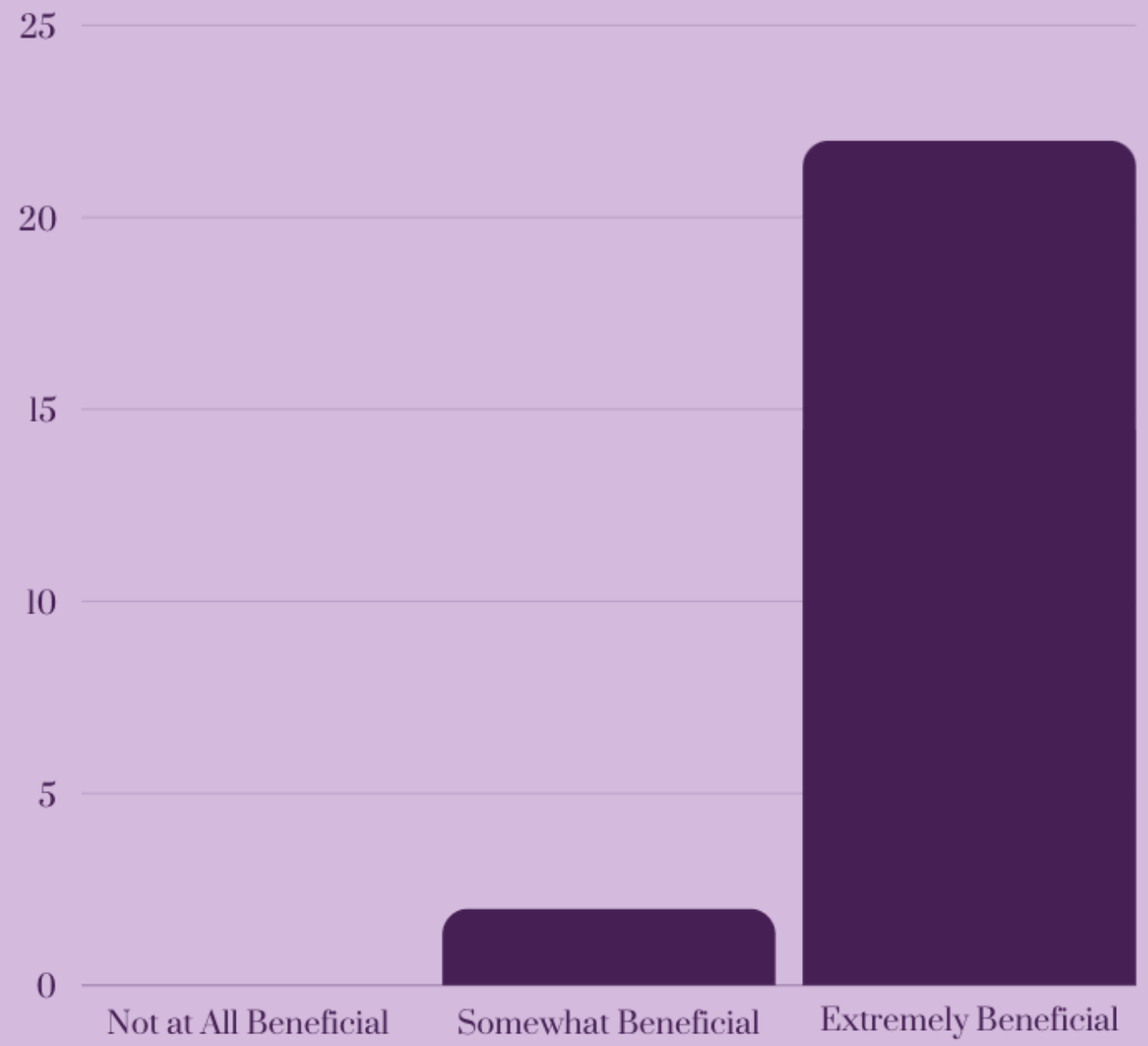
Prioritize Self-Care & Recognize
Burnout

Collaboration Can Change the
Trajectory of Your Project

Remind Yourself of Why You
Do What You Do



How Beneficial Do You Think This Program Would be for Rutgers Students?



LOOKING TO THE FUTURE



“People think that dancing is for dancers and artists, but dancing is such an innate part of being human. We do it as a form of expression, community building, storytelling.”

“It is inclusive of all communities and anyone of any dance level can participate. I had a friend who struggled with her mental health, and this could’ve benefited her so much.”

“It could foster a community of those seeking support and care from a non-traditional source. I hope this program finds its way to Rutgers so that those in need can benefit from it.”





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SAP Advisor

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Teachers

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Attendees / Participants



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