

Dance and movement therapy

JULIE BOVET

Dance and movement therapy sessions are complementary to psychological and nutritional consultations, or are practiced independently of them, alone or in couples or small groups.

This physical practice acts on different levels: relational, physical, cognitive and emotional.

- Relational : aims at self-awareness, to (re)learn to connect to one's body in the present moment, to better listen to it and to appropriate it entirely, an essential issue in life and personal development. It helps to recreate the link with ourselves and others, a fundamental human need.
- Physical : improves circulation, coordination and muscle tone
- Cognitive : revives intellectual capacity and creativity
- Emotional : dance and movement therapy allows for the release of tensions and blockages in the body's memory and the encounter of emotions that are sometimes difficult to express verbally : anger, frustration, sadness, fear, feelings of isolation, etc.

Therapy is also an expression of femininity and can be a valuable way of reconciling with the feminine part of us.

During the session, the «production» may have an aesthetic so artistic dimension, but this is not obligatory. We are looking for expression rather than «perfection». Music, objects such as tissues and strings/twines, expression through writing and drawing are all part of the dance and movement therapy.

STUDIES SHOW THAT PEOPLE WHO HAVE CREATED RESOURCES THROUGH THIS PRACTICE ARE BETTER ABLE TO

- take better care of one's own body and love it
- improve their self-esteem and body esteem
- be more assertive and communicate more easily
- increase their quality of life
- improve their mental representations, self-image
- release tension and improve depression

I CAN HELP YOU WITH THE FOLLOWING TOPICS

- Body image disorders: dissatisfaction and/or poor body perception
- Weight problems: overweight, obesity, underweight, yo-yo effect
- Eating disorders such as anorexia, bulimia and binge eating
- Getting back to a healthy weight without dieting
- Accepting your weight and body shape
- Improving the relationship with the body
- Reconciling with your femininity in adolescence, adulthood and menopause

WHO IS IT FOR?

For all teenagers from 13 years old, adults and seniors wishing to improve their relationship with their body and with others, on different levels: relational, physical, cognitive and emotional.

THE PLUS OF MY APPROACH

Depending on the request, the session may include a hypnosis component to make the session even more effective.

Price

100 CHF/hour

Reduced price

80 CHF/hour for schoolchildren/ students, persons receiving disability insurance and old-age pension insurance on presentation of proof

Payment method

TWINT or cash

Appointments cancelled on the same day will be charged 50 chf.

DURATION

The session between 45 minutes and 1.5 hours long (agreed in advance).

LOCATION

Consultations take place at the Neolys office.

THERAPEUTIC OFFICE NEOLYS
GRAND'RUE 42, 1820 MONTREUX, SWITZERLAND
CABINET@NEOLYS.CH
WWW.NEOLYS.CH



JULIE BOVET

Registered Dietician, Certified
Hypnotherapist, Dancer-Therapist

- Qualified Dietician, Bachelor in Nutrition and Dietetics from the Geneva School and Nutritherapist, certified in oligotherapy and naturopathic approach
- Hypnotherapist, OMNI OMNI contemporary hypnosis practitioner
- Dance and movement therapist (in progress), dancer since I am 8 years old