

### **6.7 Psychoanalysis and psychotherapy**

397 **Art medicine: dance movement therapy for women with breast cancer.** I. Serlin (2084 Union Street, San Francisco, CA 94123, USA). While recent research on the mind/body connection focuses on physiological or immunological change, there is little investigation about the body, consciousness, and its symbolic language. This session presents research on kinaesthetic imagining, or the process by which the moving body generates imagery, and its effect on healing. This research at California Pacific Medical Center in San Francisco uses a traditional quantitative approach combined with a Phenomenological qualitative approach. Movement exercise and visualization can have a powerful effect on helping women learn about their bodies and how to elicit the healing response. Although recent research documents the effects of psychosocial support groups on women with breast cancer, very few studies

have yet examined the effects of physical exercise and imagery a holistic integrative model on the psycho-social-spiritual effects of women with breast cancer. This study will therefore evaluate the effects of movement on healing in women with breast cancer. Both the diagnosis and treatment of breast cancer can have profound effects on body image and self-esteem. Physical effects may include a concave torso resulting from the trauma of surgery, restriction in a woman's mobility, and a negative body image. Emotional effects may include depression, anxiety, grief, negative self-esteem; and the spiritual effects include a decreased sense of control and meaning in life. The method involved Kinaesthetic Imagining, which combines movement, art and ritual to work through individual and group stories. By learning to sense and move different body parts, attend to the flow of energy and relaxation response, and externalize imagery, participants can learn to strengthen themselves and elicit their own healing responses. By telling their stories, women learn to trust their own voices and bodies, and are empowered to take charge of their lives and medical treatments. The first stage of the study used four standardized psychosocial measures to assess quality of life, mood, body image and spirituality on two groups of women meeting two hours a week for 12 weeks. Pre and post semi-structured interviews probed further into these four areas. Pilot results from the standardized measures point to significant trends in changes in mood, quality of life and spirituality. A content analysis done on the interviews yielded categories of change in body image which are close to the women's own words and more accurately reflect their experience. These categories were compiled into an inventory, called the Kinaesthetic Imagining Profile (KIP). Examples of reported changes included changes from 'body as enemy' to 'body as friend', 'far from body' to 'close to body' and 'body as a way of knowing.' Learning to love and listen to the body was described as a spiritual process and power. The second stage of the project further refines the variables, adds a movement analysis and an alternative treatment (verbal group), and pilots the KIP as an alternative body image scale. This time, the interviews will focus on the definition of change, and will explore changes in sexuality. Two psychological assistants were added, which expands our recruitment drive and raises visibility of our project. By completing this research on the effects of movement therapy on women with breast cancer, we can help women tell their own stories in their own words, contribute to the existing literature on innovative treatment modalities for breast cancer, and can make this work available to a larger segment of women. [P15]