



Επιστήμη του Χορού  
Τόμος 8, 2015

Ηλεκτρονικό Περιοδικό  
Electronic Journal

---

Science of Dance  
Volume 8, 2015

[www.elepex.gr](http://www.elepex.gr)

ISSN 1790-7527

---

**Overview of Applied Research of Therapy Through the Arts in School Environment.  
A Proposal for the Integration of Dance Therapy in Greek School.**

**Panagiotopoulou E.<sup>1</sup>, Zografou M.<sup>2</sup>**

<sup>1</sup>Physical Education Teacher

<sup>2</sup>S.P.E.S.S., National & Kapodistrian University of Athens

**Abstract**

The continuing observations over the effectiveness of arts therapies, has contributed to the introduction of the arts in a variety of areas such as mental health, but also in the treatment of different kind of diseases, such as autism, eating disorders, arthritis, cancer and others. School environment has attracted the interest of dance therapists as well as arts therapists in general. Research efforts that have taken place in foreign countries and have proved the effectiveness of dance therapy in school have not been taken under consideration for the improvement of Greek school. However, modern trends that pervade new curriculum give the potential for dance therapy in Greek school environment. The purpose of this article is on one hand to cite relevant research examples that highlight the essential contribution of dance therapy at school and on the other hand, to illustrate these trends that dominate in new curriculum and bring close the concept of dance therapy and the concept of school. Through the review approach, this paper concludes that the basic concepts of the new curricula in general, and specifically on the topic of dance tend to bridge the gap between Greek school and dance therapy.

Keywords: dance therapy, school environment, curriculum.