

Works Cited and Description Form

Name: [REDACTED]

Date: September 13, 2010

Core Question:

How can dance therapy alleviate the distress caused by traumatic experiences?

Source in MLA Format:

Svoboda, Elizabeth. "Spin Control." Psychology Today 40.2 (Mar. 2007): 61. MAS Ultra-School Edition. EBSCO. Lincoln High School, Lincoln, RI. 28 February 2008. <<http://search.ebscohost.com/login.aspx?direct=true&db=ulh&AN=24307109&site=ehost-live>>.

Please describe the information you are using from this source, the qualities that make the source valid, and state how this information helps you to answer your core question:

- A breast cancer patient Jean Rose said about dance therapy, "It doesn't just make you feel better physically; it really makes you feel better emotionally."
- Scientific evidence shows dance class has psychological benefits which include an increased feeling of calm, improved mood, and "expanded sense of fulfillment and control."
- Exercise in general improves people's mental state by "exerting oneself for long periods of time causes the brain to release the mood-lifting neurotransmitters serotonin and norepinephrine."
- During exercise, brain cells produce proteins which grow new neurons and cell connections. This makes a person's mind literally more flexible. Physical activity releases endorphins which increase satisfaction, euphoria, and pain tolerance.
- Dancing increases a person's mood more than just exercise, and reduces anxiety.
- Dancing also makes arteries more elastic and participants happier than simply bicycling or running on the treadmill.
- Dancing creates an emotional high by "activating the brain's pleasure circuits."
- MRI scans show the effects of dancing are spread among others around the person dancing. This causes people to feel each other's pain and happiness.
- Dance is very useful as therapy because it is easier to express things through dancing rather than verbally.

This information is extremely useful in answering my core question because it answers how the body physically reacts to dance therapy and in turn creates positive effects. It discusses the scientific factors that contribute to the therapy as well as the

emotional benefits. Concrete, scientific reasons will be necessary to legitimately answer my core question. The article also addresses how dancing is more advantageous than exercise alone, which is key to expressing the value of dance used explicitly. For example, the article states that individuals that dance are happier than those that simply use a treadmill or bike, which is an ordinary cardio machine. All of the evidence addresses how dance therapy works and the article even includes a personal example of a breast-cancer patient talking about how dance therapy helped her, which is part of the things I wanted to include in my presentation.

Please follow this format for each properly cited source.