

The Impact of Mothers' Participation on the Emotional Performance of Young Children in a Movement Therapy Group

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The aim of the research was to examine the degree of influence a mother's participation had on her child in a movement therapy group, and the effective contribution obtained by incorporating mothers in emotional processes common to them and to their children within a group by means of a statistical research.

Taking part in the research were 26 children, 17 boys and 9 girls ages 6-8. The experimental group included 14 mothers who took an active part in the treatment and filled out the research questionnaires, while the control group included 12 mothers who filled out the research questionnaires but did not take an active part in the treatment. All groups underwent a similar therapeutic process except for the participation of mothers in the therapeutic process. The research tools comprised five questionnaires (self-image, the child's conduct and parental performance and efficacy). The examination was carried out at the outset of the therapy process and the second at its conclusion, following 16 sessions.

The research findings indicate an improvement in the child's self-image in both experimental and control groups, but without differences in the interaction between the groups. An examination of the child's behavior criteria yielded greater achievements in the experimental group compared with the control group, while a tendency for slight improvement was noted vis-à-vis both groups with regard to the third variable of parental efficacy. It seems that improvement did take place in mothers' perception of their children among mothers who partook in the experimental group in contrast with the perception of mothers who did not partake in the therapy.

In conclusion, this research paves the way to future follow-up research work which may largely contribute to the importance of the parent's role within the common parent-child treatment, as well as to the movement therapy field

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