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**\*Title page with author details**

RUNNING HEAD: THE CIRCLE IN DMT

The Circle in Dance Movement Therapy

A literature review

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The Circle in Dance Movement Therapy

A literature review

Highlights

- The circle formation in a group setting, widely used in Western DMT
- addresses curative factors found both in verbal and in DMT group settings;
- allows for the mirroring and multi-mirroring of emotional states, which enhances the development of the sense of self;
- heightens social integration and connectedness, interpersonal exchange, and group cohesion.

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