

Dance can heal the mind and the body

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A Brighton woman offers therapy through natural movement and dance.

BRIGHTON – Danielle Fraenkel doesn't counsel the traditional way. There are no couches, soothing water fountains or background music in her office.

Instead, wood spring dance floors and a wall of mirrors greet clients who walk through her doctor's doors. Her therapy is dancing.

"Dance healing allows emotions that are unexpected to be released in creative way, in a physical way to release endorphins and on an emotional level that allows you to express many feelings," Fraenkel, a Brighton resident, said.

She runs Kinections, which provides clinical and educational services to patients who struggle with eating disorders, depression, creative blocks, relationship problems and negative responses to stress through dance and movement therapy in the city of Rochester.

She recently relocated her studio to the old police station on University Avenue, now known as "Imagine Square." She sees mostly adults and adolescents, but occasionally sees young children who have been referred by private physicians. She works with individuals and groups.

"We work a lot with body betrayal – the feeling like your body betrayed you," Fraenkel, 63, said. "They struggle with anger with their bodies or feel separated."

Some people come to build self-confidence or want to overcome trauma, she added. She said the way people relate to their bodies directly relates to how they feel about themselves, how they function and how they relate to others.

Fraenkel helps people work on the "body-self" relationship. She developed the program LivingDance, which works with natural forms of movement, including breath, muscle connection, shape and beat. She recently developed Living Dance-Living Music, a program that combines music into the dance.

"You can change the relationship of the body. Instead of it being the enemy, you can use it to reduce stress or negative aspects related to stress and to build self-confidence," she said. "Through dance therapy the words come out of the movement – a change in body

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STAFF PHOTO/JOHN D.

Dance/movement therapy teacher Danielle Fraenkel of Brighton instructs American and international mental health practitioners in her Kinections dance studio in Rochester on July 21.

http://www.mpnnow.com/news/view_story.php?articleId=3004

will affect a change in the mind.”

Dancing also raises endorphin levels in the body, which brings joy, Fraenkel added.

Dance and movement therapy has existed for more than 50 years and is the first form of therapy that mixes the body and mind together, Fraenkel said.

Hope Quallo of Perinton first took a dance-therapy class because she was interested personally and professionally. She says she is better for it.

“It gave me confidence, a channel to access inner feelings and gave me techniques that I use in my profession,” said Quallo, a psychotherapist.

Fraenkel has been doing dance therapy for more than 20 years and considers herself one of the first in her field.

She received a master’s degree in dance/movement therapy from Hunter College of the City University of New York and a master’s degree in counseling education from the University of Rochester and a doctorate degree in counseling from the University of Rochester.

“Dancing is more than a release. Everyone has their own movement and style, but I try to expand that,” Fraenkel said. “The more ways you have of moving, the more options you have in the world.”

To learn more about dance/movement therapy or Kinnections visit www.kinnections.com or call (585) 473-5050
