



Danza Movimiento Terapia: The journey toward a book

Danza Movimiento Terapia: El viaje hacia un libro

Maika Campo.

On April 29th, 2025, International Dance Day, the book *Danza Movimiento Terapia* was presented at enAira, a newly inaugurated space for Dance Movement Therapy in Bilbao, Spain. This collective work came to life through the contribution of eleven Dance Movement Therapists from different parts of the world, united by the commitment to make the discipline visible in Spanish. Beyond its academic value, the book unfolds as both a personal and collective journey back home, a return to language, to embodied roots, and to shared cultural memory.

The theme of this congress, *Repetition and Return*, deeply resonates with our own journey in creating this book, a return to our mother tongue, often set aside when seeking quality resources about our discipline.

Through the process of writing, we shaped our practice across diverse populations, giving voice to the themes that define us as DMTs, while rooting our work in Spanish, a language that names us and brings us together. As professionals scattered across the globe, and aware of the absence of literature in our native tongue, writing became a movement back toward presence, a way of weaving knowledge, belonging, and community.

The creative process of bringing this book into being inevitably led us back to the body and to shared movement. We began meeting from a distance, using virtual space to think, dialogue, move, and create together. Later, once the edition was complete, the encounter became tangible: nine of the eleven DMTs involved were able to gather in an event specially designed to celebrate and embody this collective process.



Biography

Maika Campo gained a BA in Psychology from the University of the Basque Country (San Sebastian, Spain) in 2001. Master's degree in DMT from the Autonomous University of Barcelona (Barcelona, Spain) in 2010. Registered member of the Spanish DMT Association. Community Worker in Ibaiondo Educational Centre since 2006. From 2011 to 2015, DMT in workshops for women immersed in migration projects and within empowerment activities. Member of the educational team in the Autonomous University of Barcelona since 2014. Her publications have focused mainly on the application of DMT within juvenile justice settings, and more recently on the cultivation of personal presence through Authentic Movement.

Recent Publications

Panhofer, H., and Campo, M. (2024). **A DMT case study on child sexual abuse, trauma and psychosis. Seeds of hope.** In U. Herrmann, M. Hills de Zárate, H.M. Hunter y S. Pitruzzella (Eds.), *Arts Therapies and the Mental Health of Children and Young People: Contemporary Research, Theory, and Practice* (Vol. 2, pp. 105-118). London: Routledge. <https://doi.org/10.4324/9781003265610>

Campo, M., & Malaquias, S. (2025). **Desarrollando la presencia: Vivencias encarnadas en el Movimiento Auténtico y el Tai Chi/Chi Kung.** CITARE: *Revista Española de Danza Movimiento Terapia*, Volumen especial: Movimiento Auténtico. <https://doi.org/10.5281/zenodo.15723571>

Campo, M., & Malaquias, S. (2025, September). **Looking for vitality through embodied practices: from Chi Kung to Authentic Movement.** Workshop presented at the 5th EADMT Conference, Vilnius, Lithuania.