



Dr. Peter Lovatt: When You Move, You Improve. Movement Enhances Human Experience



Dr. Peter Lovatt is a Dance Psychologist with a Master's degree in Neural Computation, and a Doctorate in Experimental Cognitive Psychology. He is the Founder of the Movement In Practice Academy, researching the psychology of movement and its impact. Find out how dance impacts cognition from a scientific and neurological perspective, how it develops one's ability for divergent thinking & problem solving, and how it can enhance relational capacity, self-esteem, and quality of life.

**TOP EMBODIMENT TIP:** When You Move, You Improve!!

Transformative Impact of Dance:

- Learning and growth in dance transfers to life, creating an utterly different experience of **feelings, sense of self, relational capacity, and thought processes**. Learning capacity can increase and be applied to life.

Dance Psychology Lab:

- The understanding of human movement and dance from a scientific psychological perspective, and the application of that knowledge to enhance people's lives in health, education, and business.
- Studies into the **neurophysiology** of how the brain processes language and movement (our true first language).

Dance and Cognition: **The way your body moves changes the way you think and solve problems.**

- Structured, ordered, repetitive movement patterns strengthen **Convergent Problem Solving**.
- Improvised (unplanned, spontaneous, and creative) movement experiences strengthen **Divergent Thinking**.
- Studies confirm quality-of-life improvements in the neurodegenerative disease of Parkinson's.

Dance and Self Esteem: **Dance is a remarkable tool for raising self-esteem.**

- When we get people moving in **natural and non-competitive** dance experiences, we can help increase self-esteem.
- **Everyone can dance**. Dance is the most natural thing in the world.
- Laboratory research is presented, citing findings of self-esteem studies on all ages and genders.

Dance in Society: **Dance is a critical aspect of a healthy society and needs to be integrated into the mainstream.**

- Our society has **banished dance** and body movement to the outskirts, and we need to change that culture, bringing dance into mainstream **society, education, and healthcare**.
- **Repression** of dance happens in many societies, due to fear of judgment, body image issues, and the **patriarchal framework** that devalues and judges it, or defines it as only for certain people, genders, or ages.
- Movement is Dance; Dance is Movement. Dance is a natural and integral part of society in many cultures.

Resources

- ❖ **Books:** *The Dance Cure: The Surprising Science to Being Smarter, Stronger, Happier*
- ❖ **Website:** [peterlovatt.com](http://peterlovatt.com), [Movement-in-practice](http://Movement-in-practice)
- ❖ **References:** [Helen Payne](#), [Bernardino Rammazini](#)



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