

Literaturliste

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Varela, F. J., Thompson, E., & Rosch, E. (1991). *The embodied mind: Cognitive science and human experience*. MIT Press.

Podolski, O. S., Whitfield, T., Schaaf, L., Cornaro, C., Köbe, T., Koch, S., & Wirth, M. (2023). The impact of dance movement interventions on psychological health in older adults without dementia: A systematic review and meta-analysis. *Brain Sciences*, 13(7), 981. <https://doi.org/10.3390/brainsci13070981>

→ zeigt positive Effekte von Tanzinterventionen auf psychische Gesundheit und kognitive Funktionen.

Zhang, X., & Wei, Y. (2024). The role of dance movement therapy in enhancing emotional regulation: A literature review. *Heliyon*, 10(15), e35733. <https://doi.org/10.1016/j.heliyon.2024.e35733>

→ fasst aktuelle Forschung zusammen, dass DMT emotionales Selbstmanagement und soziale Integration stärkt.

Rosado, H., Motta, P., Cruz-Ferreira, A., & Pereira, C. (2025). Enhancing interoceptive awareness in community-dwelling older adults: Effects of a psychomotor intervention mediated by creative dance. *Frontiers in Psychology*, 16, 1515393. <https://doi.org/10.3389/fpsyg.2025.1515393>

→ kreative Tanzintervention erhöhte Interozeptionswerte (MAIA-Skala) signifikant.

Embodiment, Interozeption und Mind-Body-Interventionen

Gnall, K. E., Sinnott, S. M., Laumann, L. E., Park, C. L., David, A., & Emrich, M. (2024). Changes in interoception in mind-body therapies for chronic pain: A systematic review and meta-analysis. *International Journal of Behavioral Medicine*. <https://doi.org/10.1007/s12529-023-10249-z>

→ Mind-Body-Interventionen verbessern Interozeptionsfähigkeit und reduzieren Schmerzsignale.

Shatrova, D., Cáncer, P. F., & Caperos, J. M. (2024). The role of interoception in reducing trauma-associated distress: A feasibility study. *European Journal of Psychotraumatology*, 15(1), 2306747. <https://doi.org/10.1080/20008066.2024.2306747>

→ Interozeptions-Training kann Stress und traumabezogene Belastung reduzieren.

Bertolini, G., et al. (2024). An overview of bodily awareness representation and interoception: Insights and progress in neurorehabilitation research. *Brain Sciences*, 14(4), 386. <https://doi.org/10.3390/brainsci14040386>

→ Überblick über aktuelle neurobiologische Modelle von Körperwahrnehmung.

Embodied Mindfulness / Tanzbasierte Interventionen

Zafeiroudi, A., Tsartsapakis, I., Trigonis, I., Kouli, O., Goulimaris, D., & Kouthouris, C. (2025). Embodied mindfulness through movement: A scoping review of dance-based interventions for mental well-being. *Healthcare*, 13(17), 2230. <https://doi.org/10.3390/healthcare13172230>

→ Tanzbasierte Programme verbessern Körperwahrnehmung, emotionale Regulation und soziale Verbindung.

Christopher, N., & Tamplin, J. (2022). The use of kinesthetic empathy with adults living with treatment-resistant depression: A survey study. *American Journal of Dance Therapy*, 44, 115–142.

→ Kinesthetic Empathy fördert Selbstregulation und therapeutische Beziehung in Tanztherapie.

Neuere neurowissenschaftliche Perspektiven auf Tanztherapie

Yang, F., Ripley-Gonzalez, J. W., Tang, J., & Gao, S. (2025). Dance therapy in rehabilitation: A two-decade bibliometric analysis (2000–2024). *Humanities and Social Sciences Communications*.
→ zeigt stark steigendes Forschungsinteresse an Tanztherapie weltweit.