



BRIDGE THE GAP

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Hello! My name is Aidan and I'm in the final year of my Masters in Dance Movement Psychotherapy. I'm registered as a trainee with ADMP, I will be delivering DMP sessions that are creative and explorative through movement and other arts. I take a humanistic approach within my sessions which allows the individual to take the lead of the session with guidance from me.

During my undergraduate degree at Edge Hill University, I studied Dance and Drama, which enabled me to explore different styles of dance and creativity such as; contemporary, jazz, ballet, flamenco, capoeira, and some street/ commercial dance. I like to incorporate this experience into my sessions, making it a comfortable and non-judgmental space for individuals to express their feelings creatively in any aspect they choose. While doing this degree I also had the chance to structure and present a primary school dance session.

During my time in the week, I like to move around and choreograph/ teach classes in a sports club at the university. I'm also a big foodie so I spend time in the kitchen creating many different dishes that span across different cultures.

During my time as a dancer and trainee DMP, I have found dance and movement a great way to be expressive with my feelings and emotions in day-to-day life. I am looking forward to working with bridge the gap and bringing more creativity into the environment.