

Who is Angela Wiley?

Angela has concurrent BA degrees; the first in Dance and Theater and the second in Psychology. She also has a MA in Dance/Movement Therapy with a minor in counseling. She is a Licensed Professional Counselor (LPC) in both NC and SC and is a Licensed Professional Counselor Supervisor (LPCS) in the state of NC. Angela also has a state Licensed Clinical Addiction Specialist (LCAS) and a Certified Clinical Supervisor (CCS). Angela holds national certifications of National Certified Counselor (NCC) and of Master Addiction Counselor (MAC) with NAADAC. Angela also holds a Dance/Movement Therapy certification, a Board Certified-Dance Movement Therapist (BC-DMT,), Registered Drama Therapist/Board certified Trainer (RDT/BCT,) and Certified Trauma Specialist (CTS). Angela works in private practice, using dance, drama, movement and traditional talk therapy to assist children, teens, adults and families.

What is Dance/Movement and Drama Therapy? And why should I choose it for my self or child?

I like to think of these therapies as additional tools to the traditional verbal therapies. Instead of only sitting and talking about your problems, feelings and experiences you can add the opportunity to get up and express them through dance, movement, and drama- Angela Wiley.

"The body remembers what the mind forgets"

Developmentally, most children have not reached a point where it is possible for them to verbally express their most intense and troubling emotions. Therefore children simply do not have the vocabulary available to them to say what it is they need to say. This is also the case for adults who have experienced trauma as a child. As an adult the vocabulary is there but the trauma occurred on a physical level when the vocabulary was not present. Dance/Movement Therapy is based on the belief that the body, mind, and spirit are all connected. Dance/Movement Therapy is defined by the American Dance Therapy Association as "the psychotherapeutic use of movement as a process that furthers the emotional, cognitive, social, and physical integration of the individual." It allows individuals to express feelings and emotions through action integrating the body, mind and emotions. Drama therapy is an active approach to therapy that allows the client to tell their stories, solve problems, work through intense and troubling emotions, and understand the meaning of their own dreams, images, and symbols. This is achieved through techniques such as role playing, improvisation, story telling, etc. When abuse occurs individuals often feel that they have lost control of their own body, the use of dance/movement and drama therapy is helpful in that it will allow the individual to reform and then enhance the connection between their mind and body. Forming this connection as well as a trusting relationship with the therapist, allows the individual to take control of other parts of their lives. Dance/movement and drama therapies can be beneficial to everyone and to all ages.

Learn how to communicate what is too deep, too fine for words