Beyond the Gut

Reconnecting Body, Mind and Community Through Dance Movement Therapy (DMT)

A Mixed-Methods Protocol for Integrated Care in Irritable Bowel Syndrome (IBS)

Why it matters

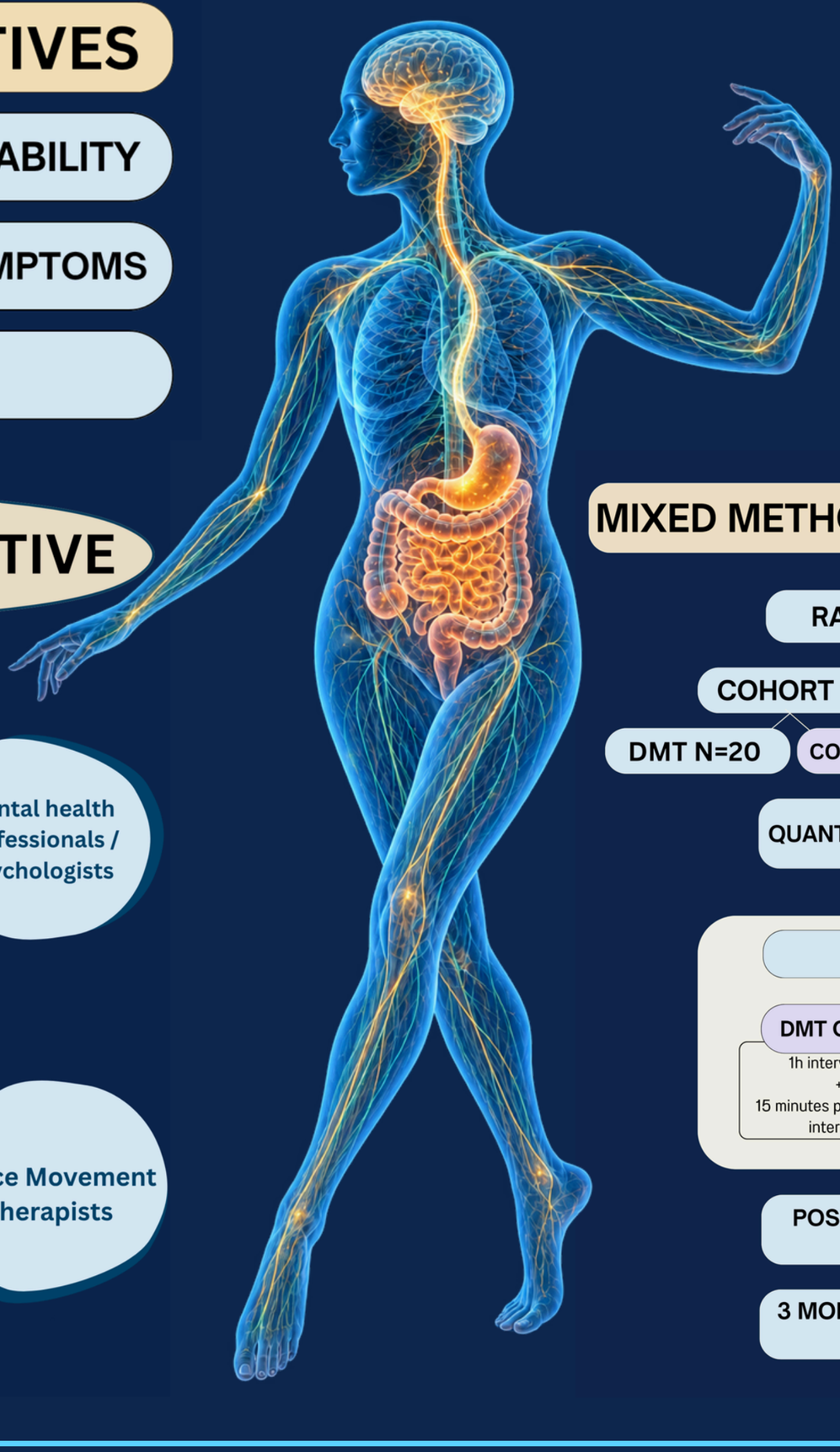
- IBS affects gut health, emotional well-being, daily life, and social participation.
- Care remains fragmented, addressing IBS dimensions separately.
- Evidence on embodied, arts-based approaches in collaborative IBS care is limited.
- This protocol explores group-based DMT to connect digestive, mental, and community care.

RESEARCH OBJECTIVES

1- FEASABILITY AND ACCEPTABILITY

2- EFFECTS OF DMT ON IBS SYMPTOMS

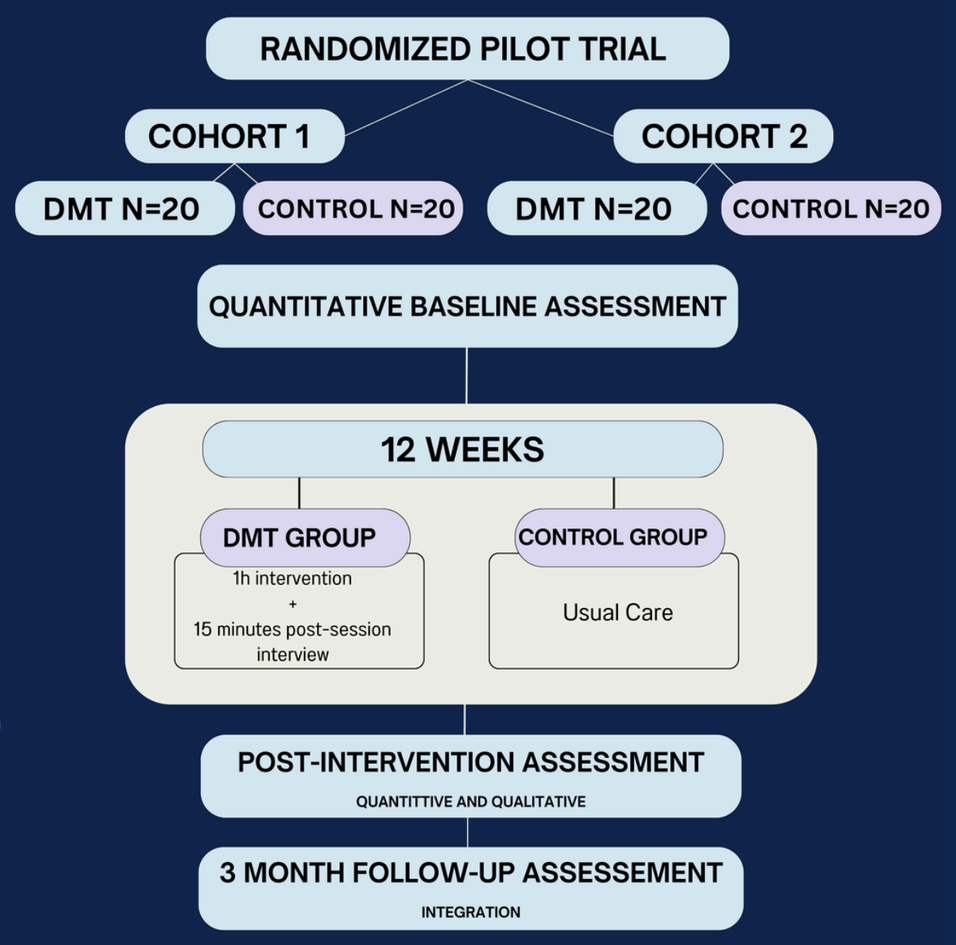
3- LIVED EXPERIENCE



LONG-TERM OBJECTIVE



MIXED METHODS EXPERIMENTAL DESIGN



Collaboration in practice : It shapes both the intervention and the study.

- Clinicians bring diagnostic and health-care expertise.
- DMT practitioners bring embodied, therapeutic, relational, and creative expertise.
- Participants bring lived experience to guide the therapeutic process and interpretation of findings.
- Collaboration among clinicians, therapists, and people living with IBS may complement integrated care and help shape community-based support.

Proposed pathways of change

- Group-based DMT may strengthen body awareness, emotional regulation, self-efficacy, and community connection—supporting self-management and everyday participation.

Shared expertise.
Connected communities.
Care centred on the person.

✱ Study protocol: Outcome data not yet available.

Author: Sandra El-Sabbagh, Ph.D. candidate
Interdisciplinary Ph.D. in Health and Society
gutbraindance@yahoo.com, +1-514-576-3360

Supervisor:
Lucie Beaudry, Ph.D., Associate Professor
Dance Department, Université du Québec à Montréal

Co-supervisor:
Bassam El-Khoury, PhD, Associate Professor
Clinical Psychology, McGill University
https://mindfulnessresearchlab.com