**Abstract**

The purpose of this study was to highlight the voices of the participants and understand their experiences. This research explored a first-time six-week dance/movement therapy (DMT) program with adults with autism attending a prevocational program. The DMT program was interested in understanding the participants' experiences, how their experiences differed from the experiences of the researcher, ‘me,’ and what career-oriented themes developed from the participants' movements and discussions. The participants included three adult males and one female. This study utilized a qualitative case-study research design. For example, a pre-and-post-interview was given to each participant to understand their thoughts, feelings, and needs pertaining to DMT and the prevocational program. Also, I maintained a session observation journal to assess the participants’ movements through Laban Movement Analysis (LMA) and record my thoughts and feelings each session. The findings indicate that all participants' confidence increased, and the group felt an ease of connecting with one another due to the combination of movement-based and art-based directives, along with anger management skills, such as expressing feelings to support systems and practicing breathing techniques increased, assisting future job opportunities. Further results indicate the importance of the therapist adapting and attuning to each participant's communication style and holding a therapeutic space where all emotions are welcome. Continued program evolution is needed to understand the DMT program’s validity.

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