The purpose of present review is to provide the actuality in science knowledges of Dance Therapy (DT) and psychological adaptation to different pathologies (Cancer, fibromyalgia, AIDS). To bring the most important aspect of DT and their contribution of patient life. The literature provides clear documentation of the benefits of DT, this no-traditional treatment modalities faced the patient to the collateral effect of traditional treatment. The DT decreased the fatigue, anxiety, depression, perception of pain and increased the vigor, vital energy, body-image and positive internal moods of the patient. Demonstrates the increasing evidence to recommend the DT like a integral somatic health way, close to the traditional treatment.

Keywords
Dance Therapy, Psychological adaptation, exercise, cancer, fibromyalgia, AIDS.