



The Art and Science of Dance/Movement Therapy: Life Is Dance

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The Art and Science of Dance/Movement Therapy offers both a broad understanding and an in-depth view of how and where dance therapy can be used to produce change. The chapters go beyond the basics that characterize much of the literature on dance/movement therapy, and each of the topics covered offers a theoretical perspective followed by case studies that emphasize the techniques used in the varied settings. Several different theoretical points of view are presented in the chapters, illuminating the different paths through which dance can be approached in therapy.

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Editorial Review

Review

*"Aside from the obvious pleasure of having another excellent reference book on dance/movement therapy to add to the growing body of literature, *The Art and Science of Dance/Movement Therapy* also makes several important contributions to the field. For the psychological community at large, this book is a clear, concise, and thoughtful introduction to the theoretical values and principles of dance/movement therapy. For the developing dance/movement therapist, it is an invaluable teaching tool. And for the seasoned dance/movement therapist, it is simply a pleasure to read."* –**Julie Miller, American Dance Therapy Association**

"This exceptional text is a must read for professionals in the mental health, health and education fields, graduate students in DMT, and allied professionals who want a more thorough understanding of DMT. It captures the essence of this unique and powerful treatment modality and offers a rich and diverse cross-cultural perspective."

-Arlynn Stark, MA, MAS, ADTR, LPC, CMA; Past President, American Dance Therapy Association; Former Professor and Director, Dance/Movement Therapy Graduate Program, Goucher College

"This is destined to be a classic resource for dance therapists and is accessible to practitioners from other fields and the public. It is a truly remarkable and unique volume that engagingly describes the transformative nature of dance/movement therapy and how it can generate positive behavioral and emotional outcomes that affect individuals and communities."

-Robyn Flaum Cruz, PhD, ADTR, Associate Professor, Lesley University Division of Expressive Therapies, Editor-in-Chief, *The Arts in Psychotherapy*

About the Author

Sharon Chaiklin, ADTR is a founding member and past president of the American Dance Therapy Association. She was a student of Marian Chace, one of the first dance therapists in the USA and has worked for over 34 years in psychiatric hospitals and private practice, taught for 14 years in the Graduate Dance/Movement Therapy Program at Goucher College in Baltimore, Maryland, and authored several articles. She is co-editor of the book *Foundations of Dance/Movement Therapy: The Life and Work of Marian Chace* and currently serves as president of the Marian Chace Foundation of the American Dance Therapy Association.

Hilda Wengrower, PhD, DMT is academic director of the DMT masters program at IL3-University of Barcelona and a lecturer in the Department of Theatre Studies at Hebrew University in Jerusalem. She is the book review editor for *Body, Movement, and Dance in Psychotherapy* and has published papers and chapters on arts therapies in educational settings, migration, qualitative research and arts therapies, and DMT. Since 1981 she has been working in public institutions and in private practice as a therapist and clinical supervisor.

Users Review

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Marilyn Daniels:

This book untitled The Art and Science of Dance/Movement Therapy: Life Is Dance to be one of several books that best seller in this year, that's because when you read this guide you can get a lot of benefit into it. You will easily to buy this specific book in the book shop or you can order it by means of online. The publisher with this book sells the e-book too. It makes you quickly to read this book, because you can read this book in your Touch screen phone. So there is no reason for you to past this guide from your list.

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