



An Introduction to Medical Dance/Movement Therapy: Health Care in Motion

Sharon W. Goodill

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Presenting dance/movement therapy (DMT) as a viable and valuable psychosocial support service for those with a medical illness, Sharon W. Goodill shows how working creatively with the mind/body connection can encourage and enhance the healing process. This book represents the first attempt to compile, synthesize, and publish the work that has been done over recent years in medical DMT. The emerging application of medical DMT is grounded within the context of established viewpoints and theories, such as arts therapies, health psychology and scientific perspectives. As well as examining its theoretical foundations, the author offers real-life examples of medical DMT working with people of different ages with different medical conditions. This comprehensive book provides a firm foundation for exploration and practice in medical DMT, including recommendations for professional preparation, research and program development. Interviews with dance/movement therapists bring fresh and exciting perspectives to the field and these and the author's testimonies point to the possible future applications of medical DMT. With an increasing number of professional dance/movement therapists working with the medically ill and their families, this is a timely and well-grounded look at an exciting new discipline. It is recommended reading for DMT students and professionals, complementary therapists, and all those with an interest in the healing potential of working innovatively with the mind and body.

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