



## Dance Movement Therapy: A Creative Psychotherapeutic Approach

By Bonnie Meekums

SAGE Publications Ltd. Paperback. Book Condition: new. BRAND NEW, Dance Movement Therapy: A Creative Psychotherapeutic Approach, Bonnie Meekums, 'This book is a very useful starting point for trainees in DMT, or for those training or practicing in other arts therapies or allied professions who would like an overview of theories and methods in DMT. For more experienced DMT practitioners and researchers, this book provides an introduction to theories of creativity and the notion of the movement metaphor as a basis for DMT theory and practice. There is constant dialogue and contextualizing between Meekum's theory and approach, psychological theories that have influenced the development of DMT, case studies, and the historical development of DMT. What is important in this book is the acknowledgement that DMT is a unique psychotherapy practice with a distinctive theory and methodology based on the intrinsic interaction between movement, the creative process, and psychology' - Body, Movement and Dance in Psychotherapy 'Along with the "how" and "why" of psychotherapy, Bonnie Meekums provides realistic examples of people whose lives have benefited from dance movement therapy. It is my honour to recommend this book' - Dianne Dulica, President of the American Dance Therapy Association 'It is a very accessible book...



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