

Dance Movement Therapy

A Creative Psychotherapeutic Approach

'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 Dulicai, President of the American Dance Therapy Association 'It is a very accessible book - it's an introduction to Dance Movement Therapy, ideal for students who have started DMT training, people who work in related fields (eg other arts therapies) or anyone who is interested in DMT. However, the book goes beyond the introduction in Bonnie's attempt to develop a new framework. It encourages practising DMTs to question their own approach introducing a different terminology to describe the creative process.... It is food for thought and for discussions in supervision' - e-motion 'Dr Meekums surpasses her goal of contributing to the development of DMT; her book serves as a catalyzing guide for all health care professionals who seek creative processes in healing.... Meekums provides an innovative framework for DMT, and offers adequate references and recommendations for further study, research and evidence-based practice. I enthusiastically recommend this book to creative arts therapists, allied practitioners and especially to practicing and intern dance movement therapists as a professional resource and guide' - Maria Brignola Lee, The Arts in Psychotherapy Dance Movement Therapy is a concise, practical introduction to a form of therapy, which has the body-mind relationship at its centre. Movement, with both its physical and metaphorical potential, provides a unique medium through which clients can find expression, reach new interpretations and ultimately achieve a greater integration of their emotional and physical experience. In the book, Bonnie Meekums maps the origins of Dance Movement Therapy (DMT) and its relationship to other more traditional forms of therapy. Outlining a new model for DMT, she describes the creative process, which develops in cycles throughout each session and over the course of therapy. The stages in this creative, psychotherapeutic process are described as: - preparation - incubation - illumination - and evaluation Illustrated throughout with vivid case examples, the book defines the role of the therapist in working with clients to bring about change. This is a practical and accessible guide, which will help new trainees become orientated within the field of DMT. It also has much to offer practising psychotherapists who wish to develop more holistic and creative ways of meeting their clients' needs.

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