



# Dance Movement Therapy: Theory and Practice

*Helen Payne*

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## **Dance Movement Therapy: Theory and Practice** Helen Payne

The complexity and diversity of dance movement therapy is both clarified and celebrated in the contributions to this book which documents pioneering practice in a variety of settings in the UK. Experienced dance movement therapists from many different theoretical orientations and working with a range of clients, from the very young to the very old, come together to reveal their thinking, working methods and techniques.

*Dance Movement Therapy: Theory and Practice* offers practising dance movement therapists new ideas and approaches, students an insight into their subject's versatility and adaptability, and other mental health workers, allied educators and professionals a clear picture of the nature and importance of dance movement therapy.

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