

INTERNATIONAL PERSPECTIVES ON THEORY, RESEARCH AND PRACTICE

Edited by Helen Payne



First published 2017 by Routledge 2 Park Square, Milron Park, Abingdon, Oxon OX14-1RN and by Routledge 711 Third Avenue, New York, NY 10017

Rousledge is an impelat of the Taylor and Francis Group, an informa business

© 2317 selection and editorial mutter, Helen Payne; individual chapters, the contributors

The right of the editor to be identified as the author of the editorial materia, and of the authors for their individual chapters, has been asserted in accordance with sections 77 and 78 of the Copyright, Designs and Paterns Act 1988.

All rights reserved. No part of this book may be reprinted or reproduced or utilised in any form or by any electronic, mechanical or other means, now known or hereafter invented, including photocopying and recording, or in any information storage or retrieval system, without permission in writing from the publishers.

Trademark nation: Product or corporate names may be trademarks or registered trademarks, and are used only for identification and explanation without intent to infringe.

British Library Cataloguing in Fublication Data A estalogue record for this book is available from the British Library

Library of Congress Cataloguing in Publication Data
Names: Payne, Heler, 1951—author.
Title: Essentials of Gance movement psychotherapy international perspectives on theory, research, and practice / edited by Helen Payne Description: Milton Park, Abirgdor, Oxon: New York, NY:
Routledge, 2017. [Includes bibliographical references and index, Intendifiers, LCCN 2016049344—ISBN 9781138200456 (hbk: alk, paper).] ISBN 9781138200470 (pbc. alk, paper).] ISBN 9781315452852 (ebk).
Subjects, LCSH: Dance therapy. Movement therapy.
Classification: LCC RC489.D3 E87 2017. DDC 616 89/1658-de23LC record available at https://cen.lcc.gov/2016049344

ISBN: 978-1-138-20045-6 (bbk) ISBN: 978-1-138-20047-0 (pbk) ISBN: 978-1-315-45285-2 (ebk)

Typeset in Times by Out of House Publishing



Contents

	List of figures	ix
		×
	10-00-10-10-10-10-10-10-10-10-10-10-10-1	xi
		xii
		xvii
	Chapter frontispieces List of tables List of contributors Foreword by Marianne Eberhard-Kanchele Preface Acknowledgements List of abbreviations Introduction: experiencing inter-corporeality and professional learning HELEN PAYNE. UK RT 1 eory Relational dance movement psychotherapy: a new old idea sissy tykou, UK Dynamic equilibrium: engaging neurophysiological intelligences through dance movement psychotherapy KALILA HOMANN, USA Conscious movement sequencing: the core of the dance	xix
	TO SOUTH A STATE OF THE STATE O	xxi
	THE PROPERTY OF THE PROPERTY O	xxii
1		1
	The state of the s	
	HELEN PAYNE, UK	
PA	ART I	
600	neory	19
2		21
	SISSI LIKOU, CK	
1	Dynamic equilibrium; engaging neurophysiological	
	intelligences through dance movement psychotherapy	37
4	Conscious movement sequencing: the core of the dance	
	movement psychotherapy experience	53
	CHRISTINE CALDWELL USA	
5	A growth model in dance therapy	67
	SUSANNE RENDER GERMANY	

AIII 1	Cont	ent	S.
--------	------	-----	----

	ART II esearch	81
(Gestalt and dance movement psychotherapy in adults with cating disorders: moving towards integration through practice and research YEVA FELDMAN, UK	83
7	An exploration of the application of touch in dance movement psychotherapy ELINA CAUNA AND KRISTINE VENDE-KOTOVA, LATVIA	99
8	Shared movement: a dance-informed contribution to non-verbal interpersonal relating in autism spectrum disorders ROSEMARIE SAMARITIES, THE NETHERLANDS	112
9	Movement-based supervision for Korean arts therapies students KYUNG SOON KO, SOUTH KOREA	129
	RT III	147
10	Reliable change in outcomes from The BodyMind Approach TM with people who have medically unexplained symptoms/somatic symptom disorder in primary healthcare HELEN PAYNE, UK	149
11	Overcoming trauma: when verbal language is not enough DITA BUDITH FEDERMAN AND GALIT ZANA STERENFELD, ISRAEL	171
12	I am here with you: dance movement psychotherapy and music therapy as a marriage of empathy in the special school setting SARA OWEN, UK	187
13	Holding and adolescent angst: significant moments within a dance movement psychotherapy group in a mainstream secondary school JULIE JOSEPH AND VICKY KARROU, UK	201
14	The recovery journey: the place and value of dance movement psychotherapy with clients with alcohol or substance misuse PAM FISHER, UK	223
	Appendix Index	237 250

Figures

2.1	Relationality in dance movement psychotherapy	25
4.1	To show the Mobility Gradient	57
5.1	To show the phase model of growth	68
6.1	Frequency of emergent themes during 19-week	
200	research period	88
8.1	To show the Shared Movement Approach	123
9.1	To illustrate self-care	132
9.2	To demonstrate walking in silence	133
9.3	To illustrate the healing patch	134
9.4	To show the body scan	135
9.5	To show postures of strength	135
1.1	To show the movement-oriented body-mind intervention	
	model for trauma survivors	177
3.1	Clay model from the first moment of 'holding' (flowers)	210
3.2	Clay model from the first moment of 'holding' (red heart)	211
3.3	Clay model from the first moment of 'holding' (blue heart)	211
3.4	Clay model from second moment of 'holding' (Sarah's pile	
	of faeces)	212
3.5	A complex clay model structure	-213
3.6	Another complex clay model	214
3.7	A further complex clay model	215
3.8	Words on paper expressing loss at the group ending from	
	the third moment of 'holding'	216
3.9	Words on paper expressing anger at the group ending from	
	the third moment of 'holding'	217

Chapter frontispieces

Image from the film Breathing Circle, from the film compilation So We Are Here Now: Three Authentic Movement Films, by Eila Goldhahn. © Auro Gallus 2016	36
Image from the film Long Circle, from the film compilation So We Are Here Now: Three Authentic Movement Films, by Eila Goldhahn. & Auro Gallus 2016	52
Image from the film Long Circle, from the film compilation So We Are Here Now: Three Authentic Movement Films, by Eila Goldhahn. © Auro Gallus 2016	66
Image from the film Long Circle, from the film compilation So We Are Here Now: Three Authentic Movement Films, by Eila Goldhahn & Auro Gallus 2016	82
Image from the film Breathing Circle, from the film compilation So We Are Here Now: Three Authentic Movement Films, by Eila Goldhahn. © Auro Gallus 2016	98
Image from the film Moving and Witnessing, from the film compilation Movers and Witnesses: Authentic Movement in Theatre and Dance Practice, by File Goldhahn. © Auro Gallus 2016	170
Image from the film So We Are Here Now, from the film compilation So We Are Here Now: Three Authentic Movement Films, by Eila Goldhahn. ○ Auro Gallus 2016	186
Image from the film Long Circle, from the film compilation So We Are Here Now: Three Authentic Movement Films, by Ella Goldhahn © Auro Gallus 2016	200

Tables

8.1	To show open coding procedure of therapist's intervention	
	throughout DMP with ASD participants	118
8.2	To show SEAM observation categories	120
10.1	To show PHQ-9 and GAD-7 reliability	155
10.2	To show pre-to-post intervention reliable change	156
10.3	To show from pre-intervention to six-month follow-up	157
10.4	To show the percentage of participants giving high	
	satisfaction scores on aspects of pilot study	159
10.5	To show the effect of participants' symptoms on ability	
	to work	159