

The Art and Science of Dance/Movement Therapy

Life Is Dance

Edited by Sharon Chaiklin & Hilda Wengrower

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"This exceptional text is a must read for professionals in the mental health, health and education fields, graduate students in DMT, and allied professionals who want a more thorough understanding of DMT. It captures the essence of this unique and powerful treatment modality and offers a rich and diverse cross-cultural perspective." - **Arlynn Stark, MA, MAS, ADTR, LPC, CMA**, past President, American Dance Therapy Association; former Professor and Director, Dance/Movement Therapy Graduate Program, Goucher College

"This is destined to be a classic resource for dance therapists and is accessible to practitioners from other fields and the public. It is a truly remarkable and unique volume that engagingly describes the transformative nature of dance/movement therapy and how it can generate positive behavioral and emotional outcomes that affect individuals and communities." - **Robyn Flaum Cruz, PhD, ADTR**, Associate Professor, Lesley University Division of Expressive Therapies, Editor-in-Chief, *The Arts in Psychotherapy*

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About the Editors

Sharon Chaiklin, ADTR is a founding member and past president of the American Dance Therapy Association. She was a student of Marian Chace, one of the first dance therapists in the USA; worked for over 34 years in psychiatric hospitals and private practice; taught for 14 years in the Graduate Dance/Movement Therapy Program at Goucher College in Baltimore, Maryland; and has authored several articles. She is co-editor of the book *Foundations of Dance/Movement Therapy: The Life and Work of Marian Chace* and currently serves as President of the Marian Chace Foundation of the American Dance Therapy Association.

Hilda Wengrower, PhD, DMT is Academic Director of the DMT masters program at IL3-University of Barcelona and a lecturer in the Department of Theatre Studies at Hebrew University in Jerusalem. She is the book review editor for *Body, Movement, and Dance in Psychotherapy* and has published papers and chapters on arts therapies in educational settings, migration, qualitative research and arts therapies, and DMT. Since 1981 she has been working in public institutions and in private practice as a therapist and clinical supervisor.

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