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Creative Movement and Dance in Groupwork (Creative Activities in Groupwork)

Helen Payne

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Creative Movement and Dance in Groupwork (Creative Activities in Groupwork) Helen Payne
A strong link exists between movement and emotions. This innovative book explores that link and provides 180 practical activities with a clear rationale for the use of dance movement to enrich therapy programmes. It presents an inspiring range of session ideas and insights. It features session plans divided into warm-ups, introductions to themes, development of themes and warm-downs. It explores many areas including developmental movement processes, non-verbal communication, and expression communication.

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