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Movement and Drama in Therapy: A Holistic Approach 2nd Edition

Audrey G. Wethered

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This book explores the role of drama, movement and music in helping mentally disturbed patients to emerge from their twilight world into a state where they can begin to come to terms with themselves and with daily living. The basic principles of movement are outlined, and their use and practical value discussed. The book is intended for those experienced in therapy who want to understand movement, for those trained in movement who want who want to apply what they have learned in the therapeutic and other remedial ways, and as an introduction to both movement and therapy for those in other disciplines.

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