



# Primitive Expression and Dance Therapy: When dancing heals (Explorations in Mental Health)

*France Schott-Billmann*

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This book provides a rigorous and comprehensive account of primitive expression in dance therapy, focusing on the use of rhythm and exploring the therapeutic potential inherent in the diverse traditions of popular dance, from tribal shamanic dance to styles such as rock, rap and hip-hop strongly present in our contemporary society.

Drawing on the author's vast experience in the field of dance therapy, the book examines biological, psychological and anthropological foundations of rhythm based therapies, considering their roots in biological rhythms such as the heartbeat and using such rhythms in therapy. Chapters include:

- The link between animal and man: ethology
- Shamanism
- Gestural symmetry coupling with the other
- Bilateralism as structuring dialogue
- Rhythm dance therapy
- New fields in the application of dance therapy.

Clinical examples are provided throughout the book to comprehensively demonstrate how dance rhythm therapy can contribute to the use of the arts therapies. It offers a fresh perspective for researchers, psychotherapists and clinicians who want to use dance therapy techniques, as well as arts therapists and those who want to learn more about artistic and cultural dance.

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