Record Nr. UNINA9910780342303321 Autore Halprin Daria **Titolo** The Expressive body in life, art, and therapy [[electronic resource]]: working with movement, metaphor, and meaning / / Daria Halprin London; ; Philadelphia, : J. Kingsley, 2003 Pubbl/distr/stampa **ISBN** 1-283-90416-0 1-4175-0190-1 1-84642-375-9 Descrizione fisica 1 online resource (250 p.) Disciplina 616.89/165 Soggetti Art therapy Arts - Therapeutic use Inglese Lingua di pubblicazione **Formato** Materiale a stampa Livello bibliografico Monografia Note generali Description based upon print version of record. Nota di bibliografia Includes bibliographical references and index. Nota di contenuto The Expressive Body in Life, Art, and Therapy; Contents: Acknowledgments; Foreword; Preface; Part One: Introduction; 1. Movement as Metaphor; 2. How I Got Here; Part Two: Roots and Cross-Pollination; 3. Historical Context; 4. Psychology; 5. Somatic Psychology; 6. Dance: 7. Modernism, Postmodernism, and the Avant-Garde: Part Three: The Practice: 8. Creativity, Art, and Therapy: 9. Maps and Methods of the Practice; 10. Body Part Metaphors; 11. Living Artfully with the Wounded Self; 12. Case Studies; Part Four: Conclusion; 13. Art as a Healing Force in the World; References; Further Reading Contacting the Tamalpa InstituteSubject Index; Author Index Drawing on her extensive experience in expressive arts therapy, Daria Sommario/riassunto Halprin presents a unique approach to healing through movement and art. She describes the body as the container of one's entire life experience and movement as a language that expresses and reveals our deepest struggles and creative potentials.