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| Autore                  | Colin Noyale                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Titolo                  | Dancing                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
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| Descrizione fisica      | 1 online resource (161 pages)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Collana                 | Arts for Health Series                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
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| Disciplina              | 613                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Soggetti                | Dance therapy<br>Physiotherapy                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
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Through and for Health Experiences in Adulthood -- Moving, Dancing and Feeling Through Experiences of Cancer -- Move Dance Feel -- Dance Practice to Improve Understanding of Health in Specific Cultural Contexts -- Working with Diverse Community Groups -- Moving Tu Dance, UK -- The Assumption of Therapy: Dance and Disabled People -- Addressing Health Inequalities for People with Learning Disabilities -- DanceSyndrome, UK -- Summary -- Chapter 4: How Can I Engage With Dance?.

Healthy Practice -- At Home -- Dance for Relaxation, Inspiration and Reflection -- Dancing with Music -- Online Dancing -- Stopgap Dance: Inclusion Elevates Everyone -- Outdoor Dancing -- Dancing with Children and Young People -- The Feather Dance -- Partner Dancing -- Improvisation Duets -- Instruction to Develop Mirroring Practice -- Then Explore with No Leader and No Follower -- Translation -- Group Dancing: Community and Belonging -- Community Classes and Dance Project -- Cool Down (can also be used for warm-up) -- Self-massage -- Things to Experience -- Young People Performing -- Boys and Men Performing -- Performing Dance in Later Life -- Performing for Stroke Survivors -- Summary -- Chapter 5: What Can Professionals Do to Help? -- Social Care Homes -- Setting Up Tea Chair Dance Sessions -- Primary Care, Hospitals or Other Clinics -- Dance for Health in Hospital - Older Patients -- Dance as Part of a Multidisciplinary Approach to Pain Management for Babies and Children in Hospital -- Primary Care: General Practice -- Establishing a Group -- Training -- For Health Professionals -- Transforming the Doctor-Patient Relationship - Stuart Pimsler Dance and Theatre (USA) -- Landscapes: practising observational skills -- For Dance Professionals -- Training for Dance Enthusiasts: Dance Health Alliance (Australia) -- Summary -- Chapter 6: How Can We Address Challenges and Embrace Opportunities in Dancing for Health? -- Increased Awareness to Increased Participation -- Broadening Access to Dance -- Dance Through Your Doctor: Dance on Prescription -- Dance Network Association, UK -- Overcoming Global and Future Challenges -- Opening New Movement Capacities with Creative Technologies -- CoDa Dance Company, UK -- How Might the Barriers Be Different for Professionals? -- Concluding Thoughts -- Participate in Dancing -- Experience Dancing. Advocate for Dancing -- Chapter 7: Useful Links and Resources -- Resources Used in the Book -- Further Links -- Examples of Dance Activities in Care Homes -- Online Classes -- News Articles -- Podcasts -- Toolkits and Scores -- Toolkit for Care Staff -- Music Playlists -- About the Authors -- References -- Index.

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## Sommario/riassunto

The ebook edition of this title is Open Access and freely available to read online. Channelling a new application for an ancient, beloved creative practice, dance experts and advocates Noyale Colin and Kathryn Stamp challenge all of us, no matter our age, circumstances or ability, to get our bodies moving.

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