



Soul and Spirit in Dance Movement Psychotherapy: A Transpersonal Approach

Jill Hayes

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Using a contemporary synthesis of Jungian and Post-Jungian imaginal perspectives, animate ecological phenomenology, somatics and recent scholarship in dance movement and progressive spiritualities, this unique book discusses how the promotion of a fluid relationship between imagination and movement can bring the mover back into relationship with soul and spirit. This connection with soul and spirit is considered as an essential and powerful resource in mental health. The book provides a rich digest of theory and produces a clear framework for the application of transpersonal theories to Dance Movement Psychotherapy (DMP) practice, writing and research, illustrating the use and value of transpersonal perspectives through detailed case studies.

Providing spiritual, soulful and mythological perspectives on DMP rooted in theory and practice, this book will be essential reading for dance movement psychotherapists, drama psychotherapists, expressive arts therapists, and dance movement psychotherapy students, drama psychotherapy students and arts therapy students.

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