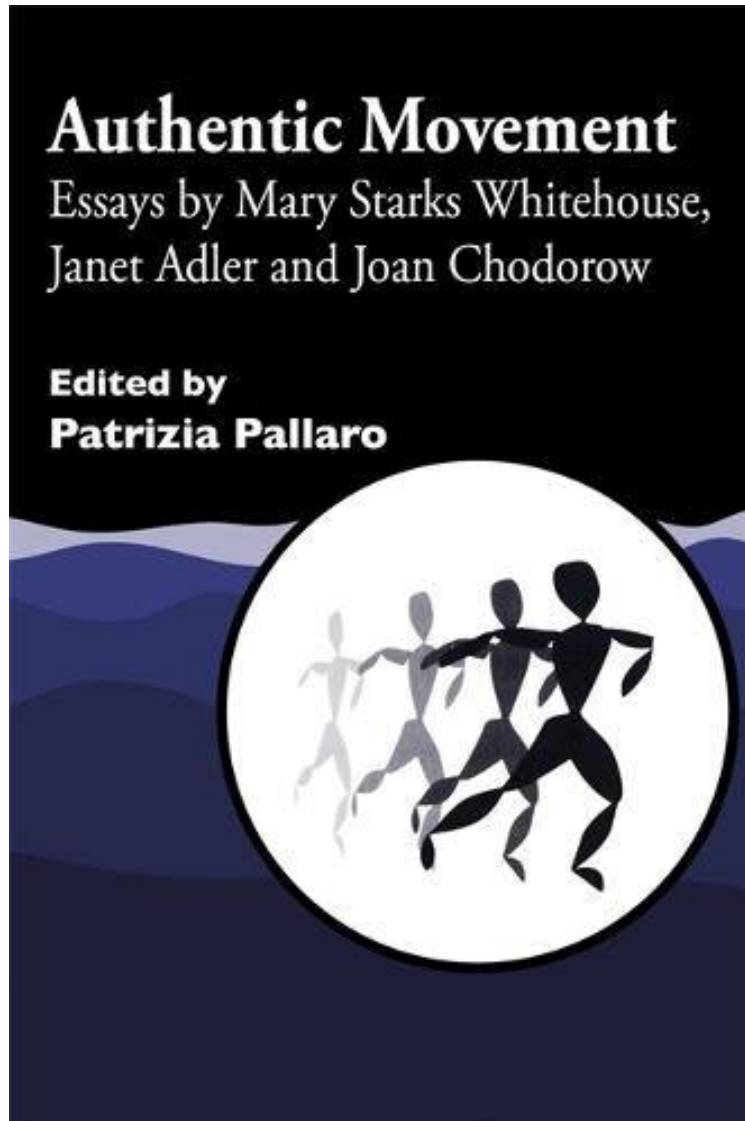


[Ebook pdf] Authentic Movement: Essays by Mary Starks Whitehouse, Janet Adler and Joan Chodorow (v. 1)

## **Authentic Movement: Essays by Mary Starks Whitehouse, Janet Adler and Joan Chodorow (v. 1)**

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**From Jessica Kingsley Publishers : Authentic Movement: Essays by Mary Starks Whitehouse, Janet Adler and Joan Chodorow (v. 1)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Authentic Movement: Essays by Mary Starks Whitehouse, Janet Adler and Joan Chodorow (v. 1):

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'Patrizia Pallaro's second volume of essays on Authentic Movement, eight years after her first, is a tour de force. It is indeed "an extraordinary array of papers", as Pallaro puts it, and an immensely rich, moving and highly readable sweep through the landscapes of Authentic Movement, "this form of creative expression, meditative discipline and/or psychotherapeutic endeavour". You don't need to practice Authentic Movement to get a lot out of this book, but it certainly helps! I defy anyone to read the first two sections and not be curious to have their own experience.' - Sesame Institute 'Authentic Movement can be seen as a means by which analysts can become more sensitive to unconscious, especially pre-verbal aspects of themselves and their patients.' - Body Psychotherapy Journal Newsletter 'This book is a collection of articles, some of which are interviews, brought together for the first time. It is very valuable to have them all together in one place... It is a wonderful collection of articles on topics you have always wanted to read, such as the role of transference in dance therapy or Jung and dance therapy. The book also includes scripts for exercises.' - Somatics Authentic Movement, an exploration of the unconscious through movement, was largely defined by the work of Mary Starks Whitehouse, Janet Adler and Joan Chodorow. The basic concepts of Authentic Movement are expressed for the first time in one volume through interviews and conversations with these important figures, and their key papers. They emphasize the importance of movement as a means of communication, particularly unconscious or 'authentic' movement, emerging when the individual has a deep, self-sensing awareness - an attitude of 'inner listening'. Such movement can trigger powerful images, feelings and kinesthetic sensations arising from the depths of our stored childhood memories or connecting our inner selves to the transcendent. In exploring Authentic Movement these questions are asked: - How does authentic movement differ from other forms of dance and movement therapy? - How may 'authentic' movement be experienced?

I am certain that anyone who has written extensively on the practice of Authentic Movement will share in my deep expression of appreciation toward Patrizia Pallaro for this exemplary compilation of papers. To date, this is the most complete compilation of the three most influential pioneers of what today has become known throughout the world as Authentic Movement. Each author's unique style of writing continually reminds the reader of the value, meaning, and purpose of this profound and often misunderstood practice that asks its participants to delve into the realms of the unconscious rarely explored within a western cultural context. -- American Journal of Dance Therapy I am certain that anyone who has written extensively on the practice of Authentic Movement will share in my deep expression of appreciation toward Patrizia Pallaro for this exemplary compilation of papers. To date, this is the most complete compilation of the three most influential pioneers of what today has become known throughout the world as Authentic Movement. Each author's unique style of writing continually reminds the reader of the value, meaning, and purpose of this profound and often misunderstood practice that asks its participants to delve into the realms of the unconscious rarely explored within a western cultural context. (American Journal of Dance Therapy) About the Author Patrizia Pallaro holds a doctorate in Clinical Psychology from the University of Padua in Italy and an MA in Dance/Movement Therapy from UCLA. She was formerly director of a residential and day treatment program in San Francisco and faculty member at John F Kennedy University's Transpersonal and Holistic Counseling Center in Oakland. She is widely published in the USA and Italy on Dance/Movement applications. A licensed psychotherapist and registered dance therapist, she is a member of the California Association of Marriage and Family Therapists, the American Dance Therapy Association, the Italian Association of Psychologists, the Association of Women in Psychology, and the Northern California Society for Psychoanalytic Psychology. She was President of the Northern California Chapter of the American Dance Therapy Association from 1994 to 1998.