

# **The Life And Legacy Of Pioneering Dance Movement Therapists: Essays By Mary Starks Whitehouse, Janet Adler, And Joan Chodorow**

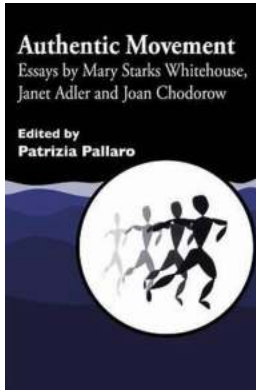
When we think of therapy, the traditional image comes to mind - a patient lying on a couch, pouring their heart out to a psychologist. However, there is a lesser-known form of therapy that utilizes the power of movement and expression - dance movement therapy. In this article, we delve into the lives and works of three influential figures in this field - Mary Starks Whitehouse, Janet Adler, and Joan Chodorow. Learn about their groundbreaking essays and the lasting impact they have had on the field of dance movement therapy.

## **Mary Starks Whitehouse: The Revolutionary**

Mary Starks Whitehouse was a British dancer and dance movement therapist who is often credited with laying the foundation for the field. In her groundbreaking essay, "The Dance of Life: The Movement Therapy of Mary Starks Whitehouse," she delves into the power of movement in healing psychological wounds. Whitehouse believed that through spontaneous movement expression, individuals could tap into their subconscious, promoting self-awareness and growth. Her essay explores the connection between movement and emotion, challenging traditional modes of therapy.

Whitehouse's work ignited a spark in the dance movement therapy community, inspiring others to explore the therapeutic potential of movement. Her essay continues to be a cornerstone in the field, paving the way for future practitioners.

**Authentic Movement: Essays by Mary Starks Whitehouse, Janet Adler and Joan Chodorow**



by Michael Meyer (Illustrated Edition, Kindle Edition)

★★★★☆ 4.5 out of 5

Language : English  
File size : 1258 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 350 pages



## Janet Adler: Unleashing the Authentic Self

Janet Adler, an American dance movement therapist, sought to deepen the therapeutic potential of movement by incorporating her background in psychology. In her essay, "Coming to My Senses: The Autobiographical Journey of a Dance Therapist," Adler shares her personal experiences and the transformative power of movement therapy. She emphasizes the importance of accessing one's authentic self through movement and how it can lead to profound healing.

Adler's essay bridges the gap between psychology and movement therapy, shedding light on the holistic and transformative nature of dance movement therapy. Her work continues to inspire and inform practitioners worldwide.

## Joan Chodorow: The Embodied Psyche

Joan Chodorow, a psychoanalyst and dance movement therapist, emphasized the interplay between mind, body, and movement. In her essay, "Dancing Psyche: The Embodied Psyche in Dance/Movement Therapy," Chodorow explores the connection between movement, psyche, and emotions. She delves into the ways

in which movement can facilitate the expression and integration of unconscious material, leading to profound personal growth.

Chodorow's essay challenges the traditional notions of talk therapy by emphasizing the embodied experience. Her work highlights the transformative potential of dance movement therapy in unveiling the depths of the human psyche.

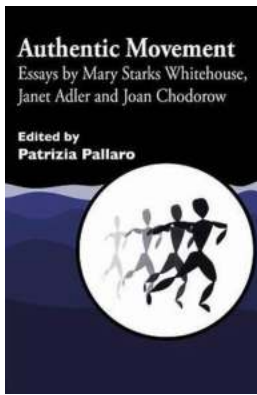
## **The Legacy of these Pioneers**

The essays by Mary Starks Whitehouse, Janet Adler, and Joan Chodorow have left a lasting impact on the field of dance movement therapy. These pioneering women pushed the boundaries of traditional therapeutic approaches and opened new possibilities for healing.

Their works continue to guide and inspire current and future practitioners, inviting them to explore the power of movement in therapy. By embracing the mind-body connection, dance movement therapy offers a unique and powerful way to address emotional and psychological challenges.

As we continue to uncover the healing potential of movement, we owe a debt of gratitude to these remarkable women for their groundbreaking essays and tireless dedication to advancing dance movement therapy.

Essays by Mary Starks Whitehouse, Janet Adler, and Joan Chodorow have significantly shaped the field of dance movement therapy. Through their work, they have opened new avenues for healing, encouraging practitioners to tap into the transformative potential of movement. These essays continue to inspire and inform current and future generations of dance movement therapists, forever leaving their mark on the field.



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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

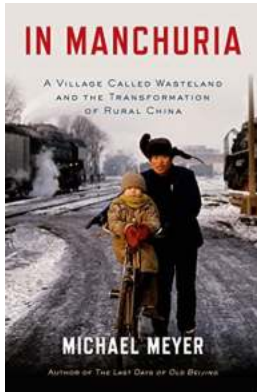
'This book is a collection of articles, some of which are interviews, brought together for the first time. It is very valuable to have them all together in one place...It is a wonderful collection of articles on topics you have always wanted to read, such as the role of transference in dance therapy 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.

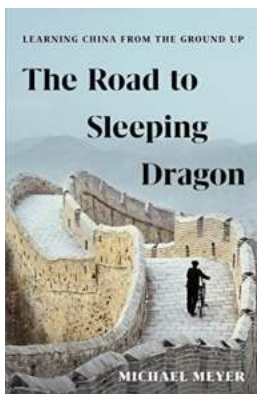
In exploring Authentic Movement these questions are asked:

- How does authentic movement differ from other forms of dance and movement therapy?
- How may 'authentic' movement be experienced?



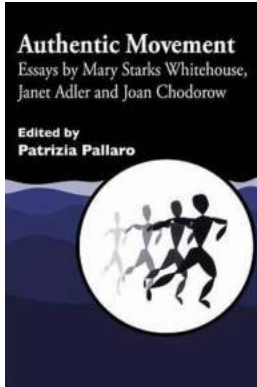
## **A Village Called Wasteland And The Transformation Of Rural China**

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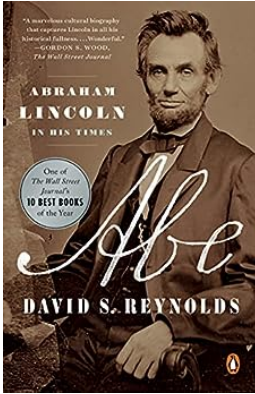
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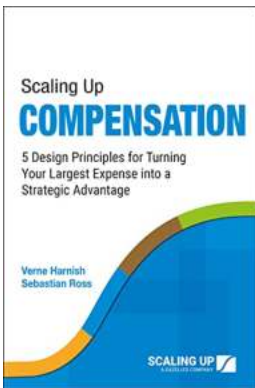
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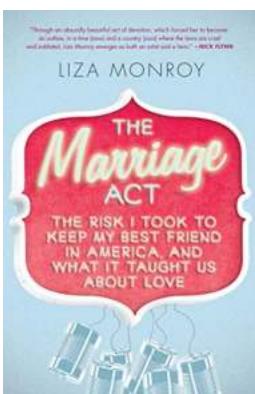
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authentic movement essays by mary stark whitehouse janet adler and joan chodorow