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Dance Therapy and Traditional Dance Practices

Panagiotopoulou E.¹, Zografou M.¹, Bourneli P.¹, Lidaki A.²

¹D.P.E.S.S., National & Kapodistrian University of Athens

² Panteion University

Abstract

Dance therapy is a growing discipline and the relevant bibliography reveals a diversity of dance therapy models. Although there is a disagreement about which kind of dance promotes effectively the dance therapy process, the healing processes of dance therapy models converge no matter the different terminology they use. This paper argues that the healing processes are implicated in a ritual practice and are interwoven in a traditional dance practice. This point of view contests the use of only one specific kind of dance in a dance therapy process and supports the anthropological perspective of dance therapy, which considers the participant's dance background as a basic factor for the effectiveness of dance therapy practice.

Key words: dance therapy models, ritual, dance therapy healing processes