

Dance on the Id

Body, affect and interaction within psychodynamic movement/dance- and music therapy

Abstract

The article deals with therapeutic processes within psychodynamic movement- and dance therapy and music therapy. Referring especially to the practical approach of Halprin's Life/Art Process and to the observations of the Boston Change Process Study Group the authors propose to integrate therapeutical and artistical perspectives to assist the co-creation of movement and meaning in the therapeutic situation.

Potentials of free movement or musical improvisations are regarded as acquisition of aesthetic and semiotic competencies.

As from a neurobiological view perceptual experiences are initially affective at the primary-process brainstem level, consciousness can be considered to be involved rather than unconsciousness.

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