



Faculty of Arts and Social Sciences
Dance

Course Reading

Dance, Movement and Body as Meaningful Expressions

Valid from 01/16/2023

Course Code: DAGT00

Course Title: Dance, Movement and Body as Meaningful Expressions

Credits: 7.5

Degree Level: Undergraduate level

Book Chapter

Bloom, L.A (2008). Kap 1-2. *The moment of movement: Dance improvisation* (1 ed., p. 5-13, 16-19, 22-24) London: Dancebooks Finns som PDF på studiewebben

Bullington, J (2007). Kap 1-2 och 4. *Psykosomatik. Om kropp, själ och meningsskapande* (1 ed., p. 23-52 och 109-140) Stockholm: Studentlitteratur

Merleau-Ponty, M (1997). Kap. 2 Kroppsupplevelsen och den klassiska psykologin. *Kroppens fenomenologi* (p. 41-49) Uddevalla: Daidalos Finns som PDF på studiewebben

Thelin, M (2008). Kap. 6-9. In Carlssons (Editor). *Dansens helande kraft* (1 ed., p. 32-83) Stockholm: Carlssons

Thulin, K (2007). Kap. 1, 3 och 6. In Carlssons (Editor). *Alla dessa rum: Om skapande, rörelse, lek och dans* (1 ed., p. 17-30, 43-63, 101-117) Stockholm: Carlssons Finns som PDF på studiewebben

Articles

Colace, E (2020). The art of movement improvisation in psychotherapy: Taking dance-movement improvisation into the intersubjective field. *Body, Movement and Dance in Psychotherapy. An International Journal for Theory, Research and Practice* 15 (1), p. 38-52.
<https://www.tandfonline.com/doi/full/10.1080/17432979.2019.1705394>

Payne, H (2006). The Body as Container and Expresser: Authentic Movement groups in the development of wellbeing in our bodymindspirit. *Research Gate*.
https://www.researchgate.net/publication/242710191_THE_body_AS_CoNtAINER_AND_EXPRESSER_Authentic_Movement_groups_in_the_develop

Serrander, E (2011). Den levda kroppen i terapirummet: Ett existentiellt perspektiv på den förkroppsligade relationen. *Insikten* (1), p. 40-48. Finns som PDF på studiewebben

Misc.

Helena Jönsson (2008), Mål och mening med dansimprovisation "...då kan man ju inte säga att någonting är rätt eller fel, fast det kanske man kan...", Examensarbete 15 hp Lunds universitet

Reference material

Koch, S, Kunz, T, Lykou, S, Cruz, R (2014). Effects of dance movement therapy and dance on health-related psychological outcomes: A meta-analysis. *The Arts in Psychotherapy*, 1 (41), p. 46-64. <https://reader.elsevier.com/reader/sd/pii/S0197455613001676?token=ADAC6A6ACD5B00F099BEB7AF27AD6C311D46EFBFB3FEDA664C11BBBE76671CFCD754A7E3017797FFAE1E66B1FEA7A92B&originRegion=west-1&originCreation=20221205143519>

Pallaro, P (1999). *Authentic Movement: Essays by Mary Starks Whitehouse, Janet Adler and Joan Chodorow*. London: Jessica Kingsley Publishers

Tao, D m.fl (2022). The Physiological and Psychological Benefits of Dance and its Effects on Children and Adolescents: A Systematic Review. *Frontiers in Physiology*, 13, p. 1-13. https://www.frontiersin.org/articles/10.3389/fphys.2022.925958/full?utm_source=dlvr.it&utm_medium=twitter

Approved by the Faculty Board of Arts and Social Sciences 04/27/2023