



# **Freedom to Move** *movement and dance for people with intellectual disabilities*

**Authors:**  
Kim Dunphy and Jenny Scott

**Freedom to Move** is a new how-to book for leaders of dance/movement groups for people with intellectual disabilities. It includes

- discussion of the value of dance for people with disabilities, description of other successful programs and a summary of research
- information on health, well-being and fitness issues
- practical aspects of running a session, including ideas for warm-up, theme, improvisation, choreography and performance using a Laban-based approach
- lesson plans for groups with different needs including children, children in mainstream settings, people with high support needs, older adults
- strategies for running groups, planning and evaluating programs
- a comprehensive suggestion list of music suitable for use in sessions
- evaluation and assessment tools and a comprehensive bibliography

**Freedom to Move** can be used as a foundation for newcomers to the field, or as a professional development resource for those with more experience. Most of the ideas, techniques and strategies can be useful with different age-groups, with children, adults and seniors, and in a range of settings, including classrooms, dance studios, gymnasiums, community and day centres. They are useful for small and large groups and require little formal dance training on the part of the group leader. The text is enlivened by real life stories and photos of the authors with clients in various age groups.

*The book is extraordinary...One of the best dance education books I have seen. Thank you for this gift to the dance education community worldwide!*  
Professor Susan Stinson, Dept of Dance, University of Greensboro, North Carolina

### **Freedom to Move is available from:**

Dance Therapy Association of Australia: [www.dtaa.org](http://www.dtaa.org) or 03 9598 0635

Ausdance Victoria, Fitzroy Town Hall, Napier St, Fitzroy: 03 9417 1200

Elsevier Publishers, [www.elsevier.com.au](http://www.elsevier.com.au), **288 pages Cost: RRP \$60**