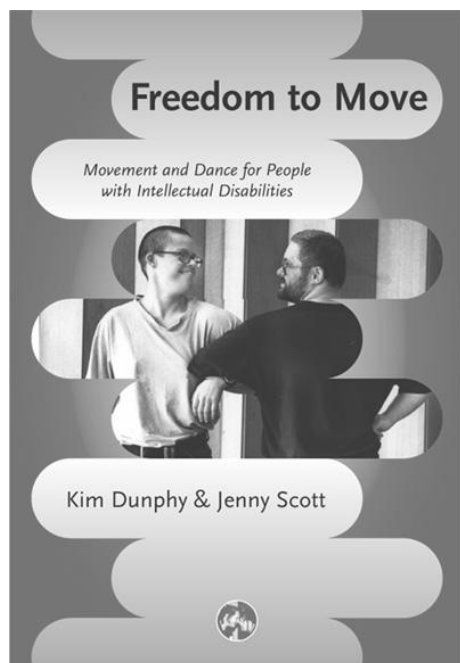


# Book Review

## Freedom to Move: Movement and Dance for People with Intellectual Disabilities

by **Kim Dunphy** (BA, Grad Dip Movement & Dance, M.Ed.) and **Jenny Scott** (BA, Grad Dip Movement & Dance). McLennan & Petty (Australia) Brookes (US), 2003, 288 Pages. Cost \$66.



distinguished authors from the fields of community arts dance and dance therapy, disability, fitness and health and special education. I strongly recommend this book.

**Anna Schlusser**

For further details go to 'Publications' at [www.dtaa.org](http://www.dtaa.org)

**Freedom to Move** is a guide offering practical advice and creative stimuli for teaching dance and movement to people with intellectual disabilities. It is intended as a foundation for newcomers to the field or as a professional developmental resource for those with more experience in dance and disabilities. The book includes: A discussion of the value of dance to people with intellectual disabilities; Information on health and fitness issues for people with intellectual disabilities; Practical aspects of running a session, including ideas for warm-up, theme, improvisation, choreography and performance using a Laban-based creative approach. The book fulfils its aims thoroughly. It is insightful in the information it offers regarding the diverse needs of the targeted population and is both generous and succinct with its well thought through advice. Real life incidents highlight individual needs in relationship to group strategies and add warmth to the book. Photos of the authors' work across a range of ages, abilities and community-based settings further enliven the book. Appendices, including evaluation and assessment tools, a list of relevant international organisations and a discography of music are welcome inclusions and are user friendly. An extensive bibliography provides links to