

# My Life as a Chapter

**Maggie Young**



*Maggie Young MA (Theatre) BA (Drama) Cert. Dance Movement Therapy (from IDTIA) NSW Teachers Cert. (primary schools). Alexander Technique Teachers Cert. works as a Dance therapist and Drama teacher at a psychiatric centre in Newcastle and has a private practice teaching the Alexander Technique. She has written and staged community plays and has used Drama as a methodology for teaching English as a second language in Arnhem Land and other remote Aboriginal communities. Her internship with Bread and Puppet Theatre in USA and membership of clown troupes means that circus skills and puppetry are used successfully in many of her dance movement sessions.*

I was in the tiny local post office/newsagent to collect a parcel from the UK when people stopped filling in their lotto forms and paying bills to watch me excitedly tear off the wrapping paper. There it was at last -the green covered book *Supervision of Dance Movement Psychotherapy* edited by Helen Payne and there was my chapter -*We Could Dance at the Opera House* -the chapter that had become an important part of my life for almost a year.

It all started soon after I had completed my IDTIA Certificate with an invitation to submit a proposal for a chapter in a book on DMT supervision. So I

submitted a brief account of my placement experiences as a mature student under supervision and was delighted to be asked to write more and to research the topic more thoroughly.

My research began in all the libraries here in Newcastle while exchanging emails with Helen and sending off drafts which were returned with many positive comments and suggestions. From looking up everything on the topic of supervision I began to realise that there were other models than the in-session one that I had experienced while never really questioning why supervision at all.

Moving to Hobart for a year gave me access to libraries in Sydney and Melbourne on the way to Tasmania. I was particularly pleased to discover the DTAA library and then the Human Condition Bookstore in Melbourne. Librarians and bookshop owners everywhere were always interested in the topic of supervision and sometimes their interest included cups of coffee and giving me spare copies of relevant journals.

Writing the chapter became an absorbing passion and really did take over my life even leading me to the University of Hertfordshire to read the proofs on a recent overseas trip. It seemed a fitting ending to the writing journey to be sitting there in Helen Payne's office and carefully reading those familiar words over again.

Now that I have read the other chapters in the book I am impressed by the authors' work and their interesting biographies and I also liked the international flavour of the writing. From reading the very first chapter where Helen Payne presents an insightful overview of supervision in Dance Movement Psychotherapy through chapters including the use of authentic movement, trans cultural issues, and a journey of growth through supervision there is so much variety, so much to learn and a wealth of information to consider. Naturally I thoroughly recommend this book!

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**Maggie's Chapter is in Payne, H. (ed) (2008) *Supervision of Dance Movement Psychotherapy*, published by Routledge. See Recommended Reading, p. 53, for more information on this book and also see *Australian Moves on the next page* – "Congratulations to Maggie".**