

Book Review

Dance Movement Therapists in Action: a working guide to research options

Editors:

Robyn Flaum Cruz and

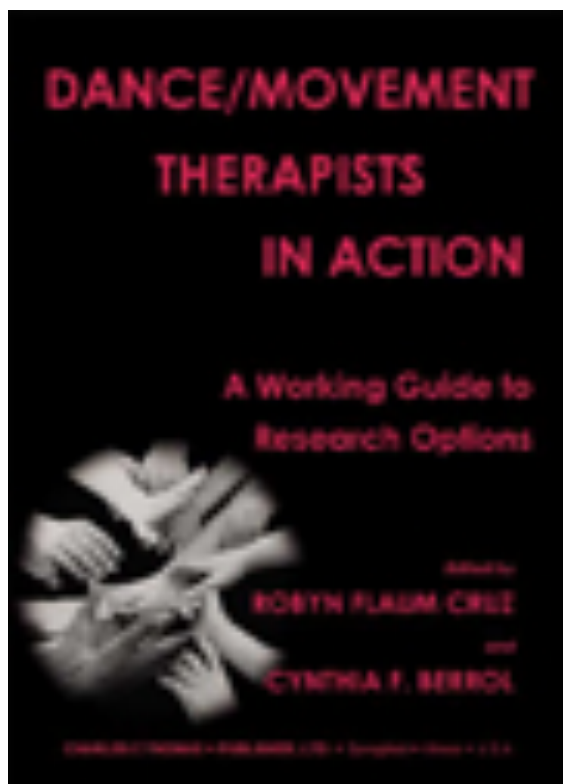
Cynthia F. Berrol

ISBN: 0-398-07504-2 Hard cover \$58.95;

0-398-07505-0 Paper cover \$US

38.95

Published C.C. Thomas, Illinois, 2004;



Distinguished American dance therapists Cynthia Berrol, (also Professor Emeritus of California State University) and Robyn Flaum Cruz (Director of Creative and Expressive Arts Therapies at Western Psychiatric Institute and Editor-in-Chief of *The Arts in Psychotherapy* journal) have produced a very timely and inspiring volume of the value of research in dance therapy. This book was motivated by Berrol's survey of dance therapy literature in 2002, which made evident how little writing there was about research in dance therapy in comparison with other fields. She comments that 'dance-movement therapy literature is characterized by scant research

publications in favour of theoretical contributions and practical descriptions'. And although the number of therapists and

populations that dance therapists work with have increased, there has not been a corresponding increase in publications with empirical support for dance-therapy practice and theory. This book is designed to fill that void, to provide in a single volume, the spectrum of artistic and scientific inquiry specifically directed to dance-movement therapy.

The book presents a wide range of approaches to dance-therapy research; and quantitative and qualitative, including a chapter on Lenore Wadsworth Hervey's 'artistic inquiry', and their underlying philosophic and theoretical tenets. Contributions are made by a range of eminent, mostly American, authors including Sharon Chaiklin and Harris Chaiklin, Jill Green, Sherry Goodill and Judith Lynne Hanna.

The authors' goal was to create 'a comprehensible accessible book that is readable and engaging'. They have succeeded mightily in this task - the book is scholarly, but also interesting and stimulating reading and a perfect place to start on the task that should constantly be addressed by dance therapists around the world. If we are to have a credible profession, we must do and publish more research to support the evidence base for our work and to develop better and more effective therapy. I strongly recommend the concept of this book, the themes and the content to all practicing and budding dance therapists.

Kim Dunphy

DTAA committee

Lecturer dance therapy RMIT University

Manager Cultural Development Network Melbourne.

Note: The book can be ordered online via:

<http://www.ccthomas.com/details.cfm?P ISBN=0398075042>