Contents

Forewords

What is Embodiment? Amy Matthews	iv
Embodiment: The Tangibility and Diversity of Being Human Elizabeth Amber Gray	vi
Introduction	1
Embodied Education: Radicalising the Way we Live and Learn Angela Clarke and Camilla Maling	4
Power - Action - Flow: Embodying the Muscles Suze Smith	18
Presence, Perception and Embodiment in Body-Mind Centering® and Contemplative Photography Practices	
Kim Sargent-Wishart	25
Tremors, Trauma, TRE and Re-embodiment Richmond Heath	37
Dance Movement Therapy in Clinical Practice through the Lens of Neuroscience and Somatic Psychotherapy Virginia Woods	51
Animation and Dynamism: Identifying the Vital Language of Dance Movement Therapy Sandra Kay Lauffenburger	69
The Scaffolding Process: A Pedagogical Approach to Embodiment through Improvisation, Contact Improvisation and Choreological Studies	_,
Debora Di Centa	76
Arriving at the Essence of Movement Therapy: Subtly Incorporating Somatics into Movement Sessions with Clients Tracey Nicholson	91
Creative Reflections	
Te Kanikani - The Dance Jan McConnell	102
Drawing Not Dancing Alice Robinson	106
Afterword	
Jane Guthrie and Heather Hill	113