

Diane JEAN-SLONINSKI

Utilisation de la danse dans le processus thérapeutique



L'Harmattan

Utilisation De La Danse Dans Le Processus Theacuterapeutique

Benoît Lesage



Utilisation De La Danse Dans Le Processus Theacuterapeutique:

Utilisation de la danse dans le processus thérapeutique Diane Jean-Mathieu, 2011-02-01 La danse dans l'art thérapeutique est une médiation ouverte toutes les pathologies physiques et psychiatriques. En effet, en se projetant dans un premier temps, à travers l'étude de la danse, son histoire, ses bienfaits, la danse dans l'art thérapeutique apparaît naturellement une réponse à tous les maux. Une explication scientifique du processus mis en exergue permet de mieux comprendre cette médiation. Une mise en application théorique, à travers des situations réelles, permet d'illustrer cette approche théorique.

La danse dans le processus thérapeutique Benoît Lesage, 2006-01-12 Peut-on soigner par la danse ? Peut-on donner à la danse une place dans l'arsenal thérapeutique ? A-t-elle la capacité de mobiliser la sphère psychique de l'individu qui entre dans la danse ? Quel corps la danse met-elle en mouvement ? Comment se labore-t-elle et comment, par son intermédiaire, le sujet se construit-il du moment au coup et avec lui l'espace, le temps et les nuances de la présence qui fondent la relation et les interactions ? Si nous dit l'auteur, la danse n'est pas thérapeutique en elle-même, pas plus que l'art ou la parole, elle peut le devenir grâce au dispositif dans lequel elle s'inscrit. Ainsi, à partir d'une longue pratique de la danse thérapeutique, Benoît Lesage pose dans cet ouvrage les fondements théoriques de cette discipline et livre des outils qui permettent de les incarner. À la croisée de l'art, de la création, de la psychomotricité, de la médiation corporelle et de la pratique groupale, le parcours interdisciplinaire qu'il propose s'ouvre la clinique, abordée ici en relation avec diverses populations : personnes psychotiques, polyhandicapées, présentant des troubles du comportement et de la communication, autistes, anorexiques, porteuses de handicap sensorimoteur. Au-delà des enjeux cliniques et thérapeutiques, voici la danse thérapeutique héritière de la danse, la faculté essentielle et fondatrice de convier les hommes, partager le rythme, les images, le plaisir sensoriel et parfois sensuel, en puisant aux mémoires individuelles et communautaires. Cet ancrage immémorial dans les mythes et dans l'enfance en fait une source dynamique qui peut remettre en marche le sujet, pas pas.

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