



Authentic Movement (v. 1)

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Authentic Movement, created by Mary Starks Whitehouse and subsequently developed by Janet Adler and Joan Chodorow, approaches dance and movement therapy from a Jungian perspective. The basic concepts of Authentic Movement are expressed here through interviews and conversations with these figures and their key papers. They emphasize the importance of movement as a means of communication, particularly movement which is unconscious or "authentic", emerging when the individual has a deep, self-sensing awareness - an attitude of "inner listening". Such movement can trigger powerful images, feelings and memories arising from as early as infancy or childhood.

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