
DANCE THERAPY

SCHOOP, TRUDI WITH PEGGY MITCHELL. WON'T YOU JOIN THE DANCE? A Dancer's Essay into the Treatment of Psychosis. Palo Alto: National Press Books, 1974, 194 pages, \$8.95.

Reviewed by Juana de Laban

Trudi Schoop's unique description of her sensitive and innovative approach to withdrawn patients is informative and challenging. Her ability to draw out a psychotic individual and bring about an awareness of the external world and objects through the medium of bodily movement, imitation, the use of video tape and verbal instructions is a new therapeutic technique recognized by psychiatrists and dance educators.

Her case histories describe deviant behaviors manifested in the respective patients and an individual approach to each in order to achieve the desired subjective and or objective response. Trudi Schoop's genius in utilizing her perception, knowledge and understanding of human nature, and the extension of this knowledge to the mentally ill is evidenced in her book Won't You Join the Dance? This book should be adopted as a basic primer for dance therapy.

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