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African Spiritual Healing in Drama Therapy: An Exploration of Movement and Sound as a means of Facilitating Healing

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Can African spirituality in African dance be used as a means of facilitating the healing of women's trauma? This performance explores the possibilities of fusing Credo Mtwa's notion of African spirituality with the ritualistic elements of the Senegalese Ndeup dance healing method. The notion of embodiment of trauma is the entry point into this consideration of the embodiment of African dance as a healing tool.

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PERFORMANCE-LECTURE

AFRICAN SPIRITUAL HEALING IN DRAMA THERAPY: AN EXPLORATION OF MOVEMENT AND SOUND AS A MEANS OF FACILITATING HEALING

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