



The Healing Dance: The Life and Practice of an Expressive Arts Therapist

Kathleen Rea

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After years of struggling with an eating disorder and the unforgiving world of ballet, Kathleen Rea found solace and healing in artistic expression that honestly communicated who she was without censor. She learned to see her body as a source of wisdom rather than something that needed to be controlled. This inspired her to develop a style of expressive arts therapy in which sensation takes the lead in the creative process, enabling the wisdom of one's body to guide recovery. The Healing Dance outlines Rea's therapeutic approach, animated with details from her powerful life story and examples from her therapy practice. Rea describes her work with a man who recovers from compulsive eating, and through his experience she reveals expressive arts therapy techniques and theorizes how these methods encourage neuroplasticity. The poignant story of how Rea deals with the death of her father demonstrates how expressive arts can move beyond therapy and become a way of life. The Healing Dance celebrates the enlivening power of the arts and teaches about the creative spark living within that has the potential to ignite a fulfilling life.

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