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Laban: A Guide Figure between Dance/Movement Therapy and Drama Therapy

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Highlights

- Laban Movement Analysis supports the expansion of both role and movement repertoire.
- Laban's Effort Theory deepens Landy's role method and Role Theory.
- Collaboration between dance/movement therapists and drama therapists is beneficial.

Abstract

The field of Creative Arts Therapies stands to benefit from ongoing support and collaboration between practices that comprise the disciplines. Both dance/movement therapy (DMT) and drama therapy (DT) draw upon a creative, action-oriented, and

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