

기독교적 관점에서의 무용치료의 가능성  
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#### Abstract

The Possibility of Christian Dance Therapy

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There have been many cases of curing body and mind through dance in history. This study is focused to consider the possibility of Christian dance therapy, which means dance therapy based on Christianity, by examining many cases of general dance therapy, shamanic therapy and causes of disease according to the Bible.

As general dance therapy has process of cure by analyzing, counseling, and advising patients of their mentality, environment, character and personal experience through dance, christian dance therapy can cure their defected mentality by prayer, holy spirit and love of God through christian counsel and christian dance performances. Christian dance should encourage patients to recognize and admit their inner restraint and darkness. In practice, christian dance therapy has two ways of cure, one is for dancers to dance with suitable hymn and chant, and the other is to let patients to dance freely.

Therefore dancers who want to practice christian dance therapy should be prepared with belief, prayer, and love for the patients and God. Also they have to continue therapy with patience until patients could restore physical health and spiritual rehabilitation.

In addition, more studies on finding music and dance for christian dance therapy, and developing programs based on age, sex, environment should be kept up.

#### ■ 참고문헌

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