

μζÀÛÄ;·á°úÁæζ;¼-ÀÇ Áø´Û¹æ¹ý °íÂû
- Liljan EspenakÀÇ ¼ÄÄ¼Áß¼É ¼É,®Ä;·á ÀÌ·ÐÀ» Áß¼ÉÀ,·Î -
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Abstract

A Study on the Meaning and Method of ÔDiagnosisÕ in the Progress of Movement Therapy

- Based on the Theory of Liljan Espenak -
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Adler regarded the basis of physical behavior as the pursuit of superiority, that is, desire to progress from the bottom to the top and from incompleteness to completion. He understood the principle of human life from the viewpoint that mind imagines a direction of life and the body actualizes it in the realities of life. L. Espenak, a representative movement therapist, was affected by Adler who devoted to understanding behavior(life) in interaction between the body and mentality. L. Espenak understands the body as the actor of expressing the inner world. It is the basic principle of her movement therapy to overcome psychological imbalance by leading improvement of an expressing way and a physical position, and she called her movement therapy Psychomotorik treatment. Espenak measured elements lacking in the body and movement by observing movement. She intended to define effect of treatment by planing treatment and describing results of treatment through this evaluating instrument. Espenak already researched diagnosis ad plan in the university organization in the 1960s by systematizing a step of treatment. However, Ôdiagnosis of movementÕ in the progress of movement therapy is still recognized as a strange field in Korea. This study examined EspenakÕs diagnosis method of movement based on a meaning and method in the progress of movement therapy. Also, it evaluated strong and weak points of EspenakÕs diagnosis.

This study will be used as materials for diagnosis of special fields in clinic for the future and requires continuous succeeding studies measuring its practicality and reliance. Also, development of supplemented and modified diagnosis method remains a question considering controversial points of the above diagnosis.

keywords: Movement Therapy(μζÀÛÄ;·á), Dance Therapy(¹«ζèÄ;·á), Diagnosis(Áø´Û), Method(¹æ¹ý), Psychomotor(¼É,®Ä;·á)

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