

# Contents

<i>List of Tables</i>	vii
<i>List of Photos</i>	viii
<i>List of Figures</i>	ix
<i>List of Diagrams</i>	x
<i>Preface</i>	xi
<i>Acknowledgments</i>	xiv
<i>Contributors</i>	xv

## **SECTION I**

### **The Kestenbergs' Movement Profile Explained** 1

#### **Introduction** 3

JANET KESTENBERG AMIGHI, SUSAN LOMAN, AND K. MARK SOSSIN

#### **1 Tension Flow Rhythms** 13

JANET KESTENBERG AMIGHI, SUSAN LOMAN, AND K. MARK SOSSIN

#### **2 Tension Flow Attributes** 73

JANET KESTENBERG AMIGHI, SUSAN LOMAN, AND K. MARK SOSSIN

#### **3 Precursors of Effort (Commonly Referred to as Pre-Efforts)** 91

JANET KESTENBERG AMIGHI, SUSAN LOMAN, AND K. MARK SOSSIN

#### **4 Efforts** 110

JANET KESTENBERG AMIGHI, SUSAN LOMAN, AND K. MARK SOSSIN

#### **5 Bipolar Shape Flow** 130

JANET KESTENBERG AMIGHI, SUSAN LOMAN, AND K. MARK SOSSIN

#### **6 Unipolar Shape Flow** 151

JANET KESTENBERG AMIGHI, SUSAN LOMAN, AND K. MARK SOSSIN

vi Contents

<b>7 Shape Flow Design</b>	169
JANET KESTENBERG AMIGHI, SUSAN LOMAN, AND K. MARK SOSSIN	
<b>8 Shaping in Directions</b>	174
JANET KESTENBERG AMIGHI, SUSAN LOMAN, AND K. MARK SOSSIN	
<b>9 Shaping in Planes</b>	193
JANET KESTENBERG AMIGHI, SUSAN LOMAN, AND K. MARK SOSSIN	
<b>SECTION II</b>	
<b>Clinical and Research Applications</b>	241
<b>10 Clinical Contributions Employing the Kestenberg Movement Profile (KMP)</b>	243
FRANCES LA BARRE, SILVIA B. BIRKLEIN, MELANIE JOHNSON, AND LOUISE BINETTE	
<b>11 KMP of Joey and Dance/Movement Therapy (DMT) Clinical Applications</b>	266
SUZANNE HASTIE	
<b>12 Musings on Theoretical and Research Contributions of the KMP Within the Context of Nonverbal Studies</b>	287
K. MARK SOSSIN	
<b>SECTION III</b>	
<b>Interpreting the KMP</b>	317
<b>13 Reviewing the Body Attitude and Interpreting Movement Patterns through KMP Diagrams</b>	319
JANET KESTENBERG AMIGHI AND SUSAN LOMAN	
<i>Index</i>	346

# Tables

1.1	Pure Rhythms and Associated Functions	17
1.2	Tension Flow Rhythms	18
3.1	The Developmental Line, System I	93
4.1	Comparing Laban and KMP Terminology	111
4.2	The Developmental Line from Pre-Efforts to Efforts	112
4.3	Laban's Full Efforts	123
4.4	Laban's Incomplete Efforts: Inner Attitudes	124
4.5	Examples of General Affinities and Clashes in System I	128
5.1	Matching Diagrams of System I and System II	131
5.2	Matching of Tension Flow Attributes and Bipolar Shape Flow	149
8.1	Matching Elements of Shaping in Directions and Pre-Efforts	191
8.2	Learning Patterns: Directions and Pre-Efforts	191
9.1	Developmental Progression from Shaping in Directions to Shaping in Planes	194
9.2	Matching Elements of Efforts and Shaping in Planes	206
9.3	Behavior Patterns Formed by Efforts Combined with Shaping in Planes	208
9.4	Cognitive Process: Efforts and Shaping in Planes	208