



# Body Awareness: 64 bodywork activities for therapy

*Mr Roger Day, Mrs Christine Day*

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Bodywork is an important element in most counselling and psychotherapy. This book contains 64 straightforward bodywork techniques that can enhance talking therapy for clients. The activities are grouped into eight sections: Body needs Body movement Body relaxation Body skills Body activity Body awareness Body enjoyment Body alert The book is ideal for bodywork with adults, teenagers and children. It can be used for individuals and groups. The easy-to-follow instructions make this book a valuable resource for every therapy practice.

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