

Body as Place: Navigating Autistic Relationality through Contact Improvisational Dance

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COLLECTION EDITED BY Damian Mellifont, Jennifer Smith-Merry

COLLECTION

Disability Studies

EDITION

1st edition

MARKET

College/higher education and Professional and scholarly

This course reading...

- Draws from lived experience of an Autistic and bipolar person to demonstrate the possible transformative impact of contact improvisational dance.
- Identifies and addresses the possible social challenges and anxieties faced by individuals with undiagnosed Autism and traces the progression of this into young adulthood.
- Is ideal reading for students of Disability Studies, and related courses, as well as students of Gender and Sexuality Studies, Somatics, Movement Studies, Cultural Anthropology, Psychology, Philosophy, and Dance.

What influence can contact improvisational dance have on an Autistic and bipolar person's lived experience?

Through a first person narrative, **Paris Simone Mágdala Antillón** shares her autistic relational transformation through the discovery of contact improvisational dance. Antillón explores how this discovery allowed her to challenge the anxieties and social difficulties she faced as an Autistic and bipolar person. Now able to recognize her body as a site of selfhood and relationality with other beings, Antillón embraces the ability to communicate through movement and touch.

Body as Place navigates the chronological journey from undiagnosed Autism in college, to challenging the feelings of dissociation —not fully enfolded and unreal—and embracing the possibility of relational wellness and empowerment into young adulthood. A deeply personal account on the development of identity, this book is ideal reading for students of Disability Studies, and related courses, as well as students of Gender and Sexuality Studies, Somatics, Movement Studies, Cultural Anthropology, Psychology, Philosophy, and Dance.

Paris Simone Mágdala Antillón is a writer, dancer, and nutrition counsellor. She holds a degree in Interdisciplinary Studies from the California Institute.

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