

## Current Moves - November 2011

### Dance Movement Therapy Association of Australia (DTAA) Professional Development Events

#### **Balancing differentiation and linkage: A well-being frame for clients and therapists. Three separate - but linked workshops**

#### **Friday 3, Saturday 4 and Sunday 5 February, 2012**

At Abbotsford Convent, Melbourne

Dorm 1, Rosina Building, First Floor, 1 St Helier Street, Abbotsford

Melway reference 44 G5. Parking \$4. See [www.abbotsfordconvent.com.au](http://www.abbotsfordconvent.com.au)

These workshops provide a great opportunity to work with **international presenter Penelope Best.**

**Penelope, senior dance movement psychotherapist**, clinical supervisor, international trainer and researcher has a continued curiosity about the importance of the body within relationship. She was President of the European Network for Dance Therapy (2007-2010) and is keenly aware of different views about core elements of therapeutic practice and training and fascinated by the influence of cultural differences. She has initiated and runs professional DMP trainings in Warsaw, Poland, Croatia and the Netherlands; is an Honorary Fellow of ADMP UK, External Examiner for Derby University DMP Masters, Fellow of Higher Education Academy, consultant to the profession, and maintains both private therapy and supervisory practices while publishing regularly. She enjoys facilitating opportunities for learning, using mixed creative materials and critical reflexivity. She is well known to us in Australia (as Penny) from several visits between 2000 and 2006.

#### **Workshop opportunities are:**

#### **Friday 3 February – Registration 12 noon for 12.30 – 7.30 pm workshop - The thinking skin: The porous nature of ethics in dance therapy**

This workshop explores the relationship to our skin, sense of self- touch, other- touch and ways in which these are shaped by familial, cultural and inter cultural exchanges. Touch is at the interface of feeling as physical sensation and feeling as affect. It is through our skin that we have sensation and also emotion about memories of touch within our family and our culture.

#### **Saturday 4 Feb: registration 9.30am for workshop 10 am – 5.00 pm**

#### **Building materials of relationship: Swim alongside, interrupt, flirt,**

A workshop that explores the diversity of ways of 'being with' within DMT practice. It will consider emerging questions such as: What is it that lets a therapist know that a connection has been made? Is it possible 'simply' to be with? What intermodal elements are we using to promote empathy? Why might you interrupt processes, stop movement or shift art modality? When might different modalities be more useful developmentally than others? Is blocking someone's progress forward an invitation to move sideways, an issue of counter transference, a flirtation with something new? How might we flirt with creative ideas while maintaining both sensitive containment and observation?

#### **Sunday February 5 - registration 9.30am for workshop 10 am – 5.00 pm**

#### **Bodies in therapeutic and supervisory spaces: Subtle seduction**

This workshop explores the powerful pulls and pushes within intersubjective material and considers emerging questions for both therapy and supervisory practice, such as: What seduced us into dance therapy in the first place? What excites us most visually, sensorily, rhythmically, tonally, dramatically and how does this creep into our sessions? Do we see ourselves as the wounded healer, the expert, the artist, the companion, teacher, humanitarian or other? In what ways do we measure success? What do our embodied experiences tell us about those we work with? How do we hold onto hope in the face of despair?

Snacks and drinks provided in workshop breaks. Dress for movement and comfort

**REGISTRATION INFORMATION: Fees start at \$310 for members of DTAA or \$290 concession for the**

three days. Non members welcome - see details on [www.dtaa.org.au](http://www.dtaa.org.au) or for more information:  
Contact Mandy Agnew on [rmagnew@bigpond.com](mailto:rmagnew@bigpond.com) Or phone 98138671 / 0437348808

**Sunday 4 March 2012 - 3-6 pm**

**Expressive Therapy Approaches to Working with Trauma**

**Vivien Marcow Speiser, Ph.D. LMHC, ADTR, and Phillip Speiser, Ph.D., RDT will be in Melbourne and will provide a 3 hour workshop**

At Abbotsford Convent, Melbourne, Dorm 1, Rosina Building, First Floor, 1 St Helier Street, Abbotsford. Melway reference 44 G5. Parking \$4. See [www.abbotsfordconvent.com.au](http://www.abbotsfordconvent.com.au)

Vivien is Professor and Director of National, International and Collaborative Programs at Lesley University in the USA, a dance therapist and expressive arts educator, and Phillip is Director of Arts Therapy at Whittier Street Health Center, Roxbury MA, an expressive arts educator/therapist, drama and music therapist who has developed and implemented integrated arts therapy programs for two decades. Participants in the workshop will learn body based approaches to working with trauma; arts based interventions and experiential activities for working with specific populations.

**Contact Mandy Agnew on [rmagnew@bigpond.com](mailto:rmagnew@bigpond.com) Or phone 98138671 / 0437348808**

### **DTAA Library Notification**

Change of Location

The Library has moved and is now housed in Kew, Victoria

All current members are welcome to come by and peruse the books, call me to find one that's on our list or email for me to post items. The Library can be accessed by appointment.

**Please feel free to contact me - Teri McNeil - on 0431 662 755 or [dance.grl@hotmail.com](mailto:dance.grl@hotmail.com)**

**Our list of books and dvd's is available on the DTAA website at [www.dtaa.org.au](http://www.dtaa.org.au)**

### **DTAA Memberships:**

Thank you to all who have already paid their 2011-2022 membership. However, if you want to receive your next journal - for those who haven't yet done so - please update your membership now. This would ease the workload involved in issuing reminders.

### **Can you help?**

We would like to contact Joanne McAuley. Could Joanne please contact us or if you know her email address, or contact details, could you please forward to [admin@dtaa.org.au](mailto:admin@dtaa.org.au)

**Thank you for your assistance.**

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### **Information, Notices and Special Events**

#### **MANGALA STUDIOS SUMMER SCHOOL PROGRAM**

#### **ADULTS - The joy of dance - Monday Jan.23-Friday Jan 27**

Music and Dance; Art and Dance; Solo Dancing; Ensemble Dancing; Poetry and Dance

All aspects of the Creative Dance are to be experienced in five x 2 hour workshops.

Each day we will be conducting a theme directed complete dance experience. There will be space for beginning and advanced dancers to dance together, as well as opportunity for each dancer to explore the Dance at his/her own level.

#### **Teaching Creative Dance and Yoga to Children**

#### **Monday January 23 - Friday January 27**

As the experience of yoga has deeply influenced the Mangala Studios, the theme this year is the use of creativity to extend both the dance and yoga experience. This is primarily for young children, but has many applications to adults.  
10-12.00noon & 2-4.30pm

#### **Creative Dance**

#### **Monday Jan.23-Friday Jan 27**

Music and Dance! Art and Dance! Solo and Ensemble Creative Dance!

10.00am -12.00noon

#### **Yoga**

Early morning sessions for body, mind and spirit. Beginners and Adults.

7.30-9.30 am

#### **Children's Creative Dance**

#### **Monday Jan. 16- Thursday Jan. 19**

10.00am-12.30pm

A unique chance for children to explore and have fun with the creative aspects of dance, design and yoga in a stimulating environment.

(4-7y.o and 7-12y.o) Dance style, we are revisiting our roots and offering them as a stimulating and enriching summer school.

Please feel free to contact us with your enquiries.

**Mangala Studios, 73 Grattan St. Carlton, 3053.**

**Ph: 03 96635603; e-mail: [info@mangalastudios.com.au](mailto:info@mangalastudios.com.au); [www.mangalastudios.com.au](http://www.mangalastudios.com.au)**

**How to save \$500 when you enrol in the Diploma of Counselling Supervision**

### **The first 12 applicants receive a 10% fee reduction!**

Are you ready to take your career to the next level?

The diploma offers a comprehensive and practical learning experience.

It is self-paced and delivered entirely online – ideal for accommodating your other commitments.

The Diploma of Counselling Supervision is nationally recognised in Australia.

**Contact Bridget Hallam at [study@montere-ecollege.com](mailto:study@montere-ecollege.com) or phone 07 3482 2260.**

**Visit [www.montere-ecollege.com](http://www.montere-ecollege.com) now and secure your \$500 saving!**

### **A Message from Bella Grossberg**

My daughter Romi is living in Cambodia as a volunteer working with disadvantaged youth through education and the creative arts. Even though I am the trained Dance therapist, it is my daughter who witnesses dance/movement therapy every day whilst working with these underprivileged children and teenagers. She tells me that dance can really transform their lives and I smile that she has learnt this!

As the culmination of her two years in Cambodia working through Australian Volunteers International she is hoping to bring a group of dancers to Australia in early 2012 to raise funds to keep the centre of 'Tiny Toones' open and to keep this dream alive

Follow the link to read more and check out their little movie,

**<http://www.pozible.com/index.php/archive/index/4145/description/0/0>**

Please spread the link throughout your networks.

Tiny Toones is a registered Charity and Donations are Tax Deductable

**My daughter's contact details are Romi Grossberg, General Manager, Tiny Toones Cambodia. mobile: (855) 0 17 560 308; email:romi@tinytoones.org; www.tinytoones.org**

### **Dear readers working with trauma;**

The organisers of a study for new web-based global research, would be pleased to have input from Australia. If you can assist them, please do so. The study examines posttraumatic growth, meaning making, coping, and spirituality after traumatic events.

The project is organised by a group of people who work with, and care about, trauma survivors, and in order to understand survivors' healing processes, are conducting a web-based survey. The survey contains questions about different types of trauma (e.g., natural disaster, death of a loved one, sexual trauma, severe illness, accidents, relationship breakup, bullying, discrimination), ways of coping with their trauma, perceived meaning in their life, and how they have healed from their trauma. The findings will help the researchers to understand survivors' experiences of trauma and subsequent healing, and develop programs that benefit the growth and quality of life of survivors.

They would greatly appreciate it if you agreeable to reply and respond and also if you are willing to send this message to other agencies and survivors. If you have any other questions or concerns, please feel free to contact via email:

**[study.siu@gmail.com](mailto:study.siu@gmail.com)**

The entire study should take approximately 20 minutes. Those who choose to participate will have the opportunity to receive class credits (if participating for class credits) or be entered into a lottery for one of five \$15 Walmart gift cards.

For more information about the study or to participate, please go to:

**[www.surveymonkey.com/s/siutraumasurvey](http://www.surveymonkey.com/s/siutraumasurvey)**

Thank you for your time and help. Your assistance is greatly appreciated. The project is approved by the SIUC Human Subjects Committee.

**Danielle Fetty, B.A. [dfetty@siu.edu](mailto:dfetty@siu.edu) Graduate Student and Yu-Wei Wang, Ph.D, Associate Professor, Department of Psychology, Southern Illinois University Carbondale. Email:[study.siu@gmail.com](mailto:study.siu@gmail.com)**

### **Fri 20 – Sun 22 January 2012 Workshop 1: and Fri 27 – Sun 29 January 2012 Workshop 2**

#### **SELF PORTRAIT in MOVEMENT with GH Soto**

"Movement is life. When we move with consciousness and intention to express who we are, and invest ourselves in our movement then we are celebrating life and the life forces that flow through us."

Dancehouse 150 Princes St, North Carlton from 10am – 5pm each day.

Cost: F \$320 C \$280 for each workshop. 10am – 5pm each day.

\* to come to both workshops Cost: \$600

In these two summer weekend workshops Soto will guide us to embody our creative "Self Portrait", in movement and dance, drawing, somatics, performance, and voice.

Individually and with others, we will focus on our bodies and movement as the source of self- exploration and expression. We will each have the opportunity of completing the workshops with our own "Self Portrait" ritual. The second workshop will build on the first, with each workshop also a full experience in itself.

For more information & to book one or both workshops: **Contact Viv 9531 3125 or 0449 164 040 or**

**[vivneale@optusnet.com.au](mailto:vivneale@optusnet.com.au)**

### **Organisational Development Adviser - Drama Therapy Centre**

There are over a hundred ways to take your career to a new level. Australian Volunteers International (AVI) is now recruiting for an Organisational Development Adviser within the Catharsis- Lebanese Centre for Drama Therapy (LCDT). Share your skills with those who need it most, invest in your career, experience new workplaces and change your global

perspective. AVI assignments are developed in response to locally identified needs, and volunteers play a vital role in building the capacity of organisations and communities in developing countries. **To find out more visit [www.australianvolunteers.com](http://www.australianvolunteers.com)**

**Contact person: Max Campos, Recruitment consultant**  
**Phone: 03 9279 1752 Email: [mcampos@australianvolunteers.com](mailto:mcampos@australianvolunteers.com)**

### **Young German volunteer seeks placement**

Lena Kron from Germany who is eighteen years old, is visiting Australia between March and October 2012. She wants to work in a voluntary capacity in the field of dance therapy, perhaps in Brisbane but other areas as well. Since she was five she has danced jazz ballet and is a member of a modern dance club in her village. She says she is open to different possibilities and would be pleased to be contacted with suggestions. **Lena's email address is: [Kron.Lena@web.de](mailto:Kron.Lena@web.de)**

### **Victoria**

### **International Dance Therapy Institute of Australia Certificate in Dance Therapy - commencing July 2012**

The Certificate in Dance Therapy is a one-year, part-time, highly experiential training, which is supported by theoretical teaching and practicum. The teaching faculty are IDTIA graduates trained by American Dance Therapist and educator Dr. Marcia Leventhal, PhD, CMA, ADTR. All are experienced professional dance therapists and teachers. Provision for interstate trainees.

Attendance at an introductory workshop is a prerequisite for entry to the Certificate.

**For more information about IDTIA courses visit website at [www.idtia.org.au](http://www.idtia.org.au) or contact: Michele Braban, Administrator, (03) 9571 9526 e-mail : [admin@idtia.org.au](mailto:admin@idtia.org.au)**

### **Creative Arts Therapy 8 Week Groups**

The weekly groups are an opportunity to explore a wide variety of Creative Arts Therapy processes in order to open up and reinvigorate your inspiration, personal growth and self awareness. The group is kept small and consistent, in order to create an intimate and supportive environment. We use modalities such as drawing, painting, writing, clay, collage, movement, body awareness, symbols and more to explore authentic expression, and access new insights and understanding. These groups are suitable for anyone seeking some unique time out each week, especially to connect, nurture, and reflect. Every group is designed to be different and distinctive, so if you've attended before, your next experience will be just as unpredictable as your last!

6:30-8:30 pm, MIECAT, 17 Victoria Street, Fitzroy

**For Bookings and Enquiries contact Jennifer on 0417 562 024, or [jenniferberlingieri@gmail.com](mailto:jenniferberlingieri@gmail.com) or go to <http://creativeartstherapy.com.au>**  
**\*\*Private sessions are also available.\*\* [creativeartstherapy.com.au](http://creativeartstherapy.com.au)**

### **Body Voice Centre news and events: Weekly breath groups**

Mondays 1.30 to 3.00pm (open to all);

Wednesdays 9.30am to 10.45am and 11.15am to 12.30pm;

Fridays 9.30am to 11am. These sessions are open by application to people who are already familiar with the work or who have attended the introductory Saturday half-days. Monday is also open by application to people new to the work. Individual hands-on breath sessions available with Middendorf breathwork practitioner John Howard. These 'breath dialogue' sessions are a way of connecting more closely with oneself through heightened awareness of body and breath. Single sessions \$70/50; set of five \$300/\$200. **[jdhoward@alphalink.com.au](mailto:jdhoward@alphalink.com.au). Body Voice Centre 50 Wolverhampton St, Footscray, Vic 3011; [www.bodyvoice.com.au](http://www.bodyvoice.com.au)**

### **From October, 2011**

### **BAREFOOT FLAMENCO DANCE IN HEIDLEBERG**

### **Marina Bistrin featuring White Swan theme with percussion**

Wednesday nights 7.30 to 8.30pm

Term - 10 weeks - \$150/\$120 conc. \$20 casual.

Scott's Uniting Church Hall, Burgundy St, (next to Heidelberg Station).

A major focus of these sessions is to develop choreographies to perform using percussion only. They include clapping, stepping and castanets for those who want to learn. We also work with the Bellyslap drummers for performances - which are optional.

(I will start some sessions in Macleod too, so please register your interest.)

**Bookings: Marina Bistrin mob 0438 580 889 ah ph 03 9444 8212**  
**[www.dance-explorer.com](http://www.dance-explorer.com) [marinabistrin@optusnet.com.au](mailto:marinabistrin@optusnet.com.au)**

### **Sunday 27th November, 10a.m - 12 \$50**

### **Fan Dance Workshop with Marina Bistrin**

At Greenhills Neighbourhood Centre, Greensborough

Fan work from various cultures including Spanish Flamenco & China.

Greenhills Neighbourhood Centre, Greensborough

Also Fan Dance Mondays 1pm to 2, and Barefoot Flamenco

**Marina Bistrin: 0438 580 889 or 03 9444 8212 [www.dance-explorer.com](http://www.dance-explorer.com)  
Venue details; [www.greenhillsonc.org](http://www.greenhillsonc.org). [aumarinabistrin@optusnet.com.au](mailto:aumarinabistrin@optusnet.com.au)**

**Saturday mornings, 10:30am-12noon.  
Discovering Your Movement Alphabet**

A weekly practice to deepen your use of the LMA system

The Laban/Bartenieff Movement Analysis (LMA) system will be our framework, moving and exploring together through exercises, improvisations and creative play. LMA provides a language for exploring and understanding every element of human movement, from function to expression, from anatomy to pathways in space. These classes are for those who have had any amount of exposure to the work of Rudolf Laban and/or Irmgard Bartenieff, but such experience is not required. Dance therapists, teachers and performers who would like to be able to own, expand and use their knowledge of LMA practically and somatically, will gain a body-based confidence and tools for application.

Those new to LMA will learn more about their moving body, feel an increased sense of ease and presence in everyday movement, and will discover new insights in the communicative power of movement.

**Contact: [lucy@moremovement.com.au](mailto:lucy@moremovement.com.au) 0400 582 910**

Lucy is a Certified Personal Trainer and Fitness Coach; Registered Somatic Movement Educator; Certified Laban/Bartenieff Movement Analyst and Arts Project Coordinator

Monash Studio 1/1 Forest Court, Glen Waverley, 6 week block of classes: \$130, Drop-in: \$25

**MONASH STUDIO~ for movement-based expressive arts**

**MIF: Moving Into Facilitation.**

**Sunday 4th Dec. 3 -6pm.** A time to socialize for the final session in 2011.

Lucy Angel and Tiana will lead breath inspired movement explorations. MIF is a container to give rise to our authentic selves in our professional work and as who we are in our lives. We aim to embody clarity and integrity as practitioners of our work and what it is that we facilitate in a sharing group. In the arena of our diverse trainings and studies, we connect to our somatics, in a safe yet vibrant environment, with the intention to build the essence of our work in our communities. For more information, contact Tiana: 0421 045 438 [www.monashstudio.com.au](http://www.monashstudio.com.au) or

[info@monashstudio.com.au](mailto:info@monashstudio.com.au)

Other classes and events at Monash studios

**YOGADANCE Tuesdays 7.15-8.45pm**

A combination of hatha yoga and creative movement.

**SOUL MOVES Fridays 7-9pm**

A combination of Movement Ritual and the Halprin life/Art Process.

Soul Moves expands and deepens our level of awareness in motion, giving access to personal stories and insights.

During these sessions you will be guided to express your unique inner life experiences in movement. Creative movement, intuitive drawing, and dialogue will be the mediums used to shape and express ourselves physically, mentally and emotionally.

For registration contact Tiana: 0415 644 060

(03) 9574 9016 [www.monashstudio.com](http://www.monashstudio.com) or [info@monashstudio.com.au](mailto:info@monashstudio.com.au)

Volunteer Opportunities with Tiana Li Donna

Working with transitional groups of teens.

Mondays 1.45-3.10pm at Glenallen Special Developmental School Sth East suburbs

6.30-8.30pm Creative Moves for teens with Autism/Aspergers Spectrum.

**Phone: Tiana on 0421 045 438 [www.monashstudio.com](http://www.monashstudio.com) or [info@monashstudio.com.au](mailto:info@monashstudio.com.au)**

**Sat 21st to Wed 25th Jan. 2012; 10 am to 5 pm daily**

**Embodied Bellydance**

**Maria Sangiorgi will be back from Europe** for a short time to present Embodied Bellydance™ as a Summer Intensive and for the first time.

Embodied Bellydance™ Training & Assessment Module I

Summer Intensive 2012

Sat 21st to Wed 25th Jan. 10 am to 5 pm daily

Cost: 5 days, \$550 or \$475 - Early Bird pay before Jan 1st

2 days (Sat & Sun only) cost is \$250 or \$220 - Early Bird pay before Jan 1st

PAY A NON REFUNDABLE DEPOSIT OF \$50 ASAP

Training & Assessment Module I

Sat 29th & Sun 29th Jan; Sat 18th & Sun 19th Feb. and Wed 8th & 22nd Feb & 7th March

9.30 am 6.30 pm weekends and 6.30 to 9.30 pm Wed's

Cost: Total \$900 to be paid in monthly instalments.

\$450 before commencement of Module.

Time of Training & Assessment is made up of:

42 contact hours (not including peer group sessions and support):

2 @ 1 hour's assessment; 2 Skype group consultations; 2 Skype one on one Lessons

2 Peer group sessions (min 3 hours); Phone & Skype Support when required

Training Manual & Resources; conditions apply\*



“Summer Intensive participants who wish to be a part of Module I can vary the installment plan to meet their needs.”  
Discount Cost for both \$1300

At: Northcote Uniting Church Hall, 251 High St Northcote  
Contacts: Booking & Enquiries: Judith Kavermann: 03 8314 4355  
Workshop & Module Content: Cindy Hyde: [cindyh@gipps.net.au](mailto:cindyh@gipps.net.au)

**Maria Sangiorgi: [info@embodiedbellydance.com](mailto:info@embodiedbellydance.com)**

**skype: [mariasangiorgi](mailto:mariasangiorgi); For comprehensive details of both the Intensive & the Training Program go to [www.embodiedbellydance.com](http://www.embodiedbellydance.com)**

**Maria Sangiorgi; Dancing Isis Dance!; Embodied Bellydance™; Heart Centre Massage. +39 338 524 92 55; +61419 523 710**

### **Ideokinesis and Movement with Shona Innes.**

Ideokinesis is the practice of imagining a moving image within your body. This encourages mechanical balance, integrates imagination and sensory experience and offers a platform for creative action. For information on forthcoming workshops:

**Contact Shona – 0421 285 338 <mailto:atinnes@alphalink.com.au> or go to <http://alexanderthinkingbody.alphalink.com.au>**

### **Lieto Creative Dance Studio: Elizabeth Loughlin**

Classes and short courses at Lieto Studio, North Fitzroy, VIC. Ring Elizabeth, creative dance teacher and DMT, on 94829312, or [email loughlin@clari.net.au](mailto:loughlin@clari.net.au) for further information. [www.lietocreativedance.com.au](http://www.lietocreativedance.com.au)  
**See also under Classes, Mondays in Victoria**

### **Soul Dance**

#### **3rd Sunday each month**

At Olinda Primary School, Charlemont Lane, Olinda.

10am – 12.30. Cost: \$22 or \$17 concession.

Self-expressive, inspiring and centring dance – great location, music and people.

**Tony Norquay, 03 5678 5525 or 0418 134 709 or [norquaytd@ihug.com.au](mailto:norquaytd@ihug.com.au)**

### **NEW SOUTH WALES**

#### **Saturday December 10th 2011**

#### **All About You - Flexibility & Support**

#### **With Michael Muir - 10AM - 1 PM**

Cost \$50 on the day or \$45 in advance, EFT or credit cards accepted

The Awareness Institute, Suite 1, 20 Clarke St, CROWS NEST NSW 2065

We will explore working with connective tissue using gentle somatic exercises and free form dance.

Connective tissue is the structure within our bodies that links everything together – from head to toe and everything in between. Working with the connective tissue will support our bodies re-establishing structural alignment and helps bring us back into balance - physiologically and emotionally. Our aim is to feel more connected in relationship with others, create more opportunities for choice and ultimately more flexibility in life.

This workshop is all about feeling good, letting your body do the talking, moving in ways that support opening, stretching and celebrating of you in full embodiment.

No prior experience necessary.

Future Dates: Feb 4th 2012, Mar 3rd 2012 Crows Nest

**Contact: Michael Muir for group dates, more information or to secure a place**

**Mobile: 0414 888 248 or Email: [michael@soupa.net](mailto:michael@soupa.net)**

**[http://www.goodtherapy.com.au/michael\\_muir](http://www.goodtherapy.com.au/michael_muir)**

### **8 week programs**

#### **Re-Form - an initiative of Pittwater Uniting Church**

A Dance Movement Therapy (DMT) based program, aiming to provide healing and freedom for your body, heart, mind and spirit.

The Basement, Pittwater Uniting Church, 10 Jubilee Ave, Warrenwood

Thursdays, 6:30 - 8:00pm; Cost: \$20 per session or \$144 for 8 sessions

Bring: pen and notebook. Wear comfortable clothes.

Facilitated by Esther Durham, Grad Dip DMT, Assoc. Deg. Dance.

To reserve your place, **contact Esther by October 7.**

**Maximum 10 places. ph: 0407 769 943 e: [estherdurham@hotmail.com](mailto:estherdurham@hotmail.com)**

**[www.awholelotofdance.com.au](http://www.awholelotofdance.com.au)**

### **2011 - 2012: DRAWING MOVEMENT with Lisa Roberts**

ROZELLE SCHOOL OF VISUAL ARTS, 57 Nelson Street, Rozelle, Sydney.

From 17 October a new approach to Drawing Movement will begin at the Rozelle School of Visual Arts, 57 Nelson Street, Rozelle, Sydney:

<http://www.lisaroberts.com.au/content/workshops/workshops.php>

I have been bogged down with academia for some time now. Now it's time for a simpler, sunnier approach! The new workshops will be modelled on traditional Life Drawing, but instead of drawing a hired model, we take turns to move and be drawn. We move to simple 'scores' for movement and drawing that are designed to expand our dynamic range of expression.

The overall aim is to relax and have fun as we learn new ways of experiencing, observing and recording movement. In theory we know that movement and drawing enable us to identify and strengthen our expressive 'voices'. We also know that it makes us feel good, particularly when we do it with other people. So let's do more of it!

The cost remains \$10, but you will need to bring your own drawing materials (including portable easels and drawing boards if you need these).

See [www.lisaroberts.com.au](http://www.lisaroberts.com.au); [www.antarcticanimation.com](http://www.antarcticanimation.com); [www.livingdata.net.au](http://www.livingdata.net.au)

For more information; Contact Lisa: 02 9550 2805; [lisa@lisaroberts.com.au](mailto:lisa@lisaroberts.com.au)

**Individual sessions, group work and women's retreats with Satyo Cate Sullivan (BCA, MA (Cat) PACFA Reg.)**

Counselling, therapy and mentoring sessions for individuals.

Workshops/courses utilising dance/movement, creative arts therapies, body sense/awareness skills. Women's weekend retreats on relevant themes.

Individual sessions and group work are offered in both the Southern Highlands of NSW (Robertson) and Shoalhaven (Nowra).

For further information contact Satyo on 02 4885 1727 or 0412 122010

Email [satyo@shoal.net.au](mailto:satyo@shoal.net.au)

**Classes Victoria**

**Mondays:**

**Monday nights 6.30 to 8.30**

**Marina Bistrin teaches** a series of 8 x 2hr workshops from the Middle-East, Gypsies and Silk-Road in terms, 2011 at Glen Park Community Centre, Bayswater.

See: <http://www.glenparkcc.com.au/> Contact [office@glenparkcc.com.au](mailto:office@glenparkcc.com.au) 9294 7525 or call Marina Bistrin 0438 580 889, 9444 8212, [www.dance-explorer.com](http://www.dance-explorer.com) [marinabistrin@optusnet.com.au](mailto:marinabistrin@optusnet.com.au)

**Mondays - Fan Dance at Geenhills Neighbourhood Centre, Greensborough**

**Bookings Ph 03 9435 9287 [info@greenhillsnc.org.au](mailto:info@greenhillsnc.org.au) [www.greenhillsnc.org.au](http://www.greenhillsnc.org.au)**

**Elizabeth Loughlin, Ongoing creative and expressive dance - 7.45 - 9 pm.**

At Lieto Creative Dance Studio, North Fitzroy 3068

**Ring Elizabeth, creative dance teacher and dance movement therapist, on 94829312 or email: [loughlin@clari.net.au](mailto:loughlin@clari.net.au) See: [www.lietocreatedance.com.au](http://www.lietocreatedance.com.au)**

**Tuesdays:**

**Tuesday lunchtime**

**Multicultural Fan dance and Gentle Egyptian Bellydance**

with Marina Bistrin at Contact Community Centre, Bundoora,

**Contact Marina Bistrin on 0438 580 889, ah 9444 8212**

**Email: [marinabistrin@optusnet.com.au](mailto:marinabistrin@optusnet.com.au) or see [www.dance-explorer.com](http://www.dance-explorer.com)**

**YOGADANCE Tuesdays 7.15-8.45pm**

An ongoing class. A combination of hatha yoga and creative movement.

For registration contact **Tiana: 0415 644 060**

**(03) 9574 9016 [www.monashstudio.com](http://www.monashstudio.com) or [info@monashstudio.com.au](mailto:info@monashstudio.com.au)**

**Wednesdays:**

**Multicultural Fan dance, Persian Dance at Watsonia Neighbourhood House Expressive dance to world music, gentle, empowering and fun.**

**For more information contact Marina Bistrin on 0438 580 889, ah 9444 8212 Email:**

**[marinabistrin@optusnet.com.au](mailto:marinabistrin@optusnet.com.au) or see [www.dance-explorer.com](http://www.dance-explorer.com)**

Wednesday nights 7.30 to 9pm

Barefoot Flamenco in Heidelberg with Marina Bistrin

Scott's Uniting Church Hall, Burgundy St, almost next to Heidelberg Station.

\$120/term, \$20 per class, casual. Entrance from their carpark.

**Bookings: Marina Bistrin mob 0438 580 889 ah ph 03 9444 8212**

**[www.dance-explorer.com](http://www.dance-explorer.com) [marinabistrin@optusnet.com.au](mailto:marinabistrin@optusnet.com.au)**

**Thursday**

**Multicultural Fan dance, Persian Dance at Watsonia Neighbourhood House**

Expressive dance to world music, gentle, empowering and fun.

**Contact Marina Bistrin on 0438 580 889, ah 9444 8212 Email: [marinabistrin@optusnet.com.au](mailto:marinabistrin@optusnet.com.au) or see**

[www.dance-explorer.com](http://www.dance-explorer.com)

### **Fridays**

#### **SOUL MOVES - on-going classes 7-9pm**

A combination of Movement Ritual and the Halprin life/Art Process.

Come and join us for movement explorations, drawing and dialogues.

Soul Moves expands and deepens our level of awareness of ourselves in motion, giving access to our personal stories and insights as we return to our daily lives.

**Contact Tiana: 0415 644 060**

**(03) 9574 9016 [www.monashstudio.com](http://www.monashstudio.com) or [info@monashstudio.com.au](mailto:info@monashstudio.com.au)**

### **Saturdays**

#### **Body Voice Centre**

'Meeting the breath': half-day workshops

Dates, Bookings and further details: email [info@bodyvoice.com.au](mailto:info@bodyvoice.com.au)

**Body Voice Centre, 50 Wolverhampton St, Footscray, Vic 3011 [www.bodyvoice.com.au](http://www.bodyvoice.com.au)**

### **Sundays**

#### **Soul dance - 3rd Sunday each month**

Olinda Primary School, Charlemont Lane, Olinda.

10am - 12.30. Cost: \$22 or \$17 concession.

Self-expressive, inspiring and centering dance - great location, music and people.

**Call Tony Norquay on 03 5678 5525 or 0418 134 709 or email: [norquaytd@ihug.com.au](mailto:norquaytd@ihug.com.au)**

### **New South Wales - Ongoing Classes**

#### **Mondays:**

##### **2011: Movement and Drawing**

6-8pm Mondays, ROZELLE SCHOOL OF VISUAL ARTS, 57 Nelson Street, Rozelle, Sydney. See full information above under NSW.

**Contact: Lisa Roberts PhD (UNSW); <http://lisaroberts.com.au/>**

**[lisa@lisaroberts.com.au](mailto:lisa@lisaroberts.com.au) 02 9550 2805**

#### **Dance is MY Therapy - dance classes with a difference - 8:00-9:00pm Sydney**

The classes explore the therapeutic benefits of dance, with a focus on creativity, expression and general health and wellbeing proving that everybody can dance!! Expect the unexpected and enjoy the benefits of dance for mind, body and spirit.

Dance Alive Studios, 107 Regent St, Chippendale (near the corner of Meagher St)

**Contact: Kirsty Fromholtz - 0402 644 510**

**[kirsty@kirstydance.com.au](mailto:kirsty@kirstydance.com.au) [www.kirstydance.com.au](http://www.kirstydance.com.au)**

#### **Mondays 2- 3.30pm, Rex Centre, Kings Cross**

##### **Creative Movement for Seniors (50+)**

**\$3 (subsidized by Sydney City Council)**

Revitalizing, relaxing, guided self expression/movement exploration..

Connecting with stimulating music, ideas and people.

**Contact Meredith Lucy 0400447951 or Email; [meredithlucy6@gmail.com](mailto:meredithlucy6@gmail.com)**

### **Thursdays**

#### **'Moonbeam Movement'- Mums and Bubs classes, 9.30am - 10.30am**

At: Lifepod, 1A Victoria St, Paddington

Six-week courses of gentle, intuitive and fun dance/movement experiences for mothers and babies aged 5 months to walking. Explore the magical space that exists between you and your baby. Contact: **Suzy Wolanski Ph:**

**0413444914; Email: [suzy@moonbeammovement.com.au](mailto:suzy@moonbeammovement.com.au)**

### **Fridays**

#### **Fridays 6.30 - 9pm in Rozelle**

##### **Authentic Movement**

A setting for a movement practice where a supportive group of committed people practice inner focus and containment to deepen personal awareness. The practice can facilitate a therapeutic release through contacting unconscious material, support creativity by exposing new ideas and it can be a community building activity by connection to a wider, collective sense of self.

Beginners and experienced movers welcome.

**Contact Meredith Lucy 040 044 7951 or [meredithlucy6@gmail.com](mailto:meredithlucy6@gmail.com)**

### **Fridays**

**Fridays, 4:30-5:30pm (during school terms).**



**Creative Kids - a creative dance class** - developing physical, emotional, social and cognitive skills. For ages: 6-11 years. Begins Friday, August 5!

At The Basement, (at Pittwater Uniting Church), 10 Jubilee Ave, Warriewood

Cost: weekly \$15 each, or 8 week term for \$96.

Bring: comfortable clothes to move in, socks, drink bottle.

Bookings: please contact Esther to reserve a place.

**For more information [estherdurham@hotmail.com](mailto:estherdurham@hotmail.com) or see: [www.awholelotofdance.com.au](http://www.awholelotofdance.com.au)**

### **Saturdays:**

#### **Accessible Dance - 10:00 -11:00am**

A dance class for dancers with a disability over the age of 16, with emphasis on ability, creative expression and having fun dancing and moving. Carers welcome to join in.

Accessible Arts training room - Wharf 4, Hickson Rd, halfway up the pier on left.

For more information **contact: Kirsty Fromholtz - 0402 644 510**

**[kirsty@kirstydance.com.au](mailto:kirsty@kirstydance.com.au)[www.kirstydance.com.au](http://www.kirstydance.com.au)**

### **Overseas**

#### **India**

**27th and 28th April 2012**

#### **The 5th International Conference on Psychology of music and mental Health BY NADA CENTRE FOR MUSIC THERAPY, CHENNAI (Regd), INDIA**

In collaboration with The Department of Psychology

Department of Psychology, Bangalore University

Bangalore -560056

Contact: Dr. R. Gopalakrishna, Associate Professor, Department of Psychology

Bangalore University, E-mail: [rgkbub@gmail.com](mailto:rgkbub@gmail.com)

Phone: 080-22961506. Mob: 9731981899

Or: Dr. T. V. Sairam, President

Nada Centre for Music Therapy, Chennai

Phone: +91-9891184950; Email: [tv@sairam@gmail.com](mailto:tv@sairam@gmail.com)

This is the first ever international conference on Psychology of Music and Mental

Health to be organized by the Department of Psychology, Bangalore University

Bangalore and the Fifth International Conference to be organized by NADA Centre for music therapy, Chennai.

The theme of this conference has been carefully selected to capture the possibilities that are emerging in use of music as complementary to the study of mental health. Psychology of music has demonstrated newer paradigms in areas of cognition, emotions and harmonious human development. Participants across the world have shown their individual solidarity with NADA Centre for Music Therapy in this Mission of Making Music as a part of Mental Health.

"early bird" option pay before the 15th January 2012

Fee Structure Before 15-Jan-2012 On or after 16-Jan-2012

Delegates INR 1500 \$40(FD) INR 2000 \$50 (FD)

Students\* INR 750 \$20(FD) INR 1000 \$30 (FD)

Accompanying Person INR 1000 \$20 (FD) INR 1500 \$30 (FD)

**[www.nada.in](http://www.nada.in)**

### **UK**

#### **MSc Dance Movement Psychotherapy**

#### **Queen Margaret University, Edinburgh, Scotland, UK**

Dance Movement Psychotherapy is a unique form of psychotherapy which uses movement and dance as a means of communication and self-development. It is a treatment modality for people who are emotionally distressed, socially isolated, who experience physical or mental illness, and/or physical and cognitive impairment. This MSc will offer successful graduates the licence to practise with a wide range of client groups. The programme combines academic studies with clinical practice placements and dance/movement-based work. It can be studied full-time over 2 years or part-time over 3 years.

For more details see the attached poster and/or visit the programme's website:

**[www.qmu.ac.uk/at/Dance\\_Movement\\_Psychotherapy.htm](http://www.qmu.ac.uk/at/Dance_Movement_Psychotherapy.htm)**

If you do not want to commit to an MSc training programme but want to find out more about Dance Movement Psychotherapy, you might prefer joining one of the following two programmes.

1. A series of intensive weekends on the therapeutic use of embodied work. This will offer opportunities to become familiar with particular aspects of dance movement psychotherapy practice facilitated by highly qualified and experienced professionals.

See; **[www.qmu.ac.uk/at/Weekends\\_in\\_Dance\\_Movement-Psychotherapy.htm](http://www.qmu.ac.uk/at/Weekends_in_Dance_Movement-Psychotherapy.htm)**

2. The Introduction to Dance Movement Psychotherapy Short Course.

The Dance Movement Psychotherapy introduction programme is delivered in the form of experiential workshops, group

work and seminars. Different approaches to creative movement, dance, other arts therapy models and group work are explored and facilitated by a range of visiting lecturers who are experienced clinicians in the field.

**For more details visit the programme's website:**

**[www.qmu.ac.uk/at/Introduction\\_to\\_Dance\\_Movement\\_Psychotherapy.htm](http://www.qmu.ac.uk/at/Introduction_to_Dance_Movement_Psychotherapy.htm)**

**In all cases, further details can be sourced by Dr Vicky Karkou: [VKarkou@qmu.ac.uk](mailto:VKarkou@qmu.ac.uk)**

## **ART AND PSYCHE IN THE CITY**

**New York, New York**

**July 19-22, 2012**

**An International Conference**

Organized by the Art and Psyche Working Group, Sponsored by the Jungian Psychoanalytic Association, The International Association for Analytical Psychology and the Archive for Research in Archetypal Symbolism. Cosponsored and Hosted by New York University Steinhardt School of Culture, Education, and Human Development: Department of Applied Psychology and Department of Art and Art Professions

Courtesy James Cohan Gallery

Natural Selection, 2000 © Fred Tomaselli

The arts express the vibrant interplay between the human psyche and our surround. For the second Art and Psyche conference, we invite participants in the arts and practitioners of depth psychology to engage the creative process as it registers, reflects, and imagines, and is made manifest in museums and galleries, performance halls and libraries, studios and streets of a city.

This Call for Proposals is open to the psychoanalytic and psychotherapeutic communities and to members of the arts communities who are drawn to explore the dynamic and complex relationship of art and depth psychology.

Traditional plenaries and workshops will take place at the Kimmel Center, New York University, providing time and space for the mutual interaction between the arts and the psyche. Non-traditional formats will include one afternoon devoted to guided "paths" through the city's past and present sites of artistic creation and presentation. "Sparks" of new ideas will be presented in 10 minute segments, akin to what Jung called glimmers of consciousness emerging from the unconscious and igniting imagination in the arts and within the process of psychotherapy. As you follow your own sparks that may lead to a proposal, we suggest that you consider the arts events relevant to the conference place and time. The Art and Psyche website, at the Steinhardt School, NYU,

**<http://steinhardt.nyu.edu/conference/artandpsyche>** will list events scheduled in New York City in July 2012, as the information becomes available.

**Call for Proposals - Submissions should not exceed 500 words**

**Email to [artandpsyche@nyu.edu](mailto:artandpsyche@nyu.edu) no later than November 30, 2011.**

**Send proposals or enquiries to [artandpsyche@nyu.edu](mailto:artandpsyche@nyu.edu)**