



Dance Movement Therapy Association (DTAA)
Current Moves - October 2011

Dance Movement Therapy Association of Australia (DTAA)
Professional Development Workshops

Saturday November 5 and Sunday November 6, 2011.

DTAA AGM and Professional development days

Saturday November 5th 2011, 9.15 – 5.0pm

At Edinburgh Gardens Community Centre, North Fitzroy

Off Brunswick Street, North Fitzroy. Community Centre is at the back of the grandstand overlooking the oval.

SENSORIMOTOR PSYCHOTHERAPY, NEUROSCIENCE AND IMPLICATIONS FOR DANCE/MOVEMENT THERAPY
A Workshop led by Jilba Wallace on Sensorimotor Processing:

This therapeutic modality was created by Pat Ogden, who founded the Sensorimotor Psychotherapy Institute in Boulder, Colorado. It has many overlaps with dance movement therapy, such as those in the Moving Cycle (Christine Caldwell PhD) which help clients become aware of body sensations, movement inclinations and how these manifest into insightful, healing metaphors that can inform choices to change.

Jilba Wallace, from Colorado in the USA, graduated from Naropa University (Colorado) in 1992 and continues to teach and to mentor there. She grew up in Australia and worked in the outback for seven years using drama and dance with aboriginal children. She has a private practice in a semi-rural area, and works part time in a psychiatric hospital running an intensive outpatient program, with a multi-disciplinary team in the USA. Her interests include liturgical dance, yoga, mindfulness practice and studying shamanic principles. **Contact Mandy Agnew: Tel: 90177850; Mobile**

0437348808

Email: rmagnew@bigpond.com For Costs: see flyer on www.dtaa.org

DTAA AGM, shared lunch and networking will be from 12.30 – 2.0.

Sunday November 6th 2011, 9.15 – 5.0pm

At St Mark's Hall, North Fitzroy

1 Mark Street, Melway Map 30 C 12

An exciting experientially based dance movement program is planned for this Professional Development day at a very low cost to members. The day will begin with a developmentally based body warm-up, followed by workshops:

Morning experiential workshop: 'Music for dance movement therapy',

led by Natalie Poole (Assoc. Member DTAA, B. Ed., Grad Dip. DMT and Egyptian Hilal dance teacher).

We are asked: How do we want to 'move' our clients?

How do we 'hold' our clients with our music choices?

Do we design our sessions with an overall rhythm in mind, or do we just go from track to track?

Natalie will unpack instincts and discovering how music choices can be a great tool to work with – in fact perhaps our greatest?

Afternoon session: 'Finding the dance in dance movement therapy' led by Anna Ganz..

(Prof. Member DTAA, B.A. (Psych), Dip Primary Teaching, Grad Dip Mov't & Dance, Grad Dip Arts Ed. (RMIT), Dip. Dance Therapy (IDTIA). Convenor of DTAA's Professional Membership Committee and representative for PACFA business.

The focus of this workshop is on improvisation, as an essential tool for dancers and those who become dance movement therapists. Anna highlights the fact that:

Spontaneous gestures, felt movement and attuned responses are all a part of the therapist's presence in the moment with clients", reaching the basic premise that the "dancer within the dance movement therapist must be nurtured and

promoted, because due to time constraints and juggling with multiple tasks related to our daily living, this is so often neglected.

This workshop will focus on these basic needs and in particular the important aspect of "seeing and being seen". As well, it will provide an opportunity for replenishment of the dance movement for the dance movement therapist, providing them with the energy for their work through the joy of the dance.

Lunchtime: A Strategic Planning session for the DTAA, and DMT, in Australia

12.45 – 2.15 pm on Sunday: This will take place over a shared lunch. Everyone is invited to join the committee to discuss visions for the future of DMT in Australia, and, as well, their visions for the future of the Association.

Contact Mandy Agnew: Tel: 90177850; Mobile 0437348808

Email: rmagnew@bigpond.com

For Costs: see flyer on www.dtaa.org

*Please note the different venues on Saturday and Sunday - but they are very close to each other and only a 4 min or so walk across the park.

Dates for your diary:

February Friday 4, Saturday 5, and Sunday 6, 2012

Don't miss Penelope Best returning to Australia – venue will be Dorm 1. At Abbotsford Convent

Sunday afternoon March 4, from 3.0pm – 6.0pm:

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. 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.

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

Our list of books and dvd's is available on the DTAA website at www.dtaa.org.au

DTAA Memberships:

Thank you to all who have already paid their 2011-2022 membership. It would be appreciated if those who haven't could do so. This would ease the workload involved in issuing reminders.

Information, Notices and Special Events

Mangala Studios - October 29. 3 -5pm. Saturday

Teaching Creative dance/movement to All Ages - Free Introductory Afternoon

The next Teaching Creative Dance Diploma course conducted by Mangala Studios will commence in July 2012. For more details of this free afternoon session, that will provide enjoyable tastes of the creative dance process and full explanation of the course including structures, fees and dates, see under Victoria and /or **contact: Mangala Studios, 73 Grattan St. Carlton, 3053.**

Ph: 03 96635603; e-mail: info@mangalastudios.com.au; www.mangalastudios.com.au

November 14 to 18, 2011 - Canberra

The Art of Good Health and Wellbeing Conference, Canberra 2011

The 3rd Annual Art of Good Health and Wellbeing International Arts and Health Conference is taking place at the National Gallery of Australia, Canberra.

See under Canberra.

FOR MORE INFORMATION: www.artsandhealth.org Tel: +61 2 6583 5040 or Mob: 0416 641 482 Email: info@artsandhealth.org

Diploma of Counselling Supervision

Save \$500 when you enrol - First 12 applicants receive 10% fee reduction.

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-college.com or phone 07 3482 2260. Visit www.montere-college.com**

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

Contact person: Max Campos, Recruitment consultant

Phone: 03 9279 1752 Email: mcampos@australianvolunteers.com

Application close date: 07 November 2010

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**

Victoria

International Dance Therapy Institute of Australia

Introduction to Dance Therapy

Saturday, 5th November 2011, 10am - 4pm

The Augustine Centre, Hawthorn, Vic

Cost: \$110 Full / \$95 Concession

An experiential day workshop to introduce dance therapy and its potential for discovery, change and healing, together with some discussion and theoretical underpinning for its use in therapeutic contexts. Principal facilitators include Anna Schlusser, Evelyn Switajewski, Michelle Mahrer, and Natalie Will.

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 or contact: Michele Braban, Administrator, (03) 9571 9526 e-mail : admin@idtia.org.au

Monday October - Dec, 2011

Creative Arts Therapy 8 Week Group

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 will 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!

(no group on Monday 31 Oct due to public holiday on Tues)

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

For Bookings and Enquiries contact Jennifer on

0417 562 024, or jenniferberlingieri@gmail.com or go to <http://creativeartstherapy.com.au>

****Private sessions are also available.** creativeartstherapy.com.au**

Saturday, October 29. 3 -5pm

Mangala Studios - Teaching Creative Dance to All Ages - Free Introductory Afternoon

The next Teaching Creative Dance Diploma course conducted by Mangala Studios will commence in July 2012. All interested participants are invited to a free afternoon session for some enjoyable tastes of the creative dance process and a full explanation of the course including structures, fees and dates. This course with its focus on creativity and dance is a useful adjunct to any professional interested in extending their skills with music, art and dance.

Please contact us for an explanatory brochure at Mangala Studios; 73 Grattan St., Carlton, 3053

Ph: 03 96635603; e-mail: info@mangalastudios.com.au; www.mangalastudios.com.au

See also above under Information about Special Events

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. **Body Voice Centre 50 Wolverhampton St, Footscray, Vic 3011; 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 4, from Oct to 14th Dec, 2011 (10 weeks) \$150/\$120 conc. \$20 casual.

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

A major focus will be to develop a choreography to perform using percussion only. It will include clapping, stepping and castanets for those who want to learn. For this choreography, we will also be working with the Bellyslap drummers for performance - performance is 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 marinabistrin@optusnet.com.au

17th October – 28th November (miss 31/10)

Greenhills Neighbourhood Centre, Greensborough

Bookings Ph 03 9435 9287 info@greenhillsnc.org.au www.greenhillsnc.org.au

Fan Dance Mondays 1pm to 2, Starting (6 classes) \$60

Sunday 25th Sept 10am to 12 noon

Barefoot Flamenco Workshop. \$50

Sunday 6th November

Fan dance Workshop 10.00a.m – 12.00 noon \$50

Marina Bistrin: 0438 580 889 or 03 9444 8212 www.dance-explorer.com

From October 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 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 or 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 or 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 or 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

Maria Sangiorgi: info@embodiedbellydance.com

skype: mariasangiorgi; For comprehensive details of both the Intensive & the Training Program go to 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:atannes@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 for further information. www.lietocreatedance.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

NEW SOUTH WALES

M-Body-Ment

The 360 Degrees of Connecting with Michael Muir

Suite 3, 89B Cowles Road, Mosman NSW, 2088

This group is all about connection – to our bodies and our internal wisdom, to each other and to our world. It will be working with strengthening internal resources and finding places inside that we can connect with when the world around

us feels turbulent. The group will spend 8 weeks getting to know their bodies, deepening their relationship with themselves relationship with others, in a supportive space and in community. Practices will include meditation, gentle bodywork and authentic movement derived from a somatic psychotherapy background and adapted for group work. The intention of this work is to provide practical approaches to feel freer in your body, more relaxed in your mind and thoughts, and more connected to you.

No prior experience necessary.

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

Mobile: 0414 888 248 or Email: michael@soupa.net

http://www.goodtherapy.com.au/michael_muir

Facebook: Sydney Somatic Psychotherapy

October to December 1- an 8 week program

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

www.awholelotofdance.com.au

11th November 2011

ASPA Professional development - 7pm-9pm

The Awareness Institute Suite 1/20 Clarke Street, Crows Nest NSW 2065

EMDR; What it is and its use in Psychotherapy - Presented by Roby Abeles

Roby will talk about EMDR; what it is, its history, and its effects on clients with a trauma and/or addictive history. Roby will also discuss how EMDR affects the brain and our physiology. We will look at how EMDR can help our clients. We will then explore what Brainspotting is and how it evolved from EMDR. She will also use case studies to enhance her presentation.

Roby Abeles is a clinical member of PACFA, an approved consultant in EMDR in Australia, as well as a Somatic Experiencing Practitioner. Roby is a supervisor in several modalities of therapy and is an educator at the Australian College of Applied Psychology where she teaches a module in trauma counselling.

Her specialities are numerous including trauma and other overwhelming experiences and how they affect the nervous system and physiology of the brain and body and how to rebalance the body and brain. She has also worked extensively with clients with addictions.

Non-members welcome for a fee of \$20

Creative Doctor's Network film night- AMA

Lisa Robert's new animation, 'Do krill have sex?' will be screened again.

It will be a fun night. AMA house 69 Christie Street, St Leonards, Sydney

All welcome Admission \$25

Email: janene@amansw.com.au for information about future date

2011: 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; www.antarcticanimation.com; www.livingdata.net.au

For more information; Contact Lisa: 02 9550 2805; 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

Canberra:

November 14 to 18, 2011

The Art of Good Health and Wellbeing Conference, Canberra 2011

The 3rd Annual Art of Good Health and Wellbeing International Arts and Health Conference is taking place at the National Gallery of Australia, Canberra.

ACUTE AND PRIMARY CARE, COMMUNITY HEALTH, AGED CARE, HEALTH PROMOTION, EDUCATION, RESEARCH AND EVALUATION

The National Portrait Gallery is a supporting conference venue. The conference will also showcase best practice arts and health programs incorporating music, theatre, dance, comedy, circus arts, creative and narrative writing, film and digital media.

FOR MORE INFORMATION: www.artsandhealth.org Tel: +61 2 6583 5040 or Mob: 0416 641 482 Email: info@artsandhealth.org

Classes Victoria

Mondays:

Monday nights 6.30 to 8.30

Marina Bistrin teaches a series of 8 x 2hr workshops form 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 9294 7525 or call Marina Bistrin 0438 580 889, 9444 8212, www.dance-explorer.com marinabistrin@optusnet.com.au

Mondays from August 15 – 1 – 2.0 pm

Fan Dance at Geenhills Neighbourhood Centre, Greensborough

Bookings Ph 03 9435 9287 info@greenhillsnc.org.au 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 See: www.lietocreativedance.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 or see 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 or 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 or see 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 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 or see 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 or info@monashstudio.com.au

Saturdays

Body Voice Centre

'Meeting the breath': half-day workshops

Dates, Bookings and further details: email info@bodyvoice.com.au

Body Voice Centre, 50 Wolverhampton St, Footscray, Vic 3011 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

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 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 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

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

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

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 or see: 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 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

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

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

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

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**

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

In all cases, further details can be sourced by Dr Vicky Karkou: VKarkou@qmu.ac.uk