



**Dance Movement Therapy Association (DTAA)  
Current Moves - September 2011**

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

**Sunday 25th September, 2011  
Continuing continuum**

From 1.00-3.00 pm, Yellow Room, Rosina building, Abbotsford Convent, Melbourne. Dress for comfort and bring a Yoga mat or equivalent and blanket.

Organised by the DTAA, this event is led by Elizabeth Mackenzie and Ben Assan and will provide the opportunity to embody and deepen the practice of Continuum for those who recently attended the 3 day workshop led by Amber Gray in Melbourne. At the same time, newcomers to Continuum are also welcome. **A donation towards expenses of venue hire of \$10 for members of the DTAA is requested. For non-members cost is \$25.**

**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

**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.

**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**

**A Professional Development Day** that will include an experiential session on music for dance movement therapy, led by Natalie Pool. The rest of the day's program will be advertised when confirmed. The day will also include a Strategic Planning session from 12.30 – 2.0pm, over a shared lunch, where DTAA Members are invited to join the committee to discuss visions for the future of DMT in Australia and visions for the Association.

**\*Please note different venues on Saturday and Sunday, but they are very close to each other – 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, or Tuesday evening March 6, 2012 – date TBC**

### **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 a Professor and Director of National, International and Collaborative Programs at Lesley University, 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](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. It would be appreciated if those who haven't could do so. This would ease the workload involved in issuing reminders.

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### **Information and Special Events**

#### **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.

See under Canberra.

FOR MORE INFORMATION: [www.artsandhealth.org](http://www.artsandhealth.org) Tel: +61 2 6583 5040 or Mob: 0416 641 482 Email:

[info@artsandhealth.org](mailto:info@artsandhealth.org)

#### **Victoria**

#### **Seeking Dance Volunteers**

Are you passionate about Dance and would like to support children with a disability through dance? Can you dance with our students to inspire and encourage them?

Would you like to gain some work experience in the dance and disability field to enhance your career? We are seeking passionate dance volunteers to support children and teenagers with a disability to participate in a weekly dance class. Classes run 10.30am – 12pm Sunday mornings at Bayswater Youth Hall, cnr Station Street and Pine Road, Bayswater, Melbourne

If you would like more information please contact

**Melissa at Eastern Recreation Leisure Services 97205944; email:[vip@eris.net](mailto:vip@eris.net)**

#### **24 September 2011 - 26 September 2011**

#### **Hilal Dance**

... a cultural tradition reinterpreted as an integrated Contemporary form

European based Egyptian Contemporary dance artist Suraya Hilal will be presenting workshops in Hilal Dance®. Master teacher and performer Hilal, draws inspiration from her cultural roots in Cairo and is informed by global contemporary dance practice.

Workshops will be accompanied by ultra-talented percussionist Marianthe (Manthy) Loucataris

Suraya, over a twenty year period, has refined and re-developed many of the traditional forms of movement in Egyptian/Arab culture and has given them a modern presence through the totality of her work which came to be known as Hilal Dance® during the year 2000.

Through her innovative theatrical work Suraya has transitioned one of the world's oldest cultures into the contemporary dance world.

Hilal's workshops offer a vibrant introduction to Hilal Dance. Hilal Dance welcomes new dancers, both men and women, from a range of dance backgrounds.

Dance experience is not necessary.

To find out more about Suraya Hilal and her inspirational theatrical and teaching work visit [www.hilaldance.com](http://www.hilaldance.com)

To view Suraya's work go to <http://www.youtube.com/user/hilaldancecompany#p/u>

Date: 24, 25 & 26 September 2011.

Time: 24 & 25 September 10.30am - 3.00pm, 26 September 12:30pm-5pm

Where: Dancehouse 150 Princes St Carlton North.

Bookings: contact [rachael@hilaldanceaustralia.com.au](mailto:rachael@hilaldanceaustralia.com.au)

**For workshop enquiries in Melbourne or Canberra contact [rachael@hilaldanceaustralia.com.au](mailto:rachael@hilaldanceaustralia.com.au)**

**Also in Canberra October 1, 2, 3**

### **Saturday 1 October, 2011**

#### **Creative Arts Therapy Workshop**

This short workshop will explore the use of drawing, painting, writing, movement, body awareness and more as tools for gaining inner knowledge and connecting to your creative self. This is ideal for anyone who wants to try out Creative Arts Therapy for the first time, or for those familiar with CAT who want to experience more.

No previous arts experience required.

1-4 p.m, MIECAT, 17 Victoria St, Fitzroy (not Victoria Parade)

\$75 including all materials

**For Bookings or Enquiries contact Jennifer on [jenniferberlingieri@gmail.com](mailto:jenniferberlingieri@gmail.com) or go to [creativeartstherapy.com.au](http://creativeartstherapy.com.au)**

### **Monday 10 October - 5 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 for you, 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

\$345 including all materials. \*\*Please note I am already receiving bookings for this group so please book in early, as spaces are limited!

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)

### **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](mailto:info@mangalastudios.com.au); [www.mangalastudios.com.au](http://www.mangalastudios.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.

**Meeting the breath** - monthly half-day experiential breath workshop, Saturday 17 September, 1 to 5pm. No previous experience necessary.

Gathering in the breath - weekend intensive, Saturday 17 September, 1-5pm, and Sunday 18 September, 1-5pm.

**Performance Practicum** - extended working weekend 21-23 October. Practicum is a collegial company of performance makers under the auspices of In the Company of Others. Performance makers interested in joining Practicum are invited to send an expression of interest.

Individual vocal exploration and development sessions available now: set of five one-hour sessions for \$300 full, \$200 concession. Single sessions \$70 full, \$50 concession. Email John on [jdhoward@alphalink.com.au](mailto:jdhoward@alphalink.com.au).

**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 12, 2011**

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

Marina Bistrin featuring White Swan theme with percussion

Wednesday nights 7.30 to 8.30pm

Term 4, 2010, 12th 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**

**Tuesday 4th Oct. 7.30pm - 8.30**

**FLAMENCO PERCUSSION WORKSHOP WITH BELLYSLAP DRUMMERS.**

Collingwood Neighbourhood House, Harmsworth St, Collingwood. \$15. Learn basic rhythm patterns through clapping, stepping, drumming and demonstration of using castanets, so you can practise on your own. We'll be using these rhythms later in the year for Swan dance choreography. A chance to meet the Bellyslap Drummers in regular classes.

**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 Saturday 1st October**

**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.

Saturday mornings, 10:30am - 12noon.

Monash Studio~ for movement-based expressive arts, Studio 1/1 Forest Court, Glen Waverley

6 week block of classes: \$130, Drop-in: \$25

Class size is limited to 12 per week. Please email to notify of your intention to attend.

**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~ for movement-based expressive arts**

**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 installments.  
\$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; 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.lietocreatedance.com.au](http://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](mailto:norquaytd@ihug.com.au)**

#### **NEW SOUTH WALES**

#### **Starting Sept. 12, 2011 for 8 Weeks 7PM – 9:30PM**

#### **M-Body-Ment**

#### **The 360 Degrees of Connecting with Michael Muir**

Final session 7 Nov 2011 (No class Oct 3 Long Weekend)

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 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)**

**Facebook: Sydney Somatic Psychotherapy**

#### **16th September 2011- 7pm-9pm**

#### **ASPA Professional development**

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

The use of Neurofeedback in Psychotherapy

Presented by Mirjana Askovic, Senior Neurofeedback Clinician, STARTTS

This presentation aims to provide participants with a brief overview of the functional brain networks that are disrupted by trauma and how neurofeedback is used to regulate affect and restore cognitive functions of traumatised clients. Particular attention will be paid to describing how neurofeedback and psychotherapy work together.

Several case vignettes will be used to illustrate interplay between neurofeedback and psychotherapy through the various stages of trauma treatment.

Ms. Mirjana Askovic is a psychologist (B.A. Psych (Hons) and neurofeedback practitioner with more than 20 years of clinical experience in working with children and adults. Over the last eight years, her major focus has been on integrating the use of neurofeedback with psychotherapy in working with chronic and complex PTSD. Mirjana is an experienced national and international conference speaker and author of multiple publications on neurofeedback and psychotherapy.

**Non-members welcome for a fee of \$20**

### **October 13 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**

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

\$10 per class (incl. Materials). Fridays 6-8.

Email for information about term dates and to enroll.

A new series of 8 workshops begins on 8 August 2011, 6-8pm Monday evenings. Cost \$10 per session or \$60 for the series.

Understanding climate change is difficult and the enormity of the issue can be overwhelming, and yet it is vital that we understand as best we can if we are to respond appropriately.

Pleasure can be found in experiencing connections within ourselves, with other people and with the environment that sustains us. The workshops will explore how movement can be used to help us understand some processes involved in climate change. The first workshop will begin by exploring the complex story of ocean acidification. There is great beauty and pathos in this story and overwhelming evidence that we play a lead role in it. Each session will end with tea and discussion.

Gentle movement exercises and guided improvisations lead you to express your unique understanding, experience and observation of movement and transformation in the natural world. People with all levels of experience in moving and drawing are welcome.

Moving and drawing are inherently enjoyable. They share a common language of circling, spiralling and crossing forms that we know from childhood play. These forms are elemental and are the basis of all languages, including gesture. They express our experience and measurement of space, time and energy. Workshops are developed from dance practices of Rudolf Laban, Johanna Exinerand Siobhan Davies, and on drawing and animation practices of Norman McLaren and Len Lye.

Daniela Giorgi explores Drawing Movement with Lisa Roberts at the Rozelle School of Visual Arts, Sydney, 2011. Photos: Geoffrey Robertson

Yoris Everaerts and Christine McMillan explore Drawing Movement with Lisa Roberts at Dickson Street Hall, Sydney, 2007. Photos: Christine McMillan & Lisa Roberts

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

SHIFT IN APPROACH

**For more information; Contact Lisa: 02 9550 2805; [www.lisaroberts.com.au](http://www.lisaroberts.com.au); [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)**

### **Canberra**

#### **Canberra October 1, 2, 3**

#### **Hilal Dance**

See information under Victoria

European based Egyptian Contemporary dance artist Suraya Hilal will be presenting workshops in Hilal Dance®. Master teacher and performer Hilal, draws inspiration from her cultural roots in Cairo and is informed by global contemporary dance practice.

Workshops will be accompanied by ultra talented percussionist Marianthe (Manthy) Loucataris

To find out more about Suraya Hilal and her inspirational theatrical and teaching work visit [www.hilaldance.com](http://www.hilaldance.com) **For workshop enquiries in Melbourne or Canberra contact [rachael@hilaldanceaustralia.com.au](mailto:rachael@hilaldanceaustralia.com.au)**

#### **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](http://www.artsandhealth.org) Tel: +61 2 6583 5040 or Mob: 0416 641 482 Email: [info@artsandhealth.org](mailto:info@artsandhealth.org)**

### **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 from August 15 - 1 - 2.0 pm

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.lietocreativedance.com.au](http://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](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)**

**"Wellness Exercise Program For Everyone" from 10 am - 11 am**

Yumi Schaefer - Life Wellness Network

For more vitality, flexibility, muscle tone and strength, and relaxation join in this program of gentle fun aerobics, stretching, core-conditioning and relaxation.

At Guide Hall 159 Waldron Rd, Chester Hill. Offered by Chester Hill Neighbourhood Centre Bookings: Amy 9645-3700 or contact Yumi - Wellness Lifestyle Coaching, Pilates, Dance Therapy See: **[www.wellnessnetwork.com.au](http://www.wellnessnetwork.com.au)** or **phone:**

**0425-256-735**

**Also see on line the Wellness "RENEW ME" Lifestyle Book and "Pilates For All" DVD**

**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**

## Singapore Training Programs

### Run by Lillian Thio

1. Sept. 26 - 27, 2011, 9.30 - 5.30pm, Children: Introduction to Dance/Movement Therapy
2. Sept. 28-30, 2011, 9.30 - 5.30pm, Elder Care: Dance/Movement Approach as an Intervention, For those who attended the Elder Care Introduction  
Both at Social Services Training Institute (SSTI)  
See: <http://www.ssti.org.sg> for more information and registration
3. October 5-7, 2011, 9.00 - 5.00, From Motion to Emotion: Using Movement in Counseling (Level 1), at: SAL, Singapore 2011, register with SAL website
4. 1st October (time to be confirmed), Dancing for Birth FREE DEMO class, first **time@Suntex** City, Singapore. At Suntex City, Singapore. Bookings required from the organizer
5. 2nd October (4.00 - 5.00 pm), Dancing for Birth FREE DEMO class, first time in Singapore. At YMCA Singapore (venue tentatively)
6. Date: 2nd October 2011 (1pm - 4 pm), Minding the Embodied Body (Professional Development), At YMCA Singapore  
Fees: S\$ 55.00 (early bird registration before 16th September 2011)

See <http://www.facebook.com/www.iexpress2explore> or for all queries email Lillian at [info@iexpress2explore.com](mailto:info@iexpress2explore.com)

## MALAYSIA TRAINING PROGRAMS

### Run by Lillian Thio

1. 24th September (4.00 - 5.30 pm), Dancing for Birth FREE DEMO class, first time in Malaysia. At 14A Jalan Satu, Taman Nusa Bestari Jaya, 81300  
Registration: Bonbebe Child Learning Centre
2. Date: 25th September (9.30 - 4.30 pm), Moving with Meaning (NEW) Training workshop\*  
At 14A Jalan Satu, Taman Nusa Bestari Jaya, 81300  
Registration: Bonbebe Child Learning Centre  
See <http://www.facebook.com/www.iexpress2explore> or for all queries email Lillian at [info@iexpress2explore.com](mailto:info@iexpress2explore.com)

## 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)