

Practical Experience concerning Dance, Community Work, Dance Movement Therapy :

Activities to the age of 18:

Voluntary community work in a settlement centre for new immigrants in Israel. These centres allow a period of adjustment for people before they settle into their permanent homes. Working with families (parents and children) who did not know the language or the customs of the country. Instructor in a Youth Movement. Folk dance instructor to younger children.

Activities since coming to London in 1984:

1985/1986 - Electrobics courses and workshops

Electrobics shows a way to self health through movements, movements which balance and enhance the body's natural energies and create a state of mental and physical harmony. After attending a course involving many evenings and weekends, I took an intensive course to qualify as an instructor. I then taught courses in Pineapple Studios in London, as well as in community centres in north and south London.

Early 1988 - Dance Movement Therapy Course

I attended a 10 week introductory course of Dance Movement Therapy at the Hertfordshire College of Art and Design, St Albans (now part of the University of Hertfordshire).

Sept 1988 to July 1991 - BA Degree Course, Majoring in Dance

Enrolled at Middlesex Polytechnic (now known as Middlesex University) on a modular scheme BA Degree Course majoring in Dance. The modular scheme was very flexible and allowed many options. For the technique classes I chose classes with the emphasis on release and contact work, which heavily relates to communication and relationships between people.

Sept 1990 to July 1992 - Postgraduate Diploma in Dance Movement Therapy

This course took place at the Hertfordshire College of Art and Design, (now part of the University of Hertfordshire)

Note: The last year at Middlesex Polytechnic and the first year of this course overlapped, as I had enough credits by this time for the degree.

1990 - Work with people with learning difficulties

During the last year of college I was involved with the following two projects on a voluntary basis:

- a) Integrated Group in Cambridge - helper in a creative dance community workshop for an integrated group of adults on a weekly basis. Students come from various institutions.
- b) Peter Kirk Special School - helping with a class of junior pupils with SLD, participating in their physical education classes in the their country dance sessions.

March 1990 - Special Needs Dance Workshops organised by SPAN

Attended a series of educational workshops organised by SPAN at Middlesex Polytechnic. The workshops were led by experienced teachers/artists in the community arts field, and included working with people with visual disabilities, taken by Stanley Hamilton, and various workshops on creative dance for people with learning difficulties, taken by Wolfgang Stange, Jasmine Pasch, Sara Haig and Helen Leake.

May 1990 to Sept 1991 -leading Creative Dance Movement Sessions for people with mental handicap at Orford House

Orford House is part of the Home Farm Trust, which provides homes, whole life care and personal development for people with mental handicaps. After interview and clearance by the management I offered the residents a workshop in creative dance movement. We formed a new group, which continued very successfully.

I was also accepted, after separate application and interview, as part of the paid staff relief workforce.

Sept 1991 to 1993 - Dance therapy work at Orford House

I continued to work at Orford House, in the capacity of D.M.T. Therapist.

June 1988 to 1994 - Teaching and leading workshops with a theatre group

During this time I was teaching and leading workshops on creative movement with Eminent Theatre. This was a group of people involved in exploration of the theatre arts, such as music, dance, song etc, to try to reach the core essence and reasoning of each. The dance workshops researched the relaxation, balancing and healing effects of different colours and rhythms on the abilities of the human body, which also involved working with musicians against specific tasks. Other aspects of the work included such group dynamics as trust, openness, character building, care and warmth, that are so important to the individual and the group as a whole in a creative environment. This work incorporated a lot of release and contact improvisation techniques.

These intensive workshops took place twice a week, at evenings and weekend, and averaged in total about 12 hours a week.

1994 to 2002 -Dance classes and workshops

Since 1994 I have continued to participate in and lead various workshops and dance classes in London, as well as being active in a charity that promotes the education of the arts. During that time I also been participating and helping in facilitating workshop with Touchdown Dance, a charity that promotes the dance work with visually impaired people.

2002 to 2003 - Dance movement therapy and creative dance workshop at SENSE – Barnet

working with a group of adults with severe physical and mental disabilities, started as a community project towards a sharing performance at the Royal Festival Hall and continued as personal and group development.