

## WAEF2023 真实动作峰会 讲者名单

(按照论坛日程顺序排列)

### **Elyn Selu**

Elyn Selu 是一位居住在路易斯安那州新奥尔良的身心学实践者。她于 2000 年被诊断出患有  
多发性硬化症，而她的动作实践专业主要对应在慢性疾病和创伤。Elyn 使用 SE、以地球为  
基础的医学实践和真实动作，举办课程和研讨会，帮助学生和客户了解他们的身体智慧来建  
立复原力。

Elyn Selu is a somatic practitioner living in New Orleans, Louisiana. Diagnosed with multiple  
sclerosis in 2000, Selu specializes in chronic illness and trauma. Creating classes and  
workshops using SE, Earth-based medicine practices, and Authentic Movement, Selu helps  
students and clients access their bodily wisdom to build resiliency.

### **Brinda Sarah Jacob**

Brinda Jacob-Janvrin 是一以动作为基础的表达性艺术治疗师和当代舞者、编舞家，拥有超  
过 25 年的表演经验。真实动作和自然梦境的实践者和促进者。Brinda 对艺术、身体、心灵  
和地球之间的神秘联系模式充满热情。Brinda 还是动作艺术和治疗信托基金工作室的创始  
人和管理受托人。

Brinda Jacob-Janvrin is a movement-based expressive arts therapist and a contemporary  
dancer/choreographer with more than 25 years of performing experience.. A practitioner  
and facilitator for Authentic Movement and Natural Dreamwork, Brinda is passionate about  
the arts, the mysterious workings of the Psyche-Soma and connections between the Body  
and Earth.

Brinda is the founder and managing trustee of the Studio for Movement Arts and Therapies  
Trust."

### **Sarka Bartuskova**

Sarka Bartuskova, 舞蹈治疗师、启发式研究者、表演艺术家和教师。Sarka 自 2017 年以来  
一直跟随 Celine Gimbrere 学习“真实动作修炼”，她在 Boserup Friskole 担任助教，逐渐成为  
一名治疗师，着重于学生的情感教育。她正在进行的项目是为教师开设的基于真实动作的  
督导以及反思实践，该项目主要面向的是为患有自闭症谱系障碍以及多动症的学生提供协助  
的教师群体。

My name is Sarka Bartuskova. I graduated as a Dance and Movement therapist at the Codarts  
University in Rotterdam. I am a dance therapist, heuristic researcher, performing artist and a

teacher.

I have been learning the Discipline of Authentic Movement with Celine Gimbrere since 2017. Recently I work in Boserup Friskole as an assistant teacher and gradually also a therapist with focus on emotional education of our students. My evolving project is Authentic movement based supervision and reflection for the teachers, especially those who work with students on the autistic spectrum and with ADHD.

### **程增艳 Cheng Zengyan**

程增艳，中国科学院心理研究所、中国科学院大学心理学系心理治疗与心理咨询专业硕士研究生，美国舞蹈治疗协会候选舞蹈治疗师，深圳红树林心理咨询机构签约咨询师。新加坡国立大学理学硕士，业余舞者

I am a Masters student from the Institute of Psychology, Chinese Academy of Sciences majoring in Psychotherapy and Counseling, and meanwhile an Alternate Route student pursuing R-DMT with ADTA and Inspirees Institute. I was a business analyst working in Singapore before I embarked on my new career in the helping profession.

### **Eila Goldhahn**

艺术家，舞蹈治疗师和顾问。在过去的十年里，与特里尔大学合作策划了一个国际艺术家常驻项目，并在欧洲展出了我的艺术作品。20 世纪 80 年代初，接受了后现代舞蹈艺术的训练，后来回到达特灵顿艺术学院（英国德文郡）攻读 arts-led 真实动作博士学位。

从事展览、同行评审会议和其他出版等方面的工作，也做督导和教学。曾在英国普利茅斯大学和赫尔辛基艺术大学担任研究职位。其工作和顾问兴趣在于在艺术、创造力、生态和具身幸福感方面。

I am an artist, dance movement psychotherapist and consultant. For the past ten years I curated an international artist residency programme in collaboration with the University of Trier and exhibited my art in Europe. Originally trained as a post-modern dancer in the early 1980s, I returned to Dartington College of Arts (Devon, UK) for my arts-led research PhD on Authentic Movement.

I contribute to exhibitions, peer-reviewed conferences and other publications, supervise and teach. I have held research positions at Plymouth University, UK and at the University of the Arts, Helsinki. My interest lies in working and advising in the arts, creativity, ecology and embodied wellbeing.

### **Rosa Maria Govoni**

Rosa Maria Govoni, 心理治疗师,高阶督导级舞蹈治疗师, 真实动作“四人圈”导师,感知运动心理治疗师（一级）, 凯斯腾伯格动作侧写 KMP 入门（一级）。意大利艺术治疗协会表达性心理治疗学院联合主任, 舞蹈治疗培训项目前任负责人及现任继续教育负责人, APID 创办者。Rosa Maria 在意大利从事临床工作,在不同的国家授课, 并以多种语言出版作品。

Rosa Maria Govoni, Psychotherapist, BC-DMT -705, DMT Teacher Supervisor ATI, Authentic Movement, Faculty Circle of Four. Sensorimotor Psychotherapist level 1. KMP Introductory level 1. Past Director DMT Training Program, Co-Director Institute Expressive Psychotherapy in Art Therapy Italiana, now Director Continuing Education, founded APID. Worked in Italy clinically. Teaching in different Counties. Publications in many languages.

### **Mimma Della Cagnoletta**

Mimma Della Cagnoletta, doctor in Philosophy, art therapist, psychoanalyst, is co-founder and president of Art Therapy Italiana. She has been teaching and supervising for more than three decades. She works with movement therapists in order to integrate art and movement into teaching and practice. She is member of IACAET, EFAT and honorary member APIART.

Mimma Della Cagnoletta, 哲学博士, 艺术治疗师, 精神分析学家, 意大利艺术治疗协会的联合创始人和总裁。她从事教学和督导工作超过 30 年。她与动作治疗师合作, 将艺术和动作融入教学和实践。她是 IACAET、EFAT 和 APIART 的荣誉会员。

### **Susan E Cahill**

Susan Cahill, LCPC, 高阶督导级舞蹈治疗师, IFS 认证, 正在从事结合具身实践和 IFS 的独立执业。她还为想要将 IFS 理论与实践与躯体治疗相关理论实践结合起来的治疗师提供咨询。真实动作“四人圈”导师, 在美国提供个人、团体、线上的线下的静修。

Susan Cahill, MA, LCPC, BC-DMT, Certified in IFS, is in private practice integrating embodied practices and IFS. She also consults with therapists who want to combine IFS and the body. She is in faculty in Circles of Four teaching the Discipline of Authentic Movement and offers solo retreats, groups in person and online and group retreats in the US.

### **Betina Weissman**

Betina Weissman, 西班牙的 ADMTE 和 AETG 成员, 致力于研究不同的身体取向的心理动力学过程: Reichian 心理治疗, 身心学体验, 里约 Abierto 体系。她在西班牙、墨西哥、巴西和阿根廷的独立执业、团体和教学中实践和教授“真实动作修炼”。同时她还是巴黎艺术学院、

克劳迪奥·纳兰霍的国际 SAT 项目以及真实动作学科的教师。

Betina Weissman, ADMTE and AETG member in Spain, works with different body-oriented psychodynamic processes: Reichian psychotherapy, Somatic Experiencing, Rio Abierto System. She offers the Discipline of Authentic Movement in individual private practice, group and teaching contexts in Spain, México, Brazil and Argentina. She is faculty in Estudio Corazza para la Actuación, in Claudio Naranjo's International SAT Program and in Circles of Four – the Discipline of Authentic Movement.

### **Tina Stromsted**

Tina Stromsted 博士, MFT, 高阶督导级舞蹈治疗师, 荣格派心理学家, 舞蹈/动作治疗师, 身心学教育家和作家。她是 Soul's Body Center®的创始人, 也是真实动作学院的创始人之一。她拥有 45 年的临床经验, 在国际上以及旧金山的荣格研究所、荣格平台和马里昂-伍德曼基金会任教。

Tina Stromsted, Ph.D., MFT, BC-DMT, Jungian Psychoanalyst, Dance/ Movement therapist, Somatics educator, & author. Founder of Soul's Body Center® & past co-founder of the Authentic Movement Institute. With 45 years of clinical experience she teaches internationally, & at the C.G. Jung Institute in San Francisco, Jung Platform, and the Marion Woodman Foundation.

### **Irina Biryukova**

Irina Biryukova 是舞蹈/动作和表达艺术治疗师, 私人执业的临床心理学家, 拥有 25 年的团队和个人工作经验。她是 DMT 协会(俄罗斯)的创始人, 现任副主席。实践心理学和精神分析研究所舞蹈动作治疗研究生项目(从 1996 年开始)的负责人。她是俄罗斯舞蹈治疗的先驱之一, 在精神病学和肿瘤学患者, 自闭症谱系障碍儿童及其父母中发起了 DMT 真实动作团体。她是“L'atelier”(瑞士日内瓦)表达性艺术治疗研究所的客座教师, 并在 DMT 和表达性艺术治疗问题上发表了 30 篇论文。

Irina Biryukova is dance/movement and expressive arts therapist, clinical psychologist in private practice with 25 years of working experience with groups and individually. She is the founder of the Association for DMT (Russia), and its current vice-president, the head of the 3-year post-graduate Dance/Movement Psychotherapy Program (since 1996) at the Institute of Practical Psychology and Psychoanalysis. She is one of the pioneers in Russia who started Authentic Movement groups, DMT with psychiatric and oncology patients, with children with Autistic Spectrum Disorder and their parents. She is a guest-teacher at the Institute for expressive arts therapy “L'atelier” (Geneva, Switzerland) and author of 30 publications on

the issues of DMT and expressive arts therapy.

### **Yael Barkai**

理学硕士，舞蹈动作治疗师，督导，团体主持人，家庭和夫妻治疗师，她曾在在威斯康星大学麦迪逊分校读 DMT 硕士和在哈内曼大学医学院/费城医院(1979 年)时在玛丽安·翠丝(1966 年)下当学徒。Yael 在以色列温盖特学院创立了运动/舞蹈专业培训(1968-80 年)，在特拉维夫基布兹姆研讨会学院创立并指导了舞蹈运动治疗师培训(1993-2016 年)，是以色列创意与表达疗法协会的创始人之一，也是前主席。

Irina Biryukova is dance/movement and expressive arts therapist, clinical psychologist in private practice with 25 years of working experience with groups and individually. She is the founder of the Association for DMT (Russia), and its current vice-president, the head of the 3-year post-graduate Dance/Movement Psychotherapy Program (since 1996) at the Institute of Practical Psychology and Psychoanalysis. She is one of the pioneers in Russia who started Authentic Movement groups, DMT with psychiatric and oncology patients, with children with Autistic Spectrum Disorder and their parents. She is a guest-teacher at the Institute for expressive arts therapy "L'atelier" (Geneva, Switzerland) and author of 30 publications on the issues of DMT and expressive arts therapy.

### **Soraya Jorge**

Soraya Jorge, 艺术家, 教育家, 治疗师, 身心学动作研究专家, 学习过精神分析和不同的身体心理疗法, 受训于 Somatic Experiencing®。自 1999 年起将真实动作引入巴西, 2012 年引入里斯本。真实动作“四人圈”认证教师和国际教师计划的一部分。CIMA 的联合创始人。与 Guto Macedo 共同创建了巴西的国际真实动作中心 CIMA 及其学徒计划, 提供线上和线下的团体、静修和私人课程。里斯本 FMH 的舞蹈学博士生。对动作、精神性、生态学、语言和新兴的个人和集体问题感兴趣。

Soraya Jorge, Artist, educator/teacher, therapist, specialist in somatic movement research, dance, studied psychoanalysis and different body psychotherapies. Trained in Somatic Experiencing®. Introduced Authentic Movement in Brazil since 1999, and 2012 in Lisbon. Certified teacher and part of the International Faculty Program – Circle of Four - (Janet Adler). Co-creator of CIMA, the International AM Center in Brazil, and of its Apprenticeship Program, with Guto Macedo, offering online and presential groups, retreats and private sessions. PhD student in Dance at FMH in Lisbon. Interested in movement and spirituality, ecology, language and the emerging personal and collective issues. [www.movimentoautentico.com](http://www.movimentoautentico.com)

### **Marcia Plevin**

Marcia Plevin, 美国舞蹈家,舞蹈教育家和高阶督导级舞蹈治疗师。自 1986 年以来一直住在罗马。作为意大利心理学协会的成员, Marcia 是意大利和美国舞蹈治疗权威机构认证的治疗师 (ADTA-BC-DMT, APID), 意大利艺术治疗协会的教师和督导。

Marcia Plevin, An American dancer, dance pedagogue and dance movement therapist has lived in Rome since 1986. A recognized member of the Italian psychology association, Marcia is a member of both Italian and American accrediting bodies for dance therapy (ADTA-BC-DMT, APID). Teacher and supervisor for Art Therapy Italiana.

### **Helen Payne**

Helen Payne 教授, 博士, 英国舞蹈动作心理治疗师。她在赫特福德大学担任心理治疗系的主任, 教授 "通过真实动作与自然连接"这门课程, 致力于推进舞蹈动作心理治疗方面的研究, 指导博士生, 主导博士水平的教学和考试。

她是英国舞蹈动作心理治疗的领导者之一, 自 1992 年起与 Janet Adler 一起接受真实动作修炼的培训, 并将其引入英国。她是《心理治疗中的身体、动作和舞蹈》的创刊者和主编。她对舞蹈治疗师进行真实动作的培训, 并在国家医疗服务体系中为医学上无法解释的症状开发了 "身心法"。

Professor Helen Payne, PhD; Reg. UKCP & ADMP UK holds a Chair in Psychotherapy at the University of Hertfordshire where she teaches 'Connecting with Nature through AM', conducts DMP research, supervises DMP PhDs, and teaches/examines doctorates nationally/internationally. She is one of the UK leaders in DMP, trained in the Discipline of Authentic Movement with Janet Adler introducing it to the UK since 1992. She is the founding editor-in-chief for 'Body, Movement and Dance in Psychotherapy' <https://www.tandfonline.com/toc/tbmd20/current> She trains DMPs in Authentic Movement <https://authenticmovementcirclesblog.wordpress.com/> and developed The BodyMind Approach for medically unexplained symptoms in the NHS.

Editor - Essentials-Dance- Movement-Psychotherapy-International H.L.Payne@herts.ac.uk

### **Susan Bauer**

Susan Bauer 艺术硕士 RSME/T, RSDE 舞蹈/躯体教育家和富布赖特学者, 在美国和亚洲任教 30 余年, 在舞蹈、真实动作和身心集中法方面有着广泛的涉猎。Susan 是 Embodiment in Education™的创始人和《The Embodied Teen》的作者。

Susan Bauer, MFA, RSME/T, RSDE is a dance/somatic educator and Fulbright Scholar who has taught for 30+ years in the U.S and Asia, informed by her extensive background in dance,

Authentic Movement, and Body-Mind Centering®.

Susan is the founder of Embodiment in Education™ and author of The Embodied Teen.  
www.susanbauer.com

### **Monika Ptasinska**

Monika Ptasinska, 来自斯洛伐克, 是 ADMP 和 UKCP(英国心理治疗委员会)的注册舞蹈动作心理治疗师。

Monika 有很多天赋, 其中之一就是拥有非常丰富的动作语汇。她的激情是身体的语言——身体的、心理的和精神的。自 2007 年以来, 她一直在舞蹈健身界。她是“真实运动修炼”和“觉知之舞”方法认证的促进者。她在柏林 EUROLAB 完成了第一年的芭特妮芙基础课程。她负责动作心理治疗团体和一对一的治疗。她的工作主要受到荣格、罗杰斯、巴尔特纳耶夫、拉班、凯斯滕贝格和蔡斯的影响。她喜欢创造性地工作, 并使用不同的具身化方法, 在没有更多的语言来表达的情况下, 她可以帮助揭示、恢复和更深入地发现问题。她的专长是饮食失调和身体畸形。

Monika Ptasinska, originally from Slovakia is a registered Dance Movement Psychotherapist (DMP) with ADMP and the UKCP (United Kingdom Council for Psychotherapy).

Monika has many gifts and one of them is a very diverse movement repertoire. Her passion is the language of the body - physical, psychological and spiritual. She has been in the dance fitness world since 2007. She is a certified facilitator of Authentic Movement Discipline and Dance of Awareness approach. She completed 1st year of Bartenieff Fundamentals with EUROLAB in Berlin. She runs movement psychotherapy group sessions and one to one therapeutic sessions. Her work is influenced mainly by Jung, Rogers, Bartenieff, Laban, Kestenberg and Chase. She loves working creatively and using different embodied methods where she can help to uncover, recover and discover the issues more deeply if there are no more words to express them. Her expertise is eating disorder and body dysmorphia.

### **丁洁 Ding Jie**

ADTA 受训舞动治疗师; IACAET 注册会员; 医学科学硕士中医学; 上海中医药大学; 上海市气功研究所教师。

主要研究与实践方向: 中医与中国传统文化; 中国传统运动疗法; 舞动治疗的中国本土化实践

Ding Jie Dance Movement Therapist TCM practioner and researcher My research and practice field is 1.traditional Chinese health preserving and cultivating regimens including Qigong and meditation in the context of Chinese culture. 2.Application of Authentic Movement and DMT in mainland China.

### **E.Connor Kelly**

E. Connor Kelly, 高阶督导级舞蹈治疗师, LPC, DTAA(专业临床), 奥克兰大学舞蹈/动作治疗项目的专业讲师, 澳大利亚舞蹈治疗协会的现任主席, 拥有超过 40 年的经验。她研究和推广“真实动作”已经超过 30 年, 她和丈夫 Steve Harvey 博士在过去 30 年里共同创建了“身体叙事” (physical storytelling) .

E.Connor Kelly, MA, BC-DMT, LPC, DTAA(Prov & Clinical) is a professional Teaching Fellow at the University of Auckland for the MA in Dance/Movement Therapy Programme. She is Current President of DTAA (Dance Therapy Association of Australasia) and has more than 40 years of experience. She has studied and facilitated Authentic Movement for more than 3 decades and She and husband Dr Steve Harvey have co-created Physical Storytelling for the past 30 years.

### **Terese Gjernes & Riki Bloom**

Terese Gjernes, PsyD, SEP, 持证心理学家, CMTSE。CIIS 躯体心理学核心教师。真实动作研究所 (1997-2002 年接受培训) 。我的工作将一生的舞蹈经验和 30 多年的躯体心理治疗、瑜伽和真实动作结合在一起。

加利福尼亚州伯克利的个人私人执业, 15 年以上的社区心理健康工作。

Riki Bloom, MFT, 自 1998 年以来, 是加利福尼亚州伯克利的一名持证心理治疗师, 将真实动作编织到她的治疗实践中。受到多年来在公立学校和社区心理健康环境中共同创建圈子的启发, Riki 热衷于创伤后的成长和所有身体疗愈的安全这两个方向。

Riki 和 Terese 一起习练真实动作已经超过 25 年了。

Terese Gjernes, PsyD, SEP, Licensed Psychologist, CMTSE. Core faculty in Somatic Psychology, CIIS. Authentic Movement Institute (trained 1997-2002). My work draws from a lifetime of dancing and over 30 years practicing somatic psychotherapy, yoga, and Authentic Movement.

Private practice in Berkeley, California plus 15+ years working in community mental health.  
<http://www.teresejernes.com>



Riki Bloom, MFT, is a licensed psychotherapist in Berkeley, California weaving Authentic Movement into her therapy practices since 1998. Inspired by many years of co-creating circles in public schools and community mental health settings, Riki is passionate about post-traumatic growth and safety for all bodies to heal.

Riki and Terese have been practicing Authentic Movement together for over 25 years.

### **Paula Sager & Bonnie Morrissey**

Paula Sager 和 Bonnie Morrissey 是 Janet Adler 的学生和同事，也是真实动作“四人组”项目的教员。她们是《虚空中的亲密关系：具身化意识的演变》的联合编辑。Paula 和 Bonnie 分别在新英格兰、美国和加拿大各地以及线上提供真实动作的训练。

Paula Sager and Bonnie Morrissey are long-time students and colleagues of Janet Adler and faculty members of the Circles of Four program. They are co-editors of *Intimacy in Emptiness: An Evolution of Embodied Consciousness*. Paula and Bonnie each offer the Discipline of Authentic Movement in their home studios in New England, throughout the US and Canada, and online internationally.

### **Annie Blair**

安妮的问题是我们如何通过身体的感觉经验和动作获得非语言的智慧？这让她学会了过程工作，真实动作和社会呈现。她用这些个体和小群体的具身化实践来发现关于生活问题和难题的新见解和转变。

Annie's question has been how do we access non-verbal wisdom held in our body's felt experiences and movements? This led her to Processwork, Authentic Movement and Social Presencing. She uses these embodiment practices with individuals and small groups to discover fresh insights and shifts for life's questions and conundrums.

### **Collective of the AM Master 2019-2020**

由 Marcia Plevin 和 Rosa Maria Govoni 进行并由意大利艺术治疗协会组织的 2019-2020 年第一个 100 小时的真实动作“地基形式”集体小组的专业大师培训。大师要求是至少 70 小时的真实运动习练。

Collective group of the first 2019-2020 100-hours training Specialized Master in Authentic Movement "Ground Form" conducted by Marcia Plevin and Rosa Maria Govoni and organized by Art Therapy Italiana.

The Master requirement was minimum 70 hours practice in Authentic Movement.

### **Antonella Monteleone**

1957 年出生于米兰（意大利）。国家注册的心理学家和心理治疗师，A.I.P.A.荣格心理分析家成员，舞蹈动作心理治疗高阶执业者。从 1990 年开始实践和教学“真实动作”。一直跟随 J.Adler、Stromstead、Chodorow、Pallaro 并和同行一起继续学习。积极参与集体和机构的行动，以发展作为舞蹈治疗师的专业形象。前 EADMT 董事会成员（2010-2016 年）。舞蹈表演专业。

Born in Milan ( Italy) 1957. A licensed (1980) and nationally registered Psychologist and Psychotherapist , jungian Analytical Psychologist member A.I.P.A. and I.A.A.P with didactic function in fieri , senior practitioner in Dance Movement Psychotherapy ,registered in the National Association A.P.I.D. Practitioner and teacher of Authentic Movement from 1990. with peers . Formed by J. Adler .

Continuous studies in the discipline with Stromstead , Chodorow, Pallaro and peers .

Actively participates in collective and institutional actions for the development of the professional profile of the DMT. Past member of the EADMT board ( 2010-2016). Past dance performing professional .

### **Katee Yan Shen**

美国舞蹈治疗协会(ADTA)受训舞蹈治疗师；美国拉班/芭特妮芙动作研究院(LIMS)认证动作分析师(CMA)；亿派学院国际认证培训项目负责人；国家认证心理咨询师；国际创造性艺术教育与治疗协会(IACAET)中国区理事；舞蹈治疗经典教材《舞蹈动作治疗——疗愈的艺术》(Dance Movement Therapy - A Healing Art) 中文版，拉班/芭特妮芙动作研究优秀图书《每个个体都是一个机体》(Everybody Is A Body) 中文版的翻译和编审负责人之一。

Program Manager, Inspirees Education Group, Certified Movement Analyst, Trained as a DMT through the American Dance Therapy Association, Certified National Mental Health Counselor, Professional interpreter in the field of somatics education and DMT, Program Manager with Inspirees, Co-founder of BodyMind Union, Regional Director of China for IACAET. As one of the pioneers and practitioners of Dance/Movement Therapy and Laban/Bartenieff Movement System in China, Katee She integrates creative arts into courses and activities emphasizing embodied experiences for different populations.

### **Aleksandra Schuller**

Aleksandra Schuller 博士拥有艺术治疗硕士学位，专业是舞蹈动作心理治疗(真实动作修炼)。她是一名注册舞蹈动作心理治疗师(ZPGPS/EADMT)和 IAAP Router (SZAP/IAAP)。她在科佩尔的普利莫尔斯卡大学人文学院任教，并在斯洛文尼亚的卢布尔雅那开了一家私人诊所。她的跨学科研究兴趣包括:表演研究、教育/治疗艺术、分析心理学和基于艺术的/具身性研究。

Dr Aleksandra Schuller holds an MA in Arts Therapy with specialization in Dance Movement Psychotherapy (The Discipline of Authentic Movement). She is a certified Dance Movement Psychotherapist (ZPGPS/EADMT) and IAAP Router (SZAP/IAAP). She teaches at the University of Primorska Faculty of Humanities in Koper and maintains a private practice in Ljubljana, both in Slovenia. Her interdisciplinary research interests include: Performance Studies, Arts in Education/Therapy, Analytical Psychology and Arts-Based/Embodied Research.

### **Olga (Olesya) Bondareva**

Olesya (Olga) Bondareva 是一位多伦多的舞蹈心理治疗师与纪录片电影人。她做了 25 年电影人，15 年心理治疗师，这让她在各种流派中沉淀自己的经验，包括纪录片，电视广播，杂志社论，摄影展览，画廊展览、舞蹈治疗和表演。

自搬到加拿大以来，Olesya 扩大了她的舞蹈心理治疗实践，开发一种创新的表达性艺术治疗的在线方法，称为 Authentic movement solo 真实动作独舞(AMS)，结合了舞蹈治疗和艺术治疗技术。2016 年，她开始了自己的俄语团体心理治疗线上课程，把 AMS 带给世界各地的受众。

Olesya 还一直在探索和研究心理治疗中土著根源的主题——以及世界传统治疗和精神实践在改善情感和心理健康方面的作用。她花了大量时间与传统治疗师、萨满教和苏菲派神秘主义者一起学习他们在开发人类创造潜能、精神和身体力量方面的方法。随后，她将相关方法纳入了独舞练习中。

Olesya (Olga)Bondareva is a documentary filmmaker and dance movement psychotherapist based in Toronto. Her 25 years as a filmmaker and 15 years as a psychotherapist have given her experience in a wide range of genres, including documentary film, television broadcast, magazine editorial, photographic exhibitions, inter-art exhibitions, dance therapy and performance.

Since moving to Canada, Olesya has expanded her dance psychotherapy practice, developing an innovative online method of expressive art therapy, called Authentic Movement Solo (AMS) that combines dance therapy and art therapy techniques. In 2016 she started her own group psychotherapy internet course for Russian speaking people throughout the world, bringing AMS to an expanding international audience.

Olesya has also been exploring and studying the theme of Indigenous roots in Psychotherapy – the role of traditional healing and spiritual practices of the World in improving the emotional and mental wellbeing. She has spent a significant amount of time with traditional

healers, shamans and Sufi mystics learning about their methods in regards to developing human creative potential, mental and physical strength. She subsequently included the relevant methods into the Solo practices.

### **Janet Adler**

Janet Adler 是 "真实动作修炼"的创始人。自 1969 年以来,她一直在探索见证者在场的真实动作,发现了动者意识、见证者意识以及两者之间关系发展的内在秩序。内在见证者,这些现象之间的联系,是她持久探索的核心。Janet 的最新著作是《虚空中的亲密关系:具身化意识的演变》。

Janet Adler is the founder of the Discipline of Authentic Movement. She has explored authentic movement in the presence of a witness since 1969, discovering an inherent order within the development of mover consciousness, witness consciousness, and the relationship between the two. The inner witness, the thread of connection between and among these phenomena, is the core of her enduring inquiry. Janet's newest book is *Intimacy in Emptiness: An Evolution of Embodied Consciousness*.