

SANDRA KAY LAUFFENBURGER

Dance Movement Therapist
Certified Laban Movement Analyst
Somatic Movement Therapist

Dip. Dance/Movement Therapy, 2004, Intl Dance Therapy Inst. Australia, Melbourne
Co-Founder Australian Pilates Method Association, 1993, Sydney Australia
Cert. Laban Movement Analysis, 1985, University of Washington, Seattle USA
Assoc. Degree (Dance), 1984, Houston Community College, Houston USA

Professional Affiliations and Memberships

DTAA – Dance Movement Therapy Association of Australia (professional member)
LIMS – Laban Institute of Movement Studies, New York (prof member)

Career Highlights

Lecturer & Teacher of Laban Movement Analysis and Dance Movement Therapy 1985 to present

My interest has always been in the importance of and application of non-verbal communication and therapy. For sixteen years I lectured in Movement Analysis as applied to Movement Therapy and Psychotherapy as well as Developmental Issues in Psychology at the Wesley Institute, Drummoyne, NSW, until the program closed in 2011. Currently, I lecture for Tensegrity Training's Graduate Certificate in Movement-based Somatic Therapy. I also provide Movement Therapy supervision for graduates of any somatic/movement therapy program.

Somatic-based Dance & Movement Teacher

1985 to present

Given my background training in Contemporary Dance, most of my teaching revolves around the incorporation of the somatic movement theories (see section titled Training) into modern/contemporary dance technique. I have primarily taught dance in Australasia with a number of amazing opportunities which I will highlight here.

1986 – PLA Song and Dance Troupe, Guangzhou (PRC) – teaching Modern and Jazz dance

1986 – Jungshan University, Guangzhou (PRC) – teaching Jazz and Aerobic dance and choreography

1986 – Guangdong Dance Academy (PRC) – 2 week workshop offering Modern dance, Jazz dance, and Aerobic dance for 50 select representatives from the provinces of the People's Republic of China

1988 – Nepean CAE Dept of Dance – Bartenieff Fundamentals for Contemporary Dance

1989 – Aerobic Dance Assoc of Indonesia, Jakarta – teaching choreography and safe dance

1990, 1991 – Bill Evans Summer Institute of Dance, teaching Laban Movement Analysis for Contemporary dance

1996-present – offering workshops in LMA and BMC in Victoria, NSW and ACT

Somatic Movement Psychotherapist

Private Practice from 1985 to present

From 1985-2000, I worked primarily with chronic pain, chronic illness, psychosomatic presentations, and the rehabilitation of injuries that have associated trauma and emotional issues. Because of my depth of knowledge and training in somatic, physical and psychological interventions, I offered an innovative diagnostic and treatment perspective on complex cases involving injury and trauma. My caseload included clients with work-related injuries, MVA-related injuries and associated trauma. After training in psychodynamic psychoanalysis, I expanded this practice to include mental health presentation.

Movement publications:

(1994). Bartenieff Fundamentalssm - Prevention of Dance Injuries through Early Detection and Retraining of Key Movement Patterns, *Dance and the Child International Conference Proceedings*, Macquarie University, Sydney, July, 217-225.

(1991). Creative Strategies in Movement Therapy for the Person Living with HIV Disease, with Galantino, M.L., *Physical Therapy Forum, Vol. X, No. 3*, January.

(1990) Bartenieff Fundamentals. Encores II: Travels Through the Spectrum of Dance 1978 – 1987, Akins and Crump (eds). AAHPERD Publications, 100-101.

(1990, reprinted 2000). Detection of Potential Injury Using Bartenieff Fundamentals, Chapter 5, *Dance Injuries*, R. Solomon & S. Minton (eds), AAHPERD Press.

(1987) Bartenieff Fundamentals: Early Detection of Potential Dance Injury, *Journal of Physical Health, Education, Recreation, and Dance, May/June issue*, 59-60.

Dance/Movement Training

1976-1978 – Classical ballet, Houston Community College, Houston Texas

1978-1980 - Wigman Technique, Jean Dembitzka, Bodenweiser, Sydney

1980-1981 – Cunningham Technique; Bill Evans Technique (LMA-based dance); Jazz dance, Ballet

1982-1983 – Graham Technique (London Contem. Dance); Contemporary (Lloyd Newsome); Contemporary Jazz

1982-1983 – Pilates Method (Alan Herdman; Gordon Thompson)

1983-1985 – Assoc degree in Dance (Houston Community College); Contemporary (Bill Evans); Jazz; Ballet

1983-1985 – Laban Movement Analysis and Bartenieff Fundamentals (LIMS – Peggy Hackney)

1987-1992 – Bodymind Centering (Bonnie Cohen; Martha Eddy)

1990 – Authentic Movement training (Joan Chodorow, Janet Adler)

1987-1992 – Somatic training at Esalen Institute with Gabriel Roth, Emilie Conrad D'oud, Michael O'Shea

1992-1997 – Dance/Movement Therapy (IDTIA, Marcia Levanthal)

2013 – present – Aerial Yoga training

2014-present – Yoga Teacher training (Donna Farhi)