

Jamie McHugh, MA, RSMT
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About Jamie McHugh, RSMT. Jamie McHugh is a renowned teacher of somatics and expressive arts, having taught body-based work internationally for thirty years. He has developed "Somatic Expression", an innovative approach to somatic education enabling people to incorporate bodily intelligence into their daily lives – how to mindfully breathe, sit, and move. This approach also uses a creative process to enable artistic creation so the functional can evolve into the expressive arts of dance, song and community ritual. Jamie is currently adjunct faculty in the Holistic Health Department at John F Kennedy University and at Tamalpa Institute in the San Francisco Bay Area. His teachers include Emilie Conrad, Anna Halprin and Bonnie Bainbridge Cohen.

EDUCATION AND CREDENTIALS

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| University of Wisconsin, Madison, WI <i>Bachelor of Science; Education</i> | 1981 |
| Sierra University, Costa Mesa, CA <i>Master of Arts; Movement Education</i> | 1988 |
| International Somatic Movement Education and Therapy Association (ISMETA) <i>Registered Somatic Movement Therapist</i> | 1989 – present |

TEACHING

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| John F Kennedy University , Graduate School for Holistic Studies Pleasant Hill, CA Adjunct Faculty – Holistic Health Education | 1991 – present |
| Tamalpa Institute Movement-Based Expressive Arts Therapy Kentfield, CA Adjunct Faculty - Teacher Training Program Healing Arts Program Director Teacher "Healing Arts Program" Core Faculty "Practitioner Training Program" | 1994 – present 1990 – 1994 1990 – 1994 1988 – 1994 |
| Swiss AIDS Federation , Movement as Medicine seminars Zurich and Lausanne, Switzerland Seminar creator and facilitator | 1998 – 2007 |
| Healing Arts Training Group Dusseldorf, Germany Training creator and facilitator | 1997– 2007 |
| Somatic Expression Weekend Training Groups San Francisco, CA Training creator and facilitator | 1999 – 2006 |

Wisconsin Arts Board, Artist-in-Residence Program
 State wide program based in Madison, WI
 Dance and creative process workshop facilitator 1982 – 1987

GUEST TEACHING - WORKSHOPS AND PRESENTATIONS

WORKSHOPS – Creator and Facilitator (selected list) on-going

- Bristol (England) Cancer Center
- Chaplaincy Institute
- California Institute of Integral Studies
- Esalen Institute
- San Francisco AIDS Foundation, GayLife Program
- Stanford University, Dance Department
- Tanzwerkstatt (Zurich)
- University of Hong Kong, Behavioral Medicine Department
- University of Wisconsin-Madison, Dance Department

PRESENTATIONS on-going

- XI and XII International Conferences on AIDS 1996 and 1998
- 1995 and 1996 US National AIDS Update Conferences 1995 and 1996
- National Holistic Nurses Association 1996
- AIDS, Medicine and Miracles 1994 and 1995
- Sida et L'acte Artistique", Paris 1995

COLLABORATIONS

Institute for Health and Healing Living Well Program 1998 - 1999
 California Pacific Medical Center in San Francisco
 Subject: Movement as Medicine workshops

Dr. George F. Solomon, UCLA 1995 - 1996
 Leading pioneer in psychoneuroimmunology (PNI).
 Subject: Integration of movement and the expressive arts with PNI theory

ON-GOING DEVELOPMENT AND TRAINING

- Continuum - Emilie Conrad 1994 - present
- Zero Balancing - Fritz Smith 1997
- School for Body-Mind Centering - Bonnie Bainbridge Cohen 1991 - 1993
- Halprin Life/Art Process - Anna Halprin 1986 – 1988
- Alexander Technique - Marjorie Barstow 1985 – 1987

ADDITIONAL INFORMATION

Private Somatic Movement Therapist Practice
 San Francisco, CA and The Sea Ranch CA 1990 - present

NatureBeingArt - Fine Art Photography 2006 – present
 website: www.NatureBeingArt.org

Articles in Publication: Contact Quarterly, Monthly Aspectarian, Yogi Times,
 In Dance, Conscious Dancer