

**Jamie McHugh, MA, RSMT**  
PO Box 367  
Gualala, CA 95445  
415.250.4133

www.SomaticExpression.com  
[naturebeingart@gmail.com](mailto:naturebeingart@gmail.com)

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Jamie McHugh is a Registered Somatic Movement Therapist, educator, dancer and fine art photographer. A master teacher of somatics and the expressive arts, Jamie has taught body-based work internationally for over thirty-five years. Jamie has developed **Somatic Expression® - Body Wisdom for Modern Minds**, an integrative approach to bodily intelligence for daily living through the five technologies of somatic experience: breath, vocalization, contact, movement and stillness. These indigenous technologies of the body, combined with a creative learning process, equally address both the functional and the expressive dimensions of movement, making Somatic Expression applicable to healthcare, education and the performing arts.

Jamie is adjunct faculty in Holistic Health Education at John F Kennedy University and at Tamalpa Institute in the San Francisco Bay Area. His primary teachers include Emilie Conrad, Anna Halprin, Bonnie Bainbridge Cohen and Thich Nhat Hanh.

### EDUCATION AND CREDENTIALS

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

#### **Tamalpa Institute**

Movement-Based Expressive Arts Therapy Kentfield, CA	
Adjunct Faculty - Practitioner Training Program	1994-present
Movement Ritual Teacher Certification	1989-97
Teacher - Healing Arts Program	1990-94
Core Faculty - Practitioner Training Program	1988-1994

#### **John F Kennedy University**

Graduate School for Holistic Studies Pleasant Hill, CA	
Adjunct Faculty – Holistic Health Education	1991-present

#### **Somatic Expression Training Groups**

San Francisco and Sea Ranch, CA	1999-2006 &
Training creator and facilitator	2012-present

#### **Swiss AIDS Federation**, Movement as Medicine residential seminars

Zurich and Lausanne, Switzerland	
Seminar creator and facilitator	1998-2007

**Healing Arts Training Group**

Dusseldorf, Germany

Training creator and facilitator

1997-2007

**Wisconsin Arts Board, Artist-in-Residence Program**

State wide program based in Madison, WI

Dance and creative process workshop facilitator

1982-87

**GUEST TEACHING - WORKSHOPS AND PRESENTATIONS (selected list)**

- American Dance Festival, Durham, NC
- Atelier de Paris, Paris
- Bristol Cancer Center, Bristol, England
- Chaplaincy Institute, Berkeley, CA
- California Institute of Integral Studies, San Francisco, CA
- Esalen Institute, Big Sur, CA
- Japanese Association of Dance Scholars, Tokyo
- San Francisco AIDS Foundation, GayLife Program, San Francisco, CA
- Saitama University, Tokyo
- Stanford University, Dance Department, Palo Alto, CA
- Tanzwerkstatt, Zurich, Switzerland
- University of Hong Kong, Behavioral Medicine Department
- University of Wisconsin-Madison, Dance Department
- XI and XII International Conferences on AIDS, Vancouver and Geneva

**PERFORMANCE (selected work)**

**Alive at the Edge: Field Notes from an Endangered Species** - Solo performance

Presented in 19 locations in the US and Europe, including Connecticut College, Mills College, MCC Church, Forum Meyrin (Geneva), CIIS, and the XI International Conference on AIDS (Vancouver). Funded by The Flow Fund, The Altman Foundation, John F Kennedy University and individual donors. 1993 – 1996

**Circle The Earth** - Assistant Director and Performer

Community Workshop and Performance Event with 100 people created and directed by Anna Halprin, and sponsored by Tamalpa Institute, Kentfield, CA 1988, 1989, and 1991

**Wisconsin Arts Board Artist-in-Residence Program** - Director and Performer

Culminating performances from 30 community-based residencies. 1982-87

### DEVELOPMENT AND TRAINING

- Continuum - Emilie Conrad 1994-present
- Zero Balancing - Fritz Smith 1997
- School for Body-Mind Centering - Bonnie Bainbridge Cohen 1991- present
- Halprin Life/Art Process - Anna Halprin 1986-88
- Alexander Technique - Marjorie Barstow 1985-87

### PUBLICATIONS

#### Books:

“Living with Purpose in the End Times”, in *Hope Beneath Our Feet* (North Atlantic Books, 2010)

*Alive at the Edge: A Life in Dance* - an oral history by The Legacy Project, in the collection of San Francisco Performing Arts Library and Museum (1998)

Interview in the book *Muses From Chaos and Ash: AIDS, Artists and Art* by Andrea Vaucher (Grove Press, 1993)

#### Articles in Publications

“Embodying Nature, Reviving Ourselves” *Conscious Dancer Magazine*, Spring 2008 1: 3

“Soma Play with Gay Men: From Self-Expression to Self-Acceptance” *Yogi Times* March 2006

“Anna Halprin at 80” with Diane Butler *Contact Quarterly* (Winter/Spring 2001) 26:1

"Alive at the Edge" *Contact Quarterly* (Winter/Spring 2000), 25: 1

Monthly Column: “Alive at the Edge” *Monthly Aspectarian Magazine* November 1996-August 1997

“Elemental Motion - Dancing Myths and Rituals in Nature” *Contact Quarterly* (Spring/Summer, 1989) 14:2

### ADDITIONAL INFORMATION

Somatic Movement Therapist - Private Practice  
Sea Ranch, CA 1990-present

NatureBeingArt - Fine Art Photography 2006-present  
<http://www.NatureBeingArt.org>