

Jamie McHugh, MA, RSMT
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About Jamie McHugh, RSMT. Jamie McHugh is Registered Somatic Movement Therapist, Performer, and Visual Artist. A master teacher of the somatic-expressive arts, he has taught internationally in various capacities and with a wide variety of audiences for 40 years. McHugh has developed *Somatic Expression*®, an approach to somatic education enabling people to incorporate bodily intelligence into their everyday lives – how to mindfully and easily move, breathe, sit, and stand. *Somatic Expression* uses a creative, person-centered process so each person can discover their own unique expression – whether it is dance, song or writing.

McHugh's current focus is the interface between the inner and outer landscape through two training programs: "Embodied Mindfulness" - a body-based approach to contemplative practice, and "Embodying Nature" - a sensorimotor approach to environmental education.

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

PRIMARY EXTENDED TEACHING

John F Kennedy University , Graduate School for Holistic Studies Pleasant Hill, CA Adjunct Faculty – Holistic Health Education	1991 – 2015
Tamalpa Institute Movement-Based Expressive Arts Therapy Kentfield, CA Adjunct Faculty - Teacher Training Program	1994 – 2017
Healing Arts Program Director	1990 – 1994
Teacher "Healing Arts Program"	1990 – 1994
Core Faculty "Practitioner Training Program"	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 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/movement arts in education teacher

1982 – 1987

SECONDARY GUEST TEACHING – WORKSHOPS/PRESENTATIONS

WORKSHOPS – Creator and Facilitator (selected)

on-going

- Alanus University, Eurythmy Arts, Bonn, Germany
- American Dance Festival, Chapel Hill, NC
- Bristol Cancer Center, Bristol, England
- California Institute of Integral Studies, San Francisco, CA
- Esalen Institute, Big Sur, CA
- National Association for Contemporary Dance, Paris, France
- Saitama University, Art Department, Tokyo, Japan
- Sasana Institute for Psychotherapy, Bogota, Colombia
- Stanford University, Dance Department
- Tanzwerkstatt, Zurich, Switzerland
- University of Hong Kong Behavioral Medicine Department
- University of Wisconsin-Madison Dance Department

PERFORMANCE - selected work

Metasomatosi - Solo performance

2008

SomaFest at Highways, Santa Monica, CA

My Flag - Solo performance

2003

With Liberty and Justice for All at New College, San Francisco, CA

A benefit organized for the ACLU and Earthjustice

Birthday - Solo performance

1999

Birthday at Wildcat Studio, Berkeley, CA

A benefit organized for Julia Butterfly Hill and the Circle of Life Foundation

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

1993 – 1996

Presented in 19 locations in the US and Europe, including Connecticut College, Mills College, Metropolitan Community Church, Forum Meyrin (Geneva), AIDS Hilfe (Berlin), Edgewood College, New College California and the XI International Conference on AIDS (Vancouver). Funded by The Flow Fund, The Altman Foundation, John F Kennedy University and individual donors.

Circle The Earth - Assistant Director and Performer 1988, 1989, and 1991
Community Workshop and Performance Event created and directed by Anna Halprin, and sponsored by Tamalpa Institute, Kentfield, CA

Wisconsin Arts Board Artist-in-Residence Program - Director and Performer 1982 – 87
Culminating performances from 30 community-based residencies.

A Snark in the Park - Director and Performer 1984
Group Performance in Madison, WI Parks funded by the Madison Arts Commission.

ON-GOING DEVELOPMENT AND TRAINING

- Continuum - Emilie Conrad 1994 - 2013
- Zero Balancing - Fritz Smith 1997
- School for Body-Mind Centering - Bonnie Bainbridge Cohen 1991 - 2003
- Tamalpa Life/Art Process - Anna Halprin 1986 – 1988
- Alexander Technique - Marjorie Barstow 1985 – 1987

ADDITIONAL INFORMATION

Private Somatic Movement Therapist Practice 1990 - present
Mendocino, CA

NatureBeingArt - Fine Art Photography 2007 – present
www.NatureBeingArt.org

Jamie McHugh Articles in Publication:

Contact Quarterly, Monthly Aspectarian, Yogi Times, In Dance, Conscious Dancer, Journal of Dance, Movement and Spiritualities

Jamie McHugh Featured in Publications:

“Living with Purpose in the End Times” in “**Hope Beneath Our Feet**”, an anthology edited by Martin Keogh (Harper, 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)