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Jamie McHugh, MA, RSMT, C-CASE is a Registered Somatic Movement Therapist through ISMETA (International Somatic Movement Education and Therapy Association), a Certified Creative Arts Somatic Educator through IACASE (International Association of Creative Arts Somatic Education), and an interdisciplinary artist living on the northern California coast.

McHugh is the creator of Somatic Expression® - Body Wisdom for Modern Minds, an integrative approach to the art and craft of embodiment. www.somaticexpression.com

He is also the creator of NatureBeingArt, abstract contemplative photography of the natural environment for both fine art reproductions and video streams. www.naturebeingart.org

From 1978-87, McHugh was a teacher of creative dance/drama in Madison, Wisconsin public schools, a director of children's dance theater in Madison, and a National Endowment for the Arts Artist-in-Residence in K-12 education throughout the state.

He moved to the San Francisco Bay Area to apprentice with dance pioneer Anna Halprin at Tamalpa Institute in 1986, and consequently served as faculty there until 2017. McHugh was first core faculty at Tamalpa from 1988-94 and was involved with all levels of programming including the Training Program, the Healing Arts program for people with life-threatening illnesses, Community classes and Summer workshops.

McHugh also initiated the development of a 2nd year professional training and a weekend training program with Daria Halprin, designed and taught a Movement Ritual Teacher's Certification course in the training program from 1989-1997 and was the first liaison between Tamalpa and the International Movement Therapy Association (IMTA – now ISMETA), serving as a board member from 1992-1998.

The two aspects of Anna Halprin's multi-faceted work that he continued to develop - in collaboration with her and then on his own - were:

- *Movement Ritual 1/Somatic Movement* practice that he taught for 15 years was the springboard for his work of the past 15 years: "Embodied Mindfulness: A Somatic-Expressive Exploration of the Inner Landscape"
- *Dance in the Natural Environment* that he taught for 10 years was the springboard for his work of the past 20 years "Embodying Nature: The Art of Creative Reciprocity"

In the San Francisco Bay Area, McHugh was also on faculty at John F. Kennedy University in the Master's Program in Holistic Health Education from 1991-2015 where he taught practicums in somatic movement education. He was also affiliated with the Institute for Health and Healing at Columbia Pacific Medical Center and the San Francisco AIDS Foundation from 1998-2005.

On an international level, McHugh has presented his work since 1989 in Europe, Latin America and Asia. He was a consultant for the Swiss AIDS Federation and annual presenter of "Movement as Medicine" workshops for HIV+ people and their caregivers from 1997-2007. He also directed a Healing Arts Training Group in Dusseldorf, Germany from 1997-2007. Additionally, McHugh has been a guest teacher in diverse educational, artistic and healthcare settings, including L'Atelier de Paris, the Bristol (England) Cancer Center, Esalen Institute, Kobe University, Stanford University, University of Wisconsin-Madison, and Alanus University.

McHugh has been published in various periodicals, including Contact Quarterly, Journal of Dance, Movement and Spiritualities and Yogi Times, and had a monthly column from 1996-97 in The Monthly Aspectarian. His oral history "Alive at the Edge: A Life in Dance" was documented by the Legacy Project and is housed at the San Francisco Performing Arts Library. McHugh also contributed a chapter to "Hope Beneath Our Feet: Restoring Our Place in the Natural World" edited by Martin Keogh (2010, North Atlantic Books).

Besides Halprin, McHugh's primary teachers over the years have included Marjorie Barstow (Alexander Technique), Bonnie Bainbridge Cohen (Body-Mind Centering), Emilie Conrad (Continuum), Thich Nhat Hanh (Engaged Buddhism), and Lorin Smith (Indigenous Healing).

Currently, McHugh serves on two advisory councils in the United States: Embodied Jewish Learning and Continuum Movement as well as being on the board of IACASE.

"Jamie McHugh is not adequately nor accurately described by words like dancer or movement therapist - he is much more for which there are no good words. Transformative artist may approach his ability to utilize the non-verbal (movement, vocalization, drawing) not only expressively but also conjointly with the psychological/insightful to promote a healing integration of awareness." - George F. Solomon, M.D.,
Psychiatry and Biobehavioral Sciences, UCLA