

CURRICULUM VITAE

ELENA CERRUTO

Art director of Centro Danza Sarabanda, classic and modern dance training in Paris, she studied in Ecole Superieure Etudes Chorégraphiques (training for teaching, Labanotation); Institut Pédagogique d'Art Chorégraphique (training for teaching, practical and theoretical subjects); Centre International de Danse (Graham, Limon) and she graduated in dance teaching in Paris in the Fédération Française de Danse. For twenty years she has been dealing with the spread of dance in the school and in the public bodies in Italy and abroad. In Paris she taught in the municipal Conservatoire in Villejuif and in some elementary schools. In Mexico (scholarship of the Ministry of Foreign Affairs) she attended the University of the Dance in Xalapa and taught in the Culture Houses of the Instituto Nacional de Bellas Artes. A strong interest in the symbolic experiences, leads her to integrate the eastern awareness practices (yoga, zen meditation, shiatsu) with western body expression techniques, paying a special attention to symbolic experiences. She uses the experiences gained during her study and research travels in Japan, Turkey, Argentina and India.

She studied dance therapy in Italy and in Argentina with Maria Fux (training courses in the Civica Scuola di animazione, at the C.E.P. – Centro di Educazione Permanente – in “La Cittadella Assisi” and in the Scuola di Maria Fux in Buenos Aires). Maria Fux recognized her activity and authorized her to apply the method to promote continuity and spreading of dance therapy.

Since March 2006 she has taken over Maria Fux's course for the training of new dance therapists in Brazil, at the Centro Brasileiro di Danzaterapia

She studied shiatsu and Chinese medicine. She attends refresher courses in traditional Chinese medicine with Elisabeth Rochat de La Vallée and Claude Larre.

She wrote the book “A ritmo di cuore, la danza terapeutica”, published by Xenia Ed., presented to the Press Club in Milan during a conference on Dance Therapy, with performances and choreographies on dance therapy.

She founded the Associazione Sarabanda (1987), an association to promote dance through courses, conferences, performances, training courses for dance teachers and since 1995 training courses in dance therapy.

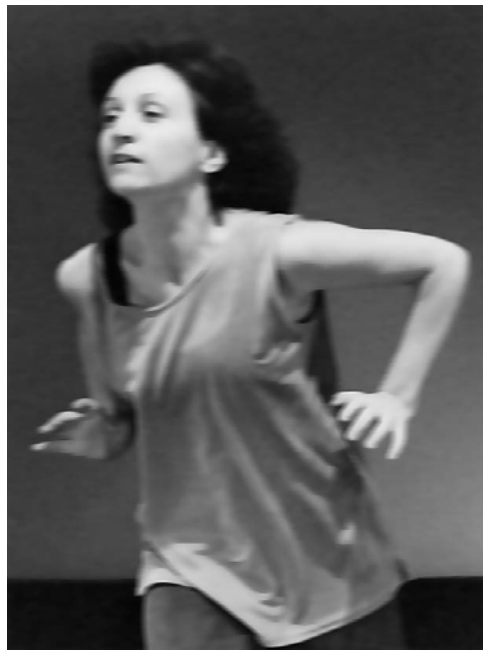
She gives courses of dance therapy both for children and for adults, and training courses in DMT at the Centro Sarabanda.

She works together with Dr. Giovanni Ansaldi, psychosomatist, heart specialist, and musicologist.

She supervises the activity of Sarabanda regarding the spread of dance therapy in the schools in Milan and in the surroundings.

She is a member of the register of APID supervisors, and a member of the Research Commission in the Associazione Professionale Italiana Danzamentoterapia (APID) and previously she was a member of the APID Teaching Methodology Commission, from the APID foundation to July 2000.

*Since June 1998 she has been insert in the list of professional people of the **Milan Province** regarding training and refresher courses in the welfare field with the qualification of Dance Therapist and Modern Dance (Art-therapy) teacher.*



a) **Personal Data:**

born in Brescia May the 3rd 1956
resident in Padenghe sul Garda (BS) via Marconi 29.
domiciled in Milan, Ripa di Porta Ticinese 55.

b) **Professional Activity:**

The professional activity is directed to a wide typology of users: people (children/adults) with different kinds of handicap, with psychic disorders, normally intelligence people.

In the **Centro Danza Sarabanda** she gives:

- Since 1987 educational and therapeutical dance
- since 1993 dance therapy with the Maria Fux method (in average 6/10 hours a week, in total 3.200 hours).

In elementary and secondary schools she gives and has given meetings and stages of dance therapy with children and teenagers. She had the first experience of dance therapy in the school in 1991 in a school in Muggiò for 4 hours a week for a school year.

Other users:

- at the high security prison in **Opera** with a group of prisoners, from March 1995 to February 2000 (1-2 hours a week for a total of 400 hours);
- **at CRT in C.so Plebisciti** from March 2000 to June 2002 (meeting shared as follows: 20 hours with the patients and 10 hours with the staff and people responsible).

c) **Teaching activity:**

- ◆ at **Centro Danza Sarabanda** (training courses)
 - 2 sperimental educational groups with personal involvement
 - methods of observation and analysis of movement
 - theory and technique of setting
 - process and symbolic function in DMT
 - applied DMT
 - refresher courses addressed to Dance movement therapists with the title: "*DanzaMovimentoTerapia con particolare riferimento all'approccio Oriente-Occidente*", financed by the European Social Found
 - Dance Educational Theory
 - Professional training
 - analysis and observation of the movement
 - choreographic laboratories
 - study of the meridians in the movement
- ◆ at **Centro Incontro** in Locarno
 - Danzamovimentoterapia: preliminary course to the training
 - school years 98-99 and 99-00
 - (100 curricular hours)
- ◆ at **CEMB** in Milan - Regional School for the training of music therapists (from 2001 member of the scientific Committee)
 - Danzamovimentoterapia: DMT meetings during the training courses in music therapy m
 - from 1995 till today
- ◆ At **Associazione Il Gaviale** in Dro (TN)
 - Danzamovimentoterapia: Preliminary stages to the training and beginning of training in DMT
 - (200 hours)
- ◆ In Genoa: Teacher in the workshop "Guarire con I suoni", organized together with **I.R.R.S.A.E. and C.D.R.M.** in September 1995 (10 hours)
- ◆ At **UNIVERSITÀ PARIS V – SORBONNE** in Paris: Maria Fux assistant in February 1996 (8 hours)
- ◆ at **TEATRO ALLA SCALA** in Milan: Dance Therapy Teacher in the training course for teachers in classic dance (16 hours)
- ◆ At **UNIVERSITÀ CATTOLICA** in Milan, at the P.I.M.E.: open lesson of DMT (2 hours)
- ◆ At **UNIVERSITÀ DI VERONA in the Istituto di Pedagogia Speciale**, invited by Prof. Larocca she gives workshops and open lessons of DMT (6 hours)
- ◆ In Naples: stage of dance therapy at Associazione "Istituto di Scienze Umane" (40 hours).

Jobs in courses financed by European Social found:

- 1997-1998 Art therapy in Brera as a tutor
- June 1998 Art therapy at Società Umanitaria as teacher of DMT (10 hours)
- Since March 2006 she has taken over Maria Fux's course for the training of new dance therapists in Brazil at the Centro Brasileiro di Danzaterapia.

Promotion Activity for the spreading of DMT in the school:

- Teacher in refresher courses for teachers:
 - ◻ June 1998 in Verona SIMEOS (Società Italiana Musica Elem. Orff) (10 hours)
 - ◻ July 2000 in Verona SIMEOS (Società Italiana Musica Elem. Orff) (8 hours)
 - ◻ April and September 1998, September 1999, September 2000, September 2001 in Sanremo, Associazione Paola Dei (40 hours)
- January/June 1998, intervention of dance therapy, in the scholar program, at the Secondary School in music Experiment "Griffini" in Casalpusterlengo (80 hours)
- In the school year 1999/2000 and 2000/2001, dance therapy laboratories, in the school program in schools in Milan (v. Vigevano, v. Gentilino, v. Brunicci) (50 hours)
- April/May/June 2000, course "Integrare nella continuità" in the schools in Bollate especially addressed to integrate serious disabled students inside the class (20 hours)
- May 2000, performance in the Istituto Tarra for deaf people, "Cos'è la musica?", music by Mauro Orelio
- Conference and practical experiment in the Liceo Pedagogico a Sperimentale Musicale Anguissola in Cremona (3 hours)
- In the schools in Muggiò (MI) she worked with children in the elementary school, with a dance program to introduce disabled children in the class (96 hours)
 - At the Centro di Aggregazione in Muggiò she worked with teen-agers in troubles (20 hours)
- 2000, in Milan and Monza: for the spreading of dance and dance therapy in the school, performances, animation, laboratories with the students of the public school – "La Città d'Oro", a danced story and an educational proposal through the dance
- the performance "Il Piccolo Principe" seen from the dance therapy point of view. It was presented in the schools, both as a laboratory and performance for and with the children.
 - "Il Piccolo Principe" and "La Città d'Oro" presented in:
 - Monza – Elementary School Puecher, performance with animation for children
 - Monza – Elementary School Alfieri, performance with animation for children
 - Crema – Teatro S. Domenico (cultural and performances Councilor's office of Crema), performance for the school
 - Milan – Teatro Comuna Baires, Dance show "Sarabanda Danza 2001". Performance for the school
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Competences in the panning field and in the field of training courses

- ◆ **training in Dance movement therapy:** Public and private institutions turn to the Centro di formazione Sarabanda. The School is recognized by Maria Fux, who each year supervises the activities. The guest teachers recognize the validity of the training programs and the student good grounding.
- ◆ She presented a *Project for the training of prisoners of the prison in Opera, through a course about dance therapy and shiatsu, to allow the students to create and handle a cooperative to the European Social Found. School year 1998-1999.* The project was approved but it couldn't start because of lack of students.
- ◆ **Modern dance training:** trained dancers are working in the performing field or as modern and educational dance teachers in the schools.
 - Other dancers are finishing and refreshing their training at the Limon Institute in New York.
 - The Sarabanda dance group has been working since 87-88with performances in schools and theaters, also with choreographies, which "tell" the Dance moving therapy.

Publications and participation in conventions

- 1995, **I Convention on Art therapy, at the Centro Toscano Danzaterapia** in Florence, Relation on her book "*A ritmo di cuore, la danza terapeutica*" and on practical applications with teen-agers about the theory of the two cerebral hemispheres in relation with the body experience about laterality.
- 1996, **II Convention on Art Therapy at the Centro Toscano Danzaterapia** in Florence, presentation of the relation and poster: "*L'uso della diapositiva nella danzaterapia come comprensione degli Elementi dentro di sé*".
- 1996, conference at the **Unione Italiana Ciechi** di via Bellezza (MI) on DMT application to blind people.
- 1997, in the **Università Estiva di Danzaterapia** (Villasimius – Cagliari) presentation with the relation: "*Danza nel carcere di Opera*", video and poster.
- 1997, at the **Università in Verona** for the convention on music therapy, presentation of the DMT performance about dance therapy *Il Filo Rosso*, in the same occasion a meeting / laboratory with the students entitled "Filo Rosso about autism".
- 1997, invited as reporter to the Convention **Music therapy at the Conservatorio G. Verdi** in Milan. During the convention the performances *Il Piccolo Principe* and *Il Filo Rosso* were presented with children and adults, - students of Centro Sarabanda.
- 1998, in the **Università Estiva di Danzaterapia** (Villasimius – Cagliari) present with the relations "*Parole chiave della Danzaterapia*", "*Uscire dal carcere*", together with prisoners and Workshop.
- October 1999, in the Convention of the **Associazione Italiana Ipovisione**, relation on dance therapy with performances and video presentation.

- May 2000, Convention **II Corpo e la Gioia**: reporter with "*Il corpo è la gioia – la gioia nella medicina cinese*" and presentation Maria Fux method. Maria Fux Assistant in the workshops.

In the same convention she gives 2 workshops:
 - "*Vedere con il corpo*", with Patrizia Viaro;
 - "*Integrare l'altro*", especially addressed to disabled people, laboratory of dance therapy and music therapy with the music therapist Mauro Orelino.
- November 2000, in the Convention **Abili and Disabili, nessuno è escluso**, organized by the Biblioteca in Cologno Monzese, relation "*La musica ed il corpo*".
- February 2001, Convention **II Corpo e la Gioia** II edition – supervisor on the laboratories given by III year students of training course in DMT and assistant to the Master Class of Maria Fux.
- March 2001, reporter and teacher in a workshop inside the APID international convention – **ATI psychiatry** Department University in Milan with "*L'arte di osservare con il corpo*".
- 2001, presence in the **APID Convention in** Villasimius, Cagliari with a report on life cycles and workshop on the application of Chinese medicine to dance therapy.
- 20-22 February 2004, presence in the **APID Convention** "Danzamovimentoterapia: educazione e formazione" a Cagliari, with the report "*Danza Terapeutica a Scuola tra creazione e distruzione*".

Publish

- "A ritmo di cuore, la danza terapeutica", Xenia Edizioni
- Acts of the International Convention 1997 "Musicoterapia e Danzaterapia per l'handicap" in the Università degli studi in Verona. "Danzaterapia e autismo" from page. 95 to 99. Editrice Università Verona
- Acts of the CEMB Convention (Musicoterapia e danzaterapia) 1997. "Pedagogia della danza terapeutica" from page. 40 to 44. Editrice SGM.
- Report for the Acts of the Convention on Art therapy **at the** Centro Toscano Danzaterapia in Florence in 1996: "L'uso della diapositiva nella danzaterapia come comprensione degli Elementi dentro di sé"
- Report for the Convention in Villasimius in 1997 "La Danzaterapia in Italia" entitled "Danzaterapia nel Carcere di Opera" (being published).
- Acts of the Convention "II Corpo e la Gioia" 2000. "A ritmo di cuore" from page. 21 to 23.
- For the magazine "L'età dell'Acquario" May/June 1998 "Danzaterapia" from page. 40 to 43.
- dossier "Danza Terapeutica" together with Associazione Italiana Iprovisione on September 1999.
- For the magazine "La salute olistica" November 2001 "La Danzaterapia "come".
- For the magazine "Bambini", ed. Junior the article on DMT introduction in the School is going to be published.
- She works together with the magazine "Crescere con la musica" with articles on dance therapy: "Crescere con la danza" (Sept 97/oct 01).
- For the magazine "Telex Danse" of February 1994 "La Danse Thérapéutique ou le Sentiment de la Fluidité".
- For the magazine "La salute olistica" March 2002 "Danzaterapia: una danza nella pelle".
- For the magazine "Crescere con la musica" June 2002 "Danzaterapia nella Scuola: è forse troppo tardi?"

d)

Permanent training

- She is attending the permanent training in the APID Conventions.
- Considered the peculiarities of the dance therapy method which refers to the Chinese medicine and east techniques, her professional training in shiatsu with Adriano Parmigiani (at "Associazione la Ruota delle Lune") from 1995 to 1999 (520 hours basis and 150 hours in dept course and supervision, with reference also to the culture of American Natives) is considered an integral part.
- Shiatsu and Chinese medicine with Monica Curioni at Centro Sarabanda (in dept courses and individual lessons)
- Since 1998 she has been caring out a research with Monica Curioni on the relationship between dance therapy and Chinese Medicine (study of the books and clinical applications)
- Since 1999 she has attended Chinese Medicine courses with Claude Larre and Elisabeth Rochat de La Vallée:
 - 1999, "I cinque movimenti e la trasformazione dell'energia" (36 hours)
 - 2000, "L'acqua e il corpo, l'acqua e i riti" (36 hours)
 - 2001, "Il fuoco: i quattro organi legati al fuoco nel loro aspetto fisico, psichico, emozionale" (36 hours)
 The 2001 courses ended with a certificate issued by the Institut Ricci in Paris.
- In Italy, she started to practice Zen meditation in 1987. This leads her to many journeys to Japan, to the Tosho-ji Zen Center. She practices under the guide of the master Ban Roshi and after his death, with Tetsujyo Roshi in Italy and in Japan. She is involved in the practice of awareness through the dance.
- In Paris, since 1977, she has studied in dept the relationships between the modern Dance roots and far east, with Yoga and meditation lessons, Indian dance, laboratories of body expression, energetic massage, finding the common roots, between ballet and energetic courses in the body with courses organized by the Culture ministry (1977) and with Annie Rochet (Conservatory Villejuif).
- She works together with Dr. Giovanni Ansaldi, *psychosomatist, heart specialist, and musicologist*.

e) **Number of supervision hours and supervision DMT**

- ◆ DMT Supervision DMT with Maria Fux – 200 hours.
- ◆ Individual supervision on the psychosomatic aspects in DMT with Dr. G. Ansaldi – 25 hours.

Promoting Activity for the spreading of dance and DMT

- She realized performances with the Gruppo Danza Sarabanda in many theaters in Milan and interaction performances di with the spectators for show organized by the Comune of Milan (Greenpeace, MusicaOggi, Dance and Music in Metrò).
- For the Comune of Milan, together with the Centro per la Cultura del Gioco she took part to "Giocaingiro" for the spreading of the game-expressive activities in the city.
With the children she realized many recitals and performances together with the parents and other children-spectators, in theatre, at Centro Sarabanda and outdoors (performances-animation in the park of Muggiò, organizedby the Comune).
- Dance therapy intervention in Odeon TV (in the broadcasting "Tengo Famiglia") for elderly, adults, and children.
- Presence in courses of childbirth training for couples.
- Dancer and organized of the reviews "Sarabanda Danza 2001" for the spreading of dance
- **Organizer of the Convention "Crescere con la musica e la danza, come educazione e terapia" c/o Università Cattolica in Milan together with the C.E.M.B., Milan (24/03/2002)**
- Talking and demonstration performance of dance therapy during "L'angelo dell'anno– V edition" c/o the Teatro dal Verme in Milan (2004/09/14)

E-Mail: elena@cerruto.it