

# LAUREN JONES

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I am a Creative Arts Therapist specialising in Dance Movement Psychotherapy. Since 2008, I have delivered Movement and Dance Movement Psychotherapy sessions in a wide variety of settings, working with Primary Schools, Mental Health Institutions and Aged Care Facilities. My practice is underpinned by my own research. I am competent in written and verbal assessments and reports and work in a multi-agency manner. Collaborating with other appropriate professionals ensures positive outcomes for each and every client. I am experienced at working with challenging and vulnerable groups and individuals and I am passionate at providing a non-judgemental, empathic environment for everyone I work with.

## ACADEMIC QUALIFICATIONS

**Masters Degree (Dance Movement Psychotherapy)** Canterbury Christchurch University (2009-2013)

**Bachelor of Arts (Dance)** Bath Spa University (2005-2008)

**'A' Levels (English, Theatre Studies, French and Dance)** Hereford Sixth Form College (2004-2005)

**'AS' Level (Psychology)** Hereford Sixth Form College (2003-2004)

**GCSE's (12 Grade A\* to C)** Bishop of Hereford's Bluecoat School (1998-2003)

## EMPLOYMENT

Self-employed Dance Movement Psychotherapist **2013-2016**

Dance Movement Psychotherapy is a creative arts therapy which aims to improve physical and mental well-being by strengthening the mind-body connection through physical movements. This expressive therapy is founded on the direct relation between movement and emotion; movement styles and body language together influence how we are feeling.

Date	Contractor	Target Audience
September 2015-July 2016	Dancefest	Therapeutic workshops for other professionals
August 2015-August 2016	Make a Move Charity	Talks & workshops for mothers with Post Natal Depression
April 2015-August 2016	Aspire	Adults with physical and learning disabilities.
January 2015-August 2016	Widemarsh Children's Centre	Children with BESD and attachment difficulties
May 2014-August 2016	Care homes & Alzheimers Society	Older people and people with Alzheimers/ Dementia
September 2013-April 2014	Herefordshire Headway	Adults with Acquired Brain Injuries
September 2013-August 2016	Arts & Older people programme	People with dementia and their carers
September 2013-August 2016	NHS Mental Health Hospital	Patients on 3 wards- Acute Mental Health, Substance Abuse & Dementia
September 2013-July 2014	Alcohol Recovery Agency, Bristol	Adults recovering from alcohol & Substance Abuse
September 2013-July 2015	3 Hereford Marches Schools	Children suffering from Foetal Alcohol Syndrome, BESD, coordination difficulties and trauma.
June 2013-September 2015	Marches Family Network	Vulnerable children with disabilities and / or in care

Self-employed Dance Practitioner **2008-2016**

Date	Contractor	Role	Audience
September 2015-July 2016	Barrs Court Specialist School & College	Dance tutor	High school & college students with disabilities
April 2014-April 2015	Courtyard Theatre	Zumba teacher	Adults
January 2014-July 2016	Various	Contemporary, technique & somatic teacher	Adults & Children
January 2014-January 2015	Blackmarston specialist primary school	After school dance teacher	Children with disabilities
September 2013-April 2015	Courtyard Theatre	'Chance to dance' teacher	Adults over 50
January 2013-August 2016	EVERYbody Dance	Dance Practitioner	Children with disabilities
September 2012-December 2013	Bishops High School	In school dance teacher	Children with disabilities
May 2011-August 2012	Gym & Tonic, Gym	Tai Chi for Wellbeing teacher	Adults
February 2011-August 2013	Gym & Tonic, Gym	Dance teacher (3 classes)	Children 3-16
January 2011-April 2011	Severndale Specialist School	Dance & Movement teacher	Children with ADHD and Autism
January 2011-September 2012	Blue Eyed Soul Dance Co	Dance teacher-in schools & centres	Children with & without disabilities
September 2010-July 2014	Hereford Marches Academy	Specialist dance teacher for self esteem in 3 schools	Children aged 7-11
September 2010-July 2015	Various schools	After school dance teacher	Primary & Secondary school children
September 2010-March 2011	Dancefest	Movement leader	Elderly people in care homes
July 2010-September 2010	TLC After school care	Support worker & dance teacher	Children aged 3-11
January 2010-June 2012	Attitude Dance Co	GCSE Dance project teacher	GSCE students
April 2009-February 2010	Wye Valley Dance School	Dance teacher (6 classes) & Dancer	Children aged 3-18
April 2009-August 2016	Dancefest	Dance teacher & project manager	Dancers with & without disabilities
March 2009-August 2016	Dancefest	Dance teacher	Children & Adults aged 5-70+
January 2009-August 2015	Courtyard Theatre	Dance & Movement teacher	Children aged 3-7
December 2008-June 2012	Attitude Dance Co	Assistant Director, Dancer & Dance teacher	Dancers & children
December 2008-March 2009	Dancefest & Music Pool	Assistant Director & Dancer	Dancers, children & Musicians
July 2008-January 2009	Dancefest & Motionhouse Dance Co	Dancer	Various
July 2008-August 2012	Attitude Dance Co	Dancer	Various

Other employment roles **2010-2016**

Date	Contractor	Role	Audience
September 2013-August 2016	Claire Justice	1:1 home support worker	Teenage boy with disabilities
September 2012- January 2014	Lord Scudamore Primary School	Nurture Group Leader and Welfare Assistant	Children from disadvantaged backgrounds
February 2011-September 2012	Sutton St. Nicholas Primary School	1:1 Teaching Assistant	Child with EBSD
September 2010-July 2011	Lord Scudamore Primary School	Cover Supervisor and Teaching Assistant	Primary school children

**CONTINUAL PROFESSIONAL DEVELOPMENT**

**September 2013 to August 2016** Volunteering at 'Snoezelen' sensory centre designed for people with disabilities.

**August 2008 to August 2016** Dance and Dance Movement Psychotherapy training courses and conferences.

**August 2005 to August 2016** Dance and movement training and classes including: Contemporary, Street, Yoga, Physical Theatre, Ballet, Choreography, Authentic Movement and Somatic Practices.

Certificates in:

First Aid	Anxiety Reduction for Children
Paediatric First Aid	Children on the Autism Spectrum
Safeguarding and Protecting Children	Tai Chi Movements for Wellbeing
Epi-Pen Training	Massage in Schools
Awareness of Child Abuse and Neglect	Creative Arts in Schools
Postnatal Depression	Mindfulness

Member of:

**September 2009** The Association for Dance Movement Psychotherapy

**September 2009** Dance Voice Therapy Centre

**REFEREES****Dean Tilley**

Assistant Director, Enrolment and Attendance  
Department of Education  
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