

CURRICULUM VITAE

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TRAINING AND QUALIFICATIONS

1997 Senior Registered Dance Movement Psychotherapist qualified to work in public services and in private practice, offering therapy, supervision, consultation and training; on the first Professional Dance Movement Psychotherapy Register of The Association of Dance Movement Psychotherapy UK

1994 Post Graduate Diploma in Dance Movement Psychotherapy (with distinction); Roehampton University, London.

1982 Certificate in Adult Education Teaching Proficiency (ACSTT), following successful completion of the relevant course in the Waltham Forest Adult Education Department

1976-1977 One year post-graduate course in Movement and Dance, at The Laban Centre for Movement and Dance (with special emphasis on Movement Studies and Personality Assessment through Movement).

1976 Dance Training at London School of Contemporary Dance and Urdang Academy, London.

1973-1975 Movement and Dance training with Patricia Whittock, Cape Town.

1972 B.Soc. Sci. Honours Degree in Psychology, 2/1, (University of Cape Town, South Africa).

1969-197khh1 B.Soc.Sci. (University of Cape Town)
Major subjects: Psychology, Sociology, and Social Anthropology.

1968 Dance Teacher's Certificate, Spanish Dancing Society, South Africa.

RELEVANT PROFESSIONAL EXPERIENCE

DANCE MOVEMENT PSYCHOTHERAPY (DMP)

1994 to date Employed as Senior Dance Movement Psychotherapist in the East London NHS Foundation Trust (part time) running long and short term DMP groups for adult mental health patients and elderly mental health patients suffering from a range of psychiatric illnesses including schizophrenia, anxiety and depressive disorders, sexual and other abuse, somatoform disorder, depression, OCD, PTSD, dementia etc.

New responsibilities include being in charge of training, development and supervision of body-oriented psychotherapy for diagnostic specific groups across East London Mental Health NHS Trust

Management of innovative project/new care pathway for patients with Medically Unexplained Symptoms/ Somatic Symptom Disorder in Primary Care and the continuation of this project, Spreading Innovation of this care pathway; both funded by the Health Foundation. See website www.mus.elft.nhs.uk

	Working in private practice as a Dance Movement Psychotherapist treating patients and supervising therapists.
2012 to date	Offering clinical supervision to DMPs working for Catholic Children's Society, an organisation that works with vulnerable children in schools
2005 -2015	Worked as clinical supervisor for KidsCompany, charity for vulnerable children, adolescents and young adults providing clinical supervision to psychotherapists, managers, keyworkers, outreach workers.
2008 – 2011	Worked as part of the Maudsley Hospital Trauma Service/ The farm project offering DMP to refugees
2002 to 2008	Worked for 'Therapeutic Arts Scheme' (TAS), a newly formed charity delivering arts therapies to vulnerable children in schools in Waltham Forest. Duties included working on the steering committee, deciding policy and direction of organisation, delivering Dance Movement Psychotherapy to children, adolescents and their parents within local schools, working on holiday projects delivering DMP to children in transition from primary to secondary school, offering supervision to executive director. Worked as Trustee for a short time.
1999 to 2014	Co-ordinated Body Psychotherapy (BOPT) therapeutic intervention as part of an innovative research project (RCT) comparing the effectiveness of BOPT with verbal counselling for people with chronic schizophrenia run by the Academic and Research Unit of the East London NHS Foundation Trust. This innovative work is now recognised by National Institute of Clinical Excellence as a new treatment for schizophrenia and will be recommended to the NHS and has led to a large multi-centred RCT study funded by the HTA (Health Technology Assessment) of the Department of Health. I was in charge of training and supervision the DMPs who delivered treatment in this study.
1988 to 2013	Conducted Movement Workshops of the week-long residential Annual Conference of the Champenowne Trust for Psychotherapy and the Arts. This Conference acts as an interface between the therapies and the arts; it includes workshops by drama, music, art and movement specialists. Between 1995 and 2013 was a member of the organising committee.
1991 - 2001	DMP work with adults with learning difficulties at a Social Services Day Centre in Waltham Forest
1991 - 1999	DMP group work for mental health patients at a Social Services Day Centre in Waltham Forest
1994 - 1996	Initiated and co-ordinated the project "Dance for Young People with Disabilities" funded by the Waltham Forest Arts and Leisure Department and Waltham Forest Arts Council. This project was aimed at young people with learning difficulties and mental health problems and involved dance movement therapy sessions, creative dance workshops and integrated performance work with college students and adults with learning difficulties. In addition there was a staff training component. All four sections of the project were completed successfully
1994 to 2002	The funding for the DMP component and staff training component of this project (which I ran) was taken over by the Social Services Day Centre and continued to date. In 2001 I passed on the practical work to another DMP
1990 - 1994	Ran workshops on <i>Explorations of the Self</i> through creative media, in collaboration with an Art Therapist/Jungian Analyst. Participants included

therapists and analysts in training as well as members of other helping professions. These workshops were also included as part of the training programme of one psychoanalytic (Jungian) training programme in London.

- 1973 - 1975 Clinical Psychologist, Intern, for Cape Mental Health Services, based at Alexandra Institution for Care and Rehabilitation. Duties included psychological assessment and treatment, ward rounds, educational programmes for pre-schoolers, movement therapy sessions with school children and environmental enrichment for geriatric patients.
- 1974-75 Research project - investigating schizophrenia and Kelly's construct theory
- 1973 Research project at Early Learning Centre, Cape Town — investigating Maternal Teaching Style.

LOCAL AND NATIONAL DMP WORKSHOPS

- 1995 Independent Group of Analytical Psychologists
- 2000 Speech Therapy Association
- 2001 Analytical Psychology Club, London
Psychological Therapy Services, ELCMH NHS Trust
Confederation of Analytical Psychologists
News from Nowhere Club
- 2003 Psychological Therapy Services, NHS Trust, Newham
- 2005 Independent Group of Analytical psychologists
Springfield Hospital Arts Therapy Dept, St. Georges NHS Trust, South London
Association of Dance Movement Psychotherapists
- 2006 Psychological Therapy Services, NHS Trust, Newham
- 2007 Academic Meeting of East London Foundation NHS Trust
Oxford Refugee Resources Centre
- 2008 Newham Primary Care Trust on Somatoform Disorder
- 2009 ATOLL: Art Therapy Outlook for Later Life: workshop for arts therapists on working with patients with dementia
- 2012 Training of therapists in delivery of BOPT for patients suffering or the negative symptoms of schizophrenia in various locations in the UK

SPECIALIST WORK ABROAD

- 2011 to date Psychosocial interventions in disasters and emergencies: lecturing and workshop facilitation at Santa Anna University, Pisa, Italy, teaching on the annual summer school
- 2014 to date Bi-annual training workshops for DMPs in Cyprus on a range of clinical issues including Trauma, MUS, Body-oriented approaches etc
- 2016 (June) Training psychologists, psychotherapists, lawyers and a variety of health professionals working with refugees (Greece)
- 2012 (April) Training psychologists, psychiatrists and DMPs in the delivery of BOPT for negative symptoms of schizophrenia (Germany)
- 2012 (Feb) Psycho-social interventions for refugees and displaced persons, workshop facilitator for Terrenuove in Milan, Italy
- 2011 (June) Lecturer, teaching on Croatian Dance Movement Therapy Training Course in Zagreb
- 2011 (April) Follow-on training for Cyprus Mental Health workers: Working with Schizophrenia, depression, somatoform disorder with body oriented psychotherapy
- 2010 (June) Lecturer, teaching and running workshops for Italian Dance Movement Psychotherapy training Course, Cagliari, Sardinia
- 2010 (May) Workshop facilitator Dance movement psychotherapy workshop for Panopeia,

2009 (Feb)	5 day creative arts and psychotherapy training, Troodos, Cyprus Working with Somatoform Disorder: Training for German Body Psychotherapists, Berlin
2009 (April)	Working with Schizophrenia: Training for Cyprus Mental Health workers
2005 - 2011	Lecturer, teaching on Polish Dance Movement Therapy Training Course in Warsaw
2004	Conducted DMP workshops for Therapists, special needs teachers, OTs and psychologists, Nicosia, Cyprus
1997 (Jan and Nov)	Conducted DMP workshops for Occupational Therapists and Clinical Psychologists in Malta
1993, 1994	Conducted DMP workshops with Masters students from University of Antioch and the C.G. Jung Institute, in Zurich, Switzerland
1998	Conducted DMP workshops for Jung Institute 50 th anniversary celebrations in Zurich, Switzerland
1992, 1993, 1995	Conducted five day DMP workshops for C.G. Jung Society in Alberta Canada
1992	Conducted two day DMP workshops for psychotherapists in Johannesburg, South Africa
1989	Conducted DMP workshops for Psychologists, members of the Cyprus Psychological Association. Nicosia, Cyprus

EDUCATION

2008 to date	Lecturer at Tavistock Clinic teaching on the 'Therapeutic Care for Refugees' Masters programme, jointly offered by the University of Essex and the Tavistock Clinic
1995 to 2007	Lecturer at University of Roehampton teaching on DMP training course. Duties included teaching Laban Movement studies, movement observation, and group dynamics. Supervising DMP students on placement
1997	Visiting lecturer, Dance Movement Therapy training course, Laban Centre for Movement and Dance
1997 to 2006	Served as chair of Education and Training sub committee of ADMP UK (June 2005) and member since 1997 involved in drawing up criteria for professional registration and accrediting university training courses.

CREATIVE AND EDUCATIONAL DANCE WORK

1986 to 2010	Devised training programmes and INSET for educational professionals on teaching dance within the National Curriculum including nursery, primary, secondary school teachers and special needs teachers in London Borough of Waltham Forest (LBWF). Teaching creative/educational dance within National Curriculum in nursery and primary schools in LBWF
1997 - 2001	Co-ordinated and taught on multi-medium creative arts Shakespearean workshops and performance for primary and secondary school children
1990 - 1997	Initiated, co-ordinated and choreographed creative dance performances for children in the London Borough of Waltham Forest at various venues including local schools, summer fetes, the Kenneth More Theatre and Barbican Private practice in teaching dance to primary school children
1992 - 1994	Designed, co-ordinated and partly taught a 'Dance in Primary Education' project in Waltham Forest. This project which began in 1992 included work with teachers and pupils and was initially funded by London Arts Board, Waltham Forest Arts Council and Waltham Forest Education. The funding for this project has now been taken over by local schools and is now into its

- fourteenth year.
- 1982 - 1984 Movement, Dance and Keep-fit Tutor at McEntee Adult Education Centre, Greenleaf Adult Education Centre, and Debden Community Association, in North East London.
- 1977-1980 Part-time lecturer at the University of Cape Town, South Africa, teaching 'Laban Movement Studies' in the Department of Psychology, the College of Music, the Medical School (occupational therapy), the Department of Speech and Drama and the Department of Extra-Mural Studies
- Private practice with adults and children in contemporary and creative dance.
- 1973 - 1976 Movement teacher at the Rita Maas School of Speech and Drama.

SPECIALIST WORK ABROAD

- 2001, 2002 and 2005 Conducted INSET training for Department of Education in Malta on integrating dance into the new National Curriculum .

MEMBERSHIP OF PROFESSIONAL ASSOCIATIONS

Registered Member of The Association for Dance Movement Therapists as both clinician and clinical supervisor to work in public service as well as in private practice.

2016 to date: Member of UKCP HIPC

1998 to 2001: Member of the Professional Registration Committee of ADMP UK

1998 to 2006: Member of Education and Training sub Committee

1999 to 2006: member of Executive Council of ADMP UK

2012 to 2018: Chair of the Ethics Committee

MEMBERSHIP OF DANCE ORGANISATIONS

1992 to date Founding member and secretary of the Waltham Forest Dance Association

1989 - 1995 Member of Redbridge Dance Link

PRESENTATIONS

- 2018 Presentation on Medically Unexplained Symptoms (MUS) to Cyprus Dance Therapy Association, Cyprus
Presentation to Arts Psychotherapists in East London Foundation NHS Trust (ELFT) on Body Oriented Psychotherapy (BOPT) for patients who have experienced trauma
Presentation to psychologists in ELFT on Body Oriented Psychotherapy (BOPT) for patients who have experienced trauma
Workshop for Arts therapists in ELFT on the experience of 'Change'
- 2017 Presentation and workshop to Tower Hamlets Allied Health Professionals on MUS
Presentation to GPs in Tower Hamlets on MUS
- 2016 Presentation at Somatic Symptom Disorder / 'Medically Unexplained Symptoms' in primary care - a one day state of the art symposium, London

Presentation at A joint Tavistock and Portman NHS Foundation Trust and HCUK Medically Unexplained Symptoms/Somatic Symptom Disorder; National Summit 2016 National Summit (London)
- 2015 Presentation at the Health Foundation Show Case event on MUS/SSD
- 2012 HTA steering group: presentation on BOPT for negative symptoms of

- schizophrenia
- 2011 Royal College of Psychiatrists Annual Conference: presentation on 'Working with Negative Symptoms' from the therapist's perspective
- 2010 Association of Dance Movement Psychotherapy: Keynote address at annual conference: 'The bodies in the room'
- 2003 They who dance are thought mad by those who hear not the music. *Proceedings of Champenowne Trust Annual Summer course*
- 'Disconnection and re-engagement: systemic reflections.' *Proceedings of the Association of European Psychiatrists Conference, Heidelberg, Germany.*
- 'Moving with, moving on, moving through: Active imagination and psychological change'. Paper and workshop for the C.G. Jung Society, Bristol
- 'Evidence based practice: practice based evidence' Report and seminar on work with schizophrenia. Springfield Hospital Arts Therapy Dept, St. Georges NHS Trust, South London
- Research methods in Arts Therapies: report on RCT with Schizophrenic patients
St Bernard's Hospital Arts Therapy Department, West London Mental Health NHS Trust
- 2002 Dancing Across Boundaries: The therapist's perspective within a research project comparing the effectiveness of Body Oriented Therapy with standard supportive counselling treatment for chronic schizophrenic patients in the NHS'. *Proceedings of the First National Conference of the Association of Dance Movement Therapists in the UK: Old Traditions: New Directions*, Bristol.
- 1979 The Application of Laban's Analysis of Movement in the Training of Psychology, Occupational Therapy, Drama and Music students. *Proceedings of the Laban Centenary Symposium*, Goldsmith's College, London.

PUBLICATIONS:

- Papadopoulos, N.L.R. & Moise, S.(1974) 'Comparative scores on Two Intelligence Tests with Mentally Retarded Children.' South African Medical Journal, 48, 1923-4.
- Papadopoulos, N.L.R. & Plaut, J.(1975) 'The Potential for Growth in Aged Mentally Retarded Patients.' South African Nursing Journal, p.17.
- Papadopoulos, N.L.R. (1990) 'Review of Acrobats of the Gods: Dance and Transformation by Joan Blackmer'. (Toronto: Inner City Books). Harvest: Journal for Jungian Studies, 36, 189 - 191.
- Papadopoulos, N.L.R. (1992) Review of 'Dance Therapy and Depth Psychology. The Moving Imagination'. (London: Routledge). Harvest: Journal for Jungian Studies, 38, 220-222.
- N.L.R. Papadopoulos & Hudson, D. (1994) 'Dance in Primary Schools: a Working Guide for Teachers' London: Waltham Forest Arts Council. (This is a handbook used in schools).
- Papadopoulos, N.L.R. (2000) 'Critical Essay: Authentic Movement and Jung'. Harvest: Journal for Jungian Studies, 46,1, 118-128.
- Papadopoulos, N.L.R. (2001) 'The Dynamics of the Dance Movement Experience: Combining Jung and Winnicott' Emotion, XII ,4, 19 - 31
- Papadopoulos, N.L.R. (2003) Dancing Across Boundaries: The therapists perspective within a research project a research project comparing the effectiveness of Body Oriented Therapy with standard supportive counselling treatment for chronic schizophrenic patients in the NHS' e-motion, XIV ,4, 3-7

- Papadopoulos, N.L.R. (2004) Disconnection and re-engagement: systemic reflections on Dance Movement Therapy and the therapeutic process in chronic schizophrenia. e-motion, XIV ,8, 14-19
- Papadopoulos, N.L.R. (2006) Theoretical Approaches to Dance Movement Therapy, contribution to book by Vassiliki Karkou and Patricia Sanderson, *Arts Therapies*, Oxford: Elsevier Science
- Frank Röhricht, Nina Papadopoulos, Iris Suzuki and Stefan Priebe (2009) 'Ego-pathology, body experience, and body psychotherapy in chronic schizophrenia' in British Psychological Society: Theory, Research and Practice 82, 19–30
- Papadopoulos, N. 2008. *Coloro che danzano sono pazzi per quelli che non sentono la musica*. **Rivista di Psicologia Analitica**. 78:26, 129-153. [They who dance are thought mad by those who hear not the music]
- Papadopoulos, N.L.R. (2011) Tanz- und Bewegungstherapie bei Depressionen [DMT in depression] in Frank Röhricht (Ed.) (2011) *Störungsspezifische Konzepte in der Körperpsychotherapie. [Disorder specific concepts in body psychotherapy]*. Giessen: Psychosozial-Verlag Leutner Verlag
- Papadopoulos, N.L.R. (2011) Tanz- und Bewegungstherapie bei Angststörungen [DMT in anxiety disorder] in Frank Röhricht (Ed.) (2011) *Störungsspezifische Konzepte in der Körperpsychotherapie. [Disorder specific concepts in body psychotherapy]*. Giessen: Psychosozial-Verlag Leutner Verlag
- Papadopoulos, N.L.R. (2011) Tanz- und Bewegungstherapie bei somatoformen Störungen [DMT in somatoform disorder] in Frank Röhricht (Ed.) (2011) *Störungsspezifische Konzepte in der Körperpsychotherapie. [Disorder specific concepts in body psychotherapy]*. Giessen: Psychosozial-Verlag Leutner Verlag
- Papadopoulos, N.L.R. (2011) Tanz- und Bewegungstherapie bei einer Persönlichkeitsstörung [DMT in personality disorder] in Frank Röhricht (Ed.) (2011) *Störungsspezifische Konzepte in der Körperpsychotherapie. [Disorder specific concepts in body psychotherapy]*. Giessen: Psychosozial-Verlag Leutner Verlag
- Röhricht, F; Papadopoulos, N et al (2011) 'Therapeutic processes and clinical outcomes of body psychotherapy in chronic schizophrenia - an open clinical trial' The Arts in Psychotherapy 38, 196– 203
- Röhricht, F., Papadopoulos, N., & Priebe, S. (2013) An exploratory randomized controlled trial of body psychotherapy for patients with chronic depression. Journal of Affective Disorders 151, 85–91. IF 3.5
- Papadopoulos, N. & Röhricht, F. (2013) An investigation into the application and processes of manualised body psychotherapy for depressive disorder in a clinical trial. Body, Movement and Dance in Psychotherapy. An International Journal for Theory, Research and Practice. DOI: 10.1080/17432979.2013.847499
- Papadopoulos, N.L.R. (2015) The Body as Home, e-motion, XXV ,3,4-7
- Röhricht, F., Zammit, I. & Papadopoulos, N., (2017) Novel primary care treatment package for patients with medically unexplained symptoms: a cohort intervention study BJGP Open 2017; DOI: 10.3399/bjgpopen17X101121, 1-11.
- Papadopoulos, N., Burrell, C., Smith, L. & Röhricht, R. (2017), Therapeutic processes and personalised care in body oriented psychological therapy for patients with Medically Unexplained Symptoms (MUS). European Journal for Person Centered Healthcare 2017 Vol 5 Issue 4 pp 449-453
- Papadopoulos, N., Röhricht, F. (2018) 'A single case report of Body Oriented Psychological Therapy for a patient with Chronic Conversion Disorder' The Arts in Psychotherapy 61,38–43