

Coleen Lorenz
Dance/Movement Therapist, Presenter, Trainer, Educator
432 West Meadow Drive, Palo Alto 94306
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EDUCATION

- 1991** **MASTER OF ARTS**
UNIVERSITY OF CALIFORNIA, LOS ANGELES (UCLA)
Dance/Movement Therapy/Clinical Psychology
Applications in Mind/Body Therapy and Wholistic Health.
Specializing in Authentic Movement, Mind/Body Integration, Stress
Reduction, Movement Improvisation and Group Psychotherapy
- 1985** **BACHELOR OF ARTS**
UNIVERSITY OF CALIFORNIA, LOS ANGELES (UCLA)
Dance Technique, Choreography, Performance, and Production

CLINICAL CERTIFICATIONS

- 1995-PRESENT** **CERTIFIED GROUP PSYCHOTHERAPIST (CGP)**
Teaching, Supervision, and Practice in Group Psychotherapy
- 1993-PRESENT** **ACADEMY OF DANCE THERAPISTS REGISTERED
(BC-DMT)**
Advanced Clinical Training in Dance Movement Therapy
3,000 Clinical Hours of Teaching, Supervision, and Training
Advanced Level - National Board Certification

OTHER CERTIFICATIONS

- 2015 – PRESENT** **HEARTMATH CERTIFIED TRAINER
(HMCT)**
Certification in Nervous System Regulation Techniques and
Resilience Advantage Training
- 1993 – PRESENT** **REIKI MASTER**
Usui System of Natural Healing
- 1993** **KINDERMUSIK**
Certification in Rhythms & Music for Young Children

LEADERSHIP POSITIONS

2010 – PRESENT

FOUNDER and PRESIDENT

ARTSUNITYMOVEMENT (AUM) 501(c)(3)

Serving the community through interactive performances and workshops in the Expressive Arts Therapies. Working with youth, adults, and elderly in a wide spectrum of need: including mental health, trauma, chronic pain or illness, bias awareness and inclusion, and secondary trauma for professionals

www.artsunitymovement.org

2008-PRESENT

FOUNDER and ARTISTIC DIRECTOR

NewGround Theatre Dance Company

Directing, Choreography, and Business Management for professional company presenting over thirteen storyline, multi-media mainstage productions.

Performances held throughout the Bay Area and at the Fringe Festival in Scotland, receiving environmental award for production entitled “Letters From Earth”

1993-1999

FOUNDER, COMPANY OWNER and DIRECTOR

Bridge Across - After school and summer enrichment programs. The Bridge Across company provided language, world culture, and performing arts instruction to elementary and middle school children. Managed a company comprised of 15 teachers and over 100 students in the Marin County Area of San Francisco

1985-1988

FOUNDER and ARTISTIC DIRECTOR

Nu Muves Dance Company

University of Michigan, Ann Arbor, MI

Directing, Choreography, and Business Management for Resident University Dance Company in the Department of Kinesiology/Exercise Physiology

CLINICAL POSITIONS

1989-1990

DANCE MOVEMENT THERAPIST

1990-1992

CLINICAL SUPERVISOR

CA Pacific Medical Center, San Francisco, CA

Westside Lodge – Outpatient/Inpatient Transitional Treatment Center and Crisis Intervention/Management Facility

Oversaw Treatment Planning of 50 Patients and Provided Supervision for Staff of 10 Therapists.

Facilitator of Individual and Group Psychotherapy.

- 1991 – 1995** **DANCE MOVEMENT THERAPIST**
Mount Zion Hospital/San Francisco, CA
 Facilitated Individual and Group Psychotherapy at
 In-Patient Psychiatric Hospital Unit
- 1989** **DANCE MOVEMENT THERAPIST**
DiDi Hirsch Community Mental Health Center,
Culver City, CA
 Facilitated Individual and Group Psychotherapy. Provided Case
 Management of 10-15 Patients

FACULTY and TEACHING POSITIONS

- 2019 – PRESENT** **FACULTY, DANCE**
Canada College, Redwood City CA
 Modern and Contemporary Styles of Dance
 Course in Technique, Choreography, Creative
 Movement/Improvisation, and Performance
- 2002 – PRESENT** **FACULTY, DANCE AND PSYCHOLOGY**
Notre Dame High School, Belmont CA
 Courses in Dance Technique and Choreography (all levels),
 Meditation/Mindfulness/Movement, Expressive Arts as Therapy,
 and AP Psychology, Introduction To Psychology,
- 2002 - 2018** **FACULTY, DIRECTOR OF NDNH DANCE PROGRAM,**
DEPARTMENT OF THEATER & DANCE
Notre Dame de Namur University, Belmont CA
 Program Development, Teaching, Supervision, Hiring and Training
 of Adjunct Faculty, Director of University Dance Productions
- Courses in Body Awareness/Structural Alignment/Movement
 Expression, Approaches in Dance/Movement Therapy, Dance
 Technique Levels I, II, III, Choreography and Performance,
 Theatrical Concepts for Dance
- 2001 and 2002** **GUEST PRESENTER**
Carlmont High School Dance Program, Belmont CA
 Improvisational Skills and Creative Expression Through Dance
- 1985 – 1989** **LECTURER IN EXERCISE PHYSIOLOGY AND DANCE**
FACULTY, UoM DEPARTMENT OF KINESIOLOGY
University of Michigan, Ann Arbor MI
 Department of Exercise Physiology and Kinesiology, Adult
 Lifestyle Program. Courses in Body Mechanics, Kinesiology, Basic
 Anatomy, and Exercise Physiology. Courses in Dance Technique,
 Choreography, and Director of Dance Productions

1989

TEACHING ASSISTANT - UCLA
Anatomy and Kinesiology For The Dancer

SPEAKING ENGAGEMENTS/PRESENTATIONS/WORKSHOPS

2025

PRESENTER: NDNU DEPARTMENT OF PSYCHOLOGY

Workshop invite: Dr. Helen Marlo

Title: The Power Of Play.

A workshop for practicum students on the use of the expressive arts within the field of psychology. Focus: Therapeutic interventions and applications using dance/movement, drama, art, and creative expression.

2024

GUEST SPEAKER, AMERICAN PSYCHOLOGICAL ASSOCIATION, BAY AREA CONFERENCE

Title: Conscious Movement for Enhanced Well-Being

Didactic and experiential speaking engagement. Provided movement-based tools to alleviate stress and promote nervous system regulation. Follow up discussion for applications in mental health and education.

2018 – 2022

PRESENTER: DYNAMIC ALIGNMENT TRAINING (AUM non-profit)

Presentation and experiential workshop series that included 4 Levels of training for mental health professionals.

Focus: Dance/movement therapy, mindfulness, and art therapy interventions to directly assist mental health professionals dealing with secondary trauma, as well as providing additional tools for application with clients/patients.

AUM non-profit received multiple MHSA Grants for servicing mental health professionals throughout San Mateo County (Behavioral Health and Recovery Services)

2020

KEYNOTE SPEAKER

DYNAMIC ALIGNMENT (AUM non-profit)

Caminar – San Mateo County Organization for Mental Health

Filoli Historic House and Garden Center, Conference Area

Title: Dynamic Alignment – A Neuropsychological Perspective

Understanding the gut – heart - head connection and the power of mindful movement and creative expression.

2020 – 2022

PRESENTER: BIAS AWARENESS TRAINING (AUM non-profit)

Multiple workshops given to mental health professionals throughout

San Mateo County. Format: Education, Performance, and Discussion. Training included presentation, followed by live performance of multimedia piece entitled “Into The Mirror”, (demonstrating racism and bias throughout time in our American culture). Opportunity for contemplation of performance piece, as well as feedback and discussion followed.

2016

THE ARTS AND NEUROPSYCHOLOGY

Notre Dame de Namur University

Collaboration with PhD Art Therapy Department

An art exchange format providing education, performance feedback, and discussion with performers and audience members. Performance held in NDNU theatre with over 400 attendees. Presentation given on nervous system regulation and the power of the arts to heal. Opportunity for audience members to view dance material that elicited deep feelings and to respond personally through art or writing.

2000 - 2002

GUEST PRESENTER

The Power Of Movement Therapy For Health and Healing
International Conference of Energy Psychology, San Diego, CA

GUEST PRESENTER

Understanding Body Language and Movement For Awareness
Professional Coaches and Mentors Association Conference, LA, CA

GUEST PRESENTER

Dance Movement Therapy
Deepak Chopra Center for Well-Being, San Diego, CA

PUBLICATIONS

“The Effects of Movement in the Treatment and Healing of Chronic Pain”

Journal - New England Rehabilitation Hospital

UCLA Library, 1990

“The Treatment of Dance/Movement Therapy with Head Trauma Patients”

Master’s Thesis

UCLA Library, Published 1993

REFERENCES AVAILABLE UPON REQUEST