



The magic of metamorphosis

Held in late January, the 15th Annual Somatic Arts Scholarship Concert, entitled "Serendipity Calling," showcased performances choreographed and performed by students, faculty, staff, and alumni of the Somatic Counseling Psychology Department. The concert joins the creative process of art making and embodied performance with the psychotherapeutic disciplines of Body Psychotherapy and Dance/Movement Therapy to create an experience that is at once entertaining and therapeutic. "Dance/movement therapy has roots in the modern dance movement and has always held, as one of its tenets, that the creative process is fundamentally healing and transformative," says Leah D'Abate, faculty advisor for the concert. "In order to support that tenet, we devised this opportunity to give our students involved in therapeutic training a chance to come into intimate relationship with the creative process themselves."

The purpose of the annual concert is to raise scholarship funds for program students, to give surrounding Boulder communities a unique experience of embodied performance, and to serve the program's community-based learning initiative by providing a venue for cooperative projects between the department and mental health agencies.

"What separates the Somatic Arts Scholarship Concert from most other dance performances is that it is an opportunity for all involved participants to engage in the creative process directly in order to explore and express themselves through movement, choreography, and performance art," says Lexi Chatara-Middleton, one of the student directors of the performance. Lexi and co-director Rissa Stiefel agree that "working this way creates an intense sense of community in which the emotionally motivated pieces have an artistic integrity that is reflective of a broader more communal theme, not only belonging to the artists, but relevant for all involved in the concert."

