



Cristina Martines

didi.martines@gmail.com

www.kokorodanse.com

Cristina Martines is a dancer, psychologist and dance movement therapist.

She is currently based in Amsterdam, where she works for her company "Kokoro Danse", leading dance movement therapy workshops aimed at promoting wellbeing, social inclusion and value creation in the community.

She always believed in the healing power of dance and expressive arts, considering them an effective tool that can help people unfold their highest potential and increase the quality of their life.

After her graduation as a Clinical Psychologist, she decided to merge her experience as a dancer and performer with her psychological knowledge. She graduated as a "Art theatre counsellor" with a thesis titled "Butoh dance as a therapeutic approach".

She worked as a theatre and dance counsellor on theatrical projects involving psychiatric patients.

She also planned and implemented many educational projects in secondary schools aimed at promoting social inclusion and dropout prevention through movement and creative arts.

She worked for several years as an art counsellor in a semi-residential centre with multicultural teenagers and took part in one international project in Turkey promoting peace and dialogue through expressive arts.

While living in Amsterdam, she graduated as Dance movement therapist-ER.

In Amsterdam she led dance therapy classes with elderly people, with people with mental discomfort, with professionals, dancers and artists.

In the Netherlands, she worked as a volunteer with different international NGO, promoting the wellbeing of teenagers who experienced war, violence and poverty through expressive arts.