



# CRISTINA MARTINES

DANCER

PSYCHOLOGIST (MA)

DANCE MOVEMENT THERAPIST-ER (DMT-ER)

KESTENBERG MOVEMENT PROFILE ANALYST  
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The irresistible desire to express my feelings through dance, preferring the voice of the body to that of words is what has characterised me since I was a child.

Nice to meet you, my name is Cristina Martines and I'm a dancer, clinical psychologist and dance movement therapist based in Amsterdam.

## MY STORY SO FAR

**Since 2015**, I work as a dance movement therapist for my company "Kokoro Danse", leading dance movement therapy workshops aimed at promoting wellbeing, social inclusion and value creation in the international community of Amsterdam.

**From 2011 to 2015** In 2011 I moved to Amsterdam. Later on I graduated as a dance movement therapist (DMT-Er) and founded my company "Kokoro Danse". As a dance movement therapist I also worked as a volunteer with different international NGOs, promoting the wellbeing of teenagers who experienced war, violence and poverty through expressive arts and dance movement therapy.

**From 2009 to 2011** I worked as an art counsellor in a semi-residential centre with multicultural teenagers coming from multi-problem families.

**From 2006 to 2009** I worked as a theatre and dance counsellor on theatrical projects involving psychiatric patients. I worked for different associations, planning and implementing several educational projects in secondary schools in Rome, aimed at promoting social inclusion and dropout prevention through movement, dance and creative arts. I took part in one international project in Turkey with the goal of promoting peace and dialogue through expressive arts.

**In 2005**, after my graduation as a Clinical Psychologist at "La Sapienza" University in Rome, I decided to merge my experience as a dancer and performer with my psychological knowledge.

I attended a one year Master in Expressive Arts and graduated in 2006 as a "Art theatre counsellor", with a thesis titled "Butoh dance as a therapeutic approach".

Amsterdam, 14/02/2021

Signature

*"We should consider every day lost on which we have not danced at least once."*

- Friedrich Nietzsche