

## *Zuza Engler, Ph.D.*

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### **Education**

- 2010 **Ph.D.** in Clinical Psychology, Meridian University, Petaluma, California.  
*Dissertation on Body-Mind Integration through Movement*
- 1992 **M.A.** in Philosophy, Washington University, St. Louis, Missouri.
- 1985 **M.A.** in Scandinavian Studies, Adam Mickiewicz University, Poznan, Poland.

### **Teaching Experience in Somatics & Related Facilitation Experience**

*February 1993–present* **Group Facilitator/Teacher of Awareness-Based Movement and Other Somatic Practices.** Offered over 1500 classes and 150+ weekend, week-long and month-long workshops, three year-long trainings, as well as private sessions in inner inquiry, conscious movement, and somatic education in the San Francisco Bay Area; Nyingma Institute in Berkeley; Esalen Institute in Big Sur, CA; Blue Spirit in Costa Rica, Mar de Jade in Chacala, Mexico, Madrona MindBody Institute in Port Townsend, WA; Harbin Hot Springs, Middletown, CA; Boulder, CO, Dallas, TX, and various other venues in the US; Kirche der Stille in Hamburg, Germany; Dartington Hall in Devon, United Kingdom, Reichenau and Vienna, Austria.

**Owner**, Moving with Life; **Founder and Facilitator**, Body as Living Presence Yearlong Programs; **Authorized Teacher**, Kum Nye, Soul Motion® and Open Floor Movement.

*2017–present* **Faculty, Mentor, and Supervisor with Open Floor International and OFI Therapy in Motion.** Participates in ongoing curriculum development, facilitates classes and workshops, offers mentoring and supervision.

*September 2007– 2016* **Core Faculty, Soul Motion Embodied Leadership Program.** Co-designed and co-lead with founder Vinn Arjuna Marti four 18-month-long Movement Teacher & Leadership trainings. Provided prerequisite programs, mentoring, and guidance for participants in addition to shaping and co-teaching the training curriculum.

*September 2006–September 2007* **Intern, Lomi Psychotherapy Clinic**, Santa Rosa, CA. Provided supervised somatic therapy to individuals and couples. Acquired over 1000 hours of experience toward fulfilling the Board of Psychology requirements for licensure.

*July 1999–July 2002* **Volunteer Coordinator, Zen Hospice Project**, San Francisco, CA. Zen Hospice is a model program of social service rooted in Buddhist practice. Recruited, trained, and supported volunteers providing care for the dying and bereaved at a residential facility in San Francisco. Worked directly at bedside.

*May–December 1994, November 1998–July 1999* **Hospice Volunteer** at the **Zen Hospice Project**, San Francisco, CA. Received a 40-hour training in caregiving for the dying and working with loss. Provided hands-on care and emotional and spiritual support to patients in the terminal stages of living with cancer and AIDS and their families.

*February 1995–June 1998* **Movement Teacher**, Esalen Institute, Big Sur. Taught public classes as staff member in the Esalen Movement Program. Offered catalog workshops for the public.

*January–June 1998* **Intern** with the **Counseling Collective** at Esalen. *November 1995–June 1998*. Offered sessions in Lomi Somatics and Gestalt Awareness Practice.

*May 1997, May 1998, July 2000* **Co-facilitated** with Frank Ostaseski *Living Mindfully with HIV* workshops at Esalen Institute in Big Sur, CA, and Green Gulch, Mill Valley, CA.

*September 1993–December 1994* **Kum Nye Teacher**. Offered public classes in Kum Nye, an awareness based somatic movement practice. Nyingma Institute in Berkeley.

### **Related Education**

*2015-17* **Open Floor International**: completed the full 2 year 4 Module training to become a Certified Teacher & Therapy in Motion Practitioner

*2002* **Soul Motion School**: received Teacher Certification.

*February 2005–March 2007* **Castellino Foundation Training in Birth Trauma**

**Resolution**: graduated from a 600-hour program of somatically based training for recognizing prenatal and birth imprinting in body language, body structure, movement, personality and character structure; as well as presence, tracking and intervention skills for resolving stress and trauma patterns (including movement patterns) related to pre- and perinatal imprinting.

*October 1999–present* **Gestalt Awareness Practice (GAP) Study**, Authorized GAP Practitioner. An ongoing course and mentorship with Christine Stewart Price, Aptos, CA in tracking and facilitating somatic experience.

*October 1992-present* **Conscious Movement Studies**, ongoing study and practice with Anna Halprin, the Moving Center/Open Floor School (SF Bay Area), Susan Harper and Continuum Montage, Authentic Movement.

*February 1995–April 1998* **Ridhwan School**, group and individual work in Monterey, CA in the Diamond Approach to Inner Realization.

*February 1995–November 1997* **Gestalt Study Groups** at Esalen Institute with Julian Silverman, Christine Price, Robert Hall, John Heider.

*June 1994* **Certificate in Acupressure**. Completed the basic 150-hour course at the Acupressure Institute in Berkeley, CA and received an equivalent of a CMT certificate. The course included a basic anatomy and physiology class.

*September 1993–December 1994, October 1998–2010* **Presence-Centered Psychotherapy**, group and individual psycho-spiritual process work as well as couples' education and therapy with Jennifer Welwood and John Welwood.

*January–December 1994* **Gestalt Study Group** with Robert Hall in Tomales, CA.

*April 1993–January 1994* **Certificate in Somatic Education**, Lomi School, Petaluma. Completed the year-long training with Richard Strozzi Heckler and Robert Hall.

*December 1993* Completed the **Kum Nye Teacher Training**.

*August 1992–March 1993* **Human Development Program** at the Nyingma Institute in Berkeley. This six-month Buddhist retreat included meditation, awareness-based movement, and principles of Buddhist psychology.

*1986–1990* **Workshops in Bioenergetics and Gestalt** with the Laboratorium Psychoedukacji in Warsaw, Poland. This group of psychotherapists offers work grounded in holistic principles and integral practices for body, mind, and spirit.

*Summers of 1988, 1990* **Courses in Sensory Awareness and Energy Awareness**, Women's Center in Visby, Denmark.