CV Helle Winther

Helle Winther
Lektor - forfremmelsesprogrammet
Human Movement Sciences
Adressetype: Postaddresse.
Nørre Allé 51
2200
København N
E-mail: hwinther@nexs.ku.dk
Telefon: +4535320806
Hjemmeside: https://nexs.ku.dk/forskning/idraet-individ-samfund/

Curriculum Vitae

CV

Curriculum Vitae of HELLE WINTHER

Lektor Ph.d. i dans, danseterapi (DMT) og bevægelsespsykologi

CV

Associate Professor, PhD in Dance and Movementpsychology at Department of Nutrition, Exercise and Sports, University of Copenhagen.

Research focus and main teaching areas. Play, dance, DMT, movement psychology, holistic movement practices, “movement for all”, the existential, joyful and inclusive elements in playful movement activities for people in vulnerable positions. The language of the body in leadership and professional
practice. Practitioner research inspired by phenomenological, narrative and artistic research approaches. Helle Winther has educated thousands of university students and professionals in holistic playful movementactivities and dance and has presented her work in multiple invited presentations in DK and internationally.
She has research cooperation with e.g. Red Cross, Rigshospitalet, Gerlev Idrætshøjskole, Elsass Foundation, and nursing, teacher, and leader educations in University Colleges KP, VIA and Zealand.

Education
2023 Half year intensive Research Leadership Course. University of Copenhagen.
2019 Heartfulness Practitioner Education. Center for Heartfulness, EU.
2009 PhD. - movement psychology, pedagogy & dance movement therapy. Department of Exercise and Sport Sciences University of Copenhagen.
2008 Supervisor Education in dance- and movement psychotherapy, Institute for Life Energy, EU.
2006 Dance- and movement psychotherapist, Dansergia. Institute for Life Energy, Europe (accredited by the European Association for Body Psychotherapy, EABP).
2004 Dance Movement Therapy. Group leader Education. Institute for Life Energy, California.
2003 Basic training program 2 years. – Movement, therapy, inquiry, and coaching. Dr. Stéphano Sabetti, Institute for Life Energy, Cph.
1993 MSc Movement. Physical Education and Sport Science. Danmarks Højskole for

Legemsøvelser & University of Copenhagen.
1990 Bachelor in Movement and Physical Education University of Copenhagen
1988 Minor in physical education, Danmarks Højskole for Legemsøvelser & University of Copenhagen
1985 Pedagogical drama. The Department of Arts and Cultural Studies, Theatre Research Section, University of Copenhagen.

Positions
2011- ongoing Associate Professor. Department of Nutrition, Exercise and Sports, University of Copenhagen.
2009- ongoing Leader of the group for dance & movement education
2016- 2025 Research leader - Research group "Embodiment, Learning and Social Change". A research strategy highlighting the importance of playful movement for learning, inclusion, professional competencies, and social change.
2000-2011 Teaching Associate Professor. Department of Exercise and Sport Sciences, University of Copenhagen.
2003-2009 PhD scholar, research group Body, Learning and Identity, Department of Exercise and Sport Sciences, University of Copenhagen. 1
1993-2000 Teaching Assistant Professor, The Danish State Institute of Physical Education &
Department of Exercise and Sport Sciences, University of Copenhagen
1989-1993 Teaching assistant, The Danish State Institute of Physical Education (now called Department of Nutrition, Exercise and Sports, University of Copenhagen)
1991-1992 Folk high school teacher, Gerlev Idrætshøjskole.

Research grants: Funding received from Novo Nordic Foundation, Ministry of Higher Education &
Science, Danish Foundation for Entrepreneurship /JA Worldwide; Elsass Foundation; Innovation Fund Denmark; Ministry of Culture, Red Cross foundation. Bevica Foundation & The Health Foundation Denmark.

Teaching
35 years of experience with university education on bachelor and master's level: movement dance, play, movement psychology, practitioner research, arts- based and performative research methods. Teaching at postgraduate education for many kinds of professionals: Teacher international PhD courses 9.

Supervision bachelor, master and PhD
Supervision of students at all levels - bachelor, master since 1995 and PhD since 2012.

PhD. Main Supervisor 4, Degerbøl, (2017). Project on temporary circus.
Berg, (2018) Project on the importance of teachers embodied leadership.
Andersen (2020). Risk filled movement activities for young people with Cerebral palsy.
Johansen. (2020-25) Holistic movement activities for refugee children. Red Cross,
Co- Supervisor: Pouplier. (2020-24) Replay- movement for small kids with cancer. Rigshospitalet.
Winther Oreskov (2020-24).: Movement, pedagogy and kinesthetic empathy – kindergarten. DPU, University College Absalon and the Design School in Kolding.

PhD. Chairperson and External Opponent

Chair for 8 PhD assessment committees University of Copenhagen. External Opponent for 11 PhD. Dissertations: PhD opponent at University of Lincoln, Copenhagen Business School, DPU; and universities in Norway and Sweden.

National & International networks:
Selected: Performative Social Science, European Association for Dance Movement Therapy, Nordic
Association for Dance Teaching and Research; International Leadership Association. AOMO- The Art of Organization and Management; Nordplus. EADMT research committee. DMT Nordic. Network for dance movement therapy. Research, Education and Practice. NOFOD. BRIDGING DK (member of a steering group).

Publications
Helle Winther - Publikation - Københavns Universitets Forskningsportal

Awards:
2024VIA University College. Prize for playful holistic and innovative movement pedagogical teaching and research.
2019 The Gerlev Prize for innovative research and teaching about the joyful, and inclusive qualities of dance and playful movement for many target groups and in various professional fields
2010 Teacher of the Year, University of Copenhagen. Harald. Received in the presence of her Majesty Queen Margrethe ll.
2009 Teacher of the Year 2009. Faculty of Natural Sciences, University of Copenhagen.
2009 Teacher of the Year 2009 Department of Exercise and Sport Sciences University of Copenhagen.