

## **Curriculum Vitae**

### **Marcia Lesser, SEP**

#### **EDUCATION**

The Foundation for Human Enrichment: Holds a practitioner certificate (SEP), 2012

Temenos Institute: Holds a certificate in Interpersonal Psychotherapy, 1984

New York Medical College, Flower Fifth Avenue Hospital: Holds a certificate in Psychomotor Therapy, 1980

SUNY Binghamton, B.S. 1975

#### **ADVANCED TRAINING**

Bioenergetics, Alexander Technique, Feldenkrais, Pilates, Yoga, T'Chi, Kinesiology, Acupressure, Muscle Work, Meditation and Breathing Techniques, Clinical Hypnosis

#### **AREAS OF SPECIALIZATION**

New York University, Steinhardt School for The Performing Arts Professions: Classical Voice and Music Theatre Faculty, *Movement Therapist*, 2012-present

New York University Skirball Center: *Movement Consultant* for Steinhardt's acclaimed performance of *Man of La Mancha*, 2014

New York City: Private Practice specializing in the treatment of disembodied performers, 2007-present

New York City: Private Practice in physical rehabilitation and therapy, 1985-present

New York City: Private work with survivors of sexual and physical abuse, 2011-present ([www.marcialesser.com](http://www.marcialesser.com)).

New York City: Body/Instrument Technique-Developed technique to work with injured and disembodied performers and musicians, 2003-present ([www.bodyasinstrument.com](http://www.bodyasinstrument.com))

New York City: *Design For Movement*, Designed and taught rehabilitative exercises for injured executives, with prominent osteopath Richard

Bachrach, 1982-1985

Special Olympics: Designed prospective Dance Competition, 1979

Recipient of New York State Arts in the Schools grant, 1979

Charles Weidman Theater Dance Company-1976-1980

### **TEACHING EXPERIENCE**

Norway: International Conference of Music Theatre Teacher's Alliance: Presentation, with colleague Dianna Heldman, including lecture and coaching, of work I do with performers, 2016

New York City: Classical Voice and Music Theatre Faculty, The Steinhardt School for the Performing Art Professions at New York University, 2011-present

New York City: New York University, Steinhardt School: Seminar in bodymind techniques for voice teachers, 2012

New York City: Guest Lecturer at The Juilliard School Pre-College Division-2007-2011

Teach: Seminars in Body/Instrument Technique for musicians-NYC-2006-present

Teach: Observe and instruct during private lessons of Catherine Cho at The Juilliard School-NYC-2006-present

Teach: Seminars in Body/Instrument Technique-2008-present

Teach: Workshops for Psychologists-Vermont, Westchester, NYC-special seminars to enable psychologists to understand energy flow, body language and breathing patterns of their patients-1998-present

Teach: classes for pregnant woman-NYC-breathing, alignment and body mechanics-1997-2009

Teach: Steps Studio, small classes in alignment and movement for chronic pain patients-1986

Taught-Office of Dr. Richard Bachrach, prominent osteopath specializing in lower back and neck pain. Created new methods of treating chronic pain,

working in semi-private classes-1982-1985

Taught-Carola Trier Studio-Ms. Trier, who studied with Joseph Pilates in Germany, was the premier Pilate's teacher in the country. Clients were injured NYC Ballet members, actors and athletes-1982-1983

## **PUBLICATIONS**

(2016) Lesser, M & Wesbrooks, W, article in process: Empowering the Actor, Empowering the Self; The Actor's Brain: Looking at Acting Through the Lens of Neuroscience and The Impact of that Approach on an Individual Actor

(2014) Wesbrooks, W, Dramatic Circumstances, Hal Leonard Corp. pgs 209-212, I discuss the Triune Brain Theory and it's relevance to the performer.

(2011) AST National Journal, Reaching The Inner Musician

(2009) Whole Body Consciousness and The Musician, Association Newsletter, [www.astanj.com](http://www.astanj.com)

(2007) Anderson, F, Bodies In Treatment, Analytic Press. Discussion of my work in chapter, 'At a Loss for Words and Feelings: A Psychoanalyst Reflects on Experiencing Bodywork.'

(2000) Self-published pamphlet on techniques for recognizing and dealing with somatic distress in the psychoanalytic process

(1998) Aaron, L & Anderson, F, Relational Perspectives on the Body, Acknowledgement of my work by Dr. Looker and Dr. Anderson

(1993) Wyse, L, The Six Figure Woman and How To Be One. Featured in this book highlighting prominent women in their field of expertise.