

CV Helle Winther

Helle Winther
Associate Professor, PhD.
Sport, Individual & Society
Research Group: Embodiment, Learning and Social Change.
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Associate Professor, PhD in dance and movement psychology.
Internationally certified supervisor and dance-movement psychotherapist.
Educated in Heartfulness.
Research leader for the research group "Embodiment, Learning and Social Change".
Leader of PhD. students and research assistants. Leader of the studies of dance, movement teaching and movement psychology.

Scientific focus and main teaching areas:

Dance, Dance Movement Therapy, movement psychology, "movement for all", the existential, joyful and inclusive elements in playful movement activities for vulnerable groups.

Embodiment and leadership:

The language of the body in leadership and professional practice.

Dance Movement Therapy (DMT).

Practitioner research inspired by phenomenological, narrative, artistic and qualitative research approaches.

Helle Winther has educated thousands of university students and professionals in inclusive movement and dance and has presented her work in multiple invited presentations in DK and internationally. She is the author, editor or co-editor of seven books and numerous research articles.

She has research cooperation with e.g., Red Cross, Rigshospitalet, Alzheimer foundation, and nursing, teacher and leader educations.

Keynote speaker:

Invited as presenter, workshop leader and keynote speaker - nationally and internationally. Selected: University of Wales, Institute Cardiff: Cardiff School of Sport; 2008; University of Crete, 2011; 10th International NOFOD Conference, 2016; European Teacher Educational Network ETEN Conference 2015, BRIDGING Danish network for qualitative research sport and movement pedagogical practices and education, 2017 & 2019, 8th International Nursing Conference in Spiritual Care. 2017.

Danish inclusive movement conference for movement teachers and pedagogues 2017. Danish conference for clinical nurses, 2018 and 19. Nordic conference for Adapted physical Activity 2019. UCPH forward – a talent program for leadership and excellence in Research. University of Copenhagen. 2020 and 2022. The art of communication. Conference for Health Professionals 2022.

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

Peer reviewer: Selected: International journal of leadership in education; International Journal of Qualitative Methods, British Journal of Guidance & Counselling; Journal of Body, Movement and Dance in Psychotherapy; Journal of Psychology of Sport & Exercise; Forum for Sport Journal, Nordic Journal of Dance; På spissen.

Editorials:

Book editorials together with professor Simo Køppe Department of Psychology University of Copenhagen, Professor Henning Eichberg, University of Southern Denmark, associate professors Helle Rønholt; Lis Engel, Mia Herskind, Mai-Britt Nørgaard and Charlotte Svendler Nielsen. University of Copenhagen.

National & International networks: E.g. BRIDGING, Performative social Science, European Association for Dance Movement Therapy, Nordic Association for Dance Teaching and Research; International Leadership Association. EADMT research committee.

Awards:

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.

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.

Media: The research work is portrayed in the NEWS and programmes in Danish TV (DR1, DR2, TV2) and in radio programmes

(P1, P3, P4; Ghandi; radio 4).And in Politiken, Berlingske Tidende, Jyllandsposten, Alt for Damerne, Ugebladet Søndag, Femina