

Rosa Pinniger

Personal Details

Name	Rosa Pinniger
Residential Address	505 Forest Rd Bexley 2207
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Email	rpinnige@une.edu.au
Language	English, Spanish, Italian, French and Catalan

Academic Qualifications and Accreditations

2009 - Present	Completing PhD, <i>Argentine tango as a mindfulness-based therapy for depression.</i> University of New England
2002-2008	Bachelor of Psychology (Hons. Class 1) University of New England
2008-2009	Diploma in Ageing and Pastoral Care NSW Vocational, Educational & Training Accreditation Board
2004-2005	Lifeline Telephone Counsellors Course Lifeline Sydney
2000	Diploma of Individual, Couple and Family Therapy UNIFAM Counselling and Mediation, College of Counsellor Education
1989	Language Aides Course Petersham T.A.F.E Sydney

Scholarships and Awards

2009	Australian Postgraduate Award (APA), Funded by the Australian Government Scholarship PhD candidature
2009	UNE Strategic Doctoral Top-up Scholarship, University of New England Research Services (2009)
2007	Member of the Australian Psychology Society APS
2005	Awarded member of the Golden Key International Honour Society

Refereed Conference Proceedings

1. Pinniger R, Brown R, Thorsteinsson E, McKinley P. 2008. Turning emotions into motion. 1^o Congreso Internacional de Tangoterapia, Rosario, Argentina, July 2008.
 2. Pinniger R, 2008. Well-being. Health Expo 2008, TAFE, Sydney Institute, Ultimo College, September 2008.
 3. Pinniger R, Brown R, Thorsteinsson E, McKinley P. 2009. The effective embrace: using Argentinean tango as a complementary therapy for psychological distress. International Conference on Evidence-based Complementary Medicine, University of New England, Australia, March 2009.
 4. Pinniger R, Brown R, Thorsteinsson E, McKinley P. 2009. Turning emotion into motion: use of Argentine tango dancing to ameliorate depression. International Society for Posture and Gait Research, Bologna, Italy, June 2009.
 5. Pinniger R, 2009. Well-being. Health Expo 2009, TAFE, Sydney Institute, Ultimo College, August 2009.
 6. Pinniger R. 2009. Tango therapy. Media release presentation. Consulate-General of the Argentine Republic, Sydney, Australia. September 2009.
 7. McKinley P, Pinniger R, Thorsteinsson E. and Brown R 2010. The use of Argentine tango dancing to ameliorate depression. 3^o Congreso Internacional de Tangoterapia, Buenos Aires, Argentina, October 2010.
 8. Pinniger R, 2010. Well-being. Health Expo 2009, TAFE, Sydney Institute, Ultimo College, September 2010.
 9. Pinniger R, McKinley P, Thorsteinsson E.B.and Brown R. 2010. Non-pharmacological Strategies for Alleviating Mood Disorders: Effectiveness of Meditation, Strength-training, or Argentine Tango Dancing. Neuroscience 2010 - Society for Neurosciences 40th Annual Meeting Neuroscience, San Diego, USA, November 2010
 10. Woodley, K. and Sotelano, M. (2009). *An approach to Tango therapy* (1st ed.). Cardiff, Wales: Tango Creations
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Research Work

- 2011** **Topic: Tango program for improving physical and mental well-being in persons diagnosed with depression.**
- Currently in the recruiting process, a randomised controlled trial using tango-therapy as a complementary activity for individuals undergoing treatment for depression, an intensive two-week program starting in September at McGill University Hospital. (*Montreal, Canada*)
- 2011** **Topic: Feasibility of using tango program for improving physical and mental well-being in persons with Age Related Macular Degeneration.**
- Four week randomised controlled trial using Argentine tango program for improving physical and mental well-being in individuals with Age Related Macular Degeneration (ARMD). Classes of 1½ hours run twice a week (N=17 participants). *Sydney, Australia.*
- 2011** **Age Related Macular Degeneration.** Workshop. *Sydney, Australia*
- 2010** **Topic: Tango Therapy - A Complementary therapy to improve mood and well-being (Intensive program).**
- Four-week randomised controlled trial using tango-therapy as a complementary treatment for depression. Classes of 1½ hours run twice a week (N=41 participants). *Sydney, Australia.*
- 2009** **Topic: Tango Therapy - A Complementary therapy to improve mood and well-being.**
- A one-year longitudinal randomised controlled trial using meditation (Mindfulness-based Cognitive Therapy, MBCT); exercise and tango-dance as complementary treatments for depression. Classes of 1½ hours run once per week (N=64 participants). *Sydney, Australia.*
- 2008** **Topic: Turning emotions into motion - Tango-therapy as a complementary treatment for distress.**
- Six week randomised controlled trial using meditation (Mindfulness-based Cognitive Therapy, MBCT) and tango-dance as a complementary treatment for depression and to improve psychological wellbeing. Classes of 1½ hours run once per week (N=66 participants). *Sydney, Australia*

Current Related Work

- 2010 - Present** Co-establishing the Institute of Tango Therapy (Sydney Office) which is a non-profit organisation that will foster the tuition of the Argentine tango dance as a tool to promote mental and physical health, enhancing general well-being in individuals from vulnerable populations.
- 2008 - Present** Volunteer work at Scalabrini Village Nursing Home (Bexley, Sydney). Attending to residents with depression and other mental and physical difficulties in adjusting to their current conditions.