

Rosa Pinniger

Personal Details

Name	Rosa Pinniger, PhD
Residential Address	505 Forest Rd., Bexley, 2207, N.S.W. Australia
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Languages	English, Spanish, Catalan, and Italian.

Academic Qualifications and Accreditations

2013	PhD, School of Behavioural, Cognitive & Social Sciences, University of New England, Australia Thesis Title: <i>An evaluation of the effects of tango dance on people with depression and comorbid symptoms.</i>
2010	Diploma in Ageing and Pastoral Care NSW Vocational, Educational & Training Accreditation Board.
2009	Bachelor of Psychology, (Hons. Class 1), School of Behavioural, Cognitive & Social Sciences, University of New England, Australia.
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 & National Accreditation Authority for Translators and Interpreters in the English and Spanish Languages.
1983	English as a Foreign Language, Institute of Languages, University of New South Wales. (Maiden surname Massana Grau).
1977-1980	Bachelor of Arts (Incomplete), Faculty of Geography and History, University of Barcelona, Spain. (Maiden surname Massana Grau).

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).
- 2005** Awarded member of the Golden Key International Honour Society.
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Related Work

- 2012- Present** Co-establishing the Institute of Tango Therapy (Sydney Office) which is a non-profit organisation aimed to 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. Improve ITT communication through the internet and construction of a website to provide a database for researchers embarking on tango projects. This includes work on links to past research and articles, upcoming events and trials, and how to become involved.
- 2011 - Present** Volunteer work. Managing and coordinating a tango dance program tailored for the visually impaired. The aim is to promote physical and mental health care for the participants in an enjoyable and supportive environment.
- 2009-2010** Volunteer work at Scalabrini Village nursing home, Bexley, Sydney, attending to residents with depression, anxiety and other physical and mental disabilities. In addition, pastoral and palliative work.
- 2006-2008** Scalabrini Village, Bexley, (high-care nursing home) Position: Recreation Activities Officer (RAO). Tasks: designing and organising safe but challenging programs and activities for the residents to motivate each one personally and as a group, encouraging their involvement and participation; assisting new residents in their transition when first moving into the Scalabrini Village.
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Research Work

- 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.*

2010 **Topic: Tango Therapy - A Complementary therapy to improve mood and well-being (Intensive program).**

Two-week randomised controlled trial using tango-therapy as a complementary treatment for depression. Classes of 1½ hours run four times a week (N=41 participants). *Sydney, Australia.*

2009 **Topic: Tango Therapy – Effects of Complementary therapies on people with depression and comorbid symptoms.**

Eight-week randomised controlled trial using meditation (Mindfulness-based Cognitive Therapy, MBCT); exercise (circuit training) 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*

Peer-reviewed journals

Pinniger, R., Brown, R. F., Thorsteinsson, E. B., & McKinley, P. (2012). Argentine tango dance compared to mindfulness meditation and a waiting-list control: A randomised trial for treating depression. *Complementary Therapies in Medicine*, 20, 377-384. doi:10.1016/j.ctim.2012.07.003

Pinniger, R., Brown, R. F., Thorsteinsson, E. B., & McKinley, P. (2013). Tango program for individuals with age-related macular degeneration. *British Journal of Visual Impairment*, 31, 47-59. doi:10.1177/0264619612470651

Pinniger, R., Thorsteinsson, E. B., Brown, R. F., & McKinley, P. (2013). Intensive tango dance program for people with self-referred affective symptoms. *Music and Medicine*, 5, 15-22. doi:10.1177/1943862112470143

Pinniger, R., Thorsteinsson, E. B., Brown, R. F., & McKinley, P. (2013). Tango dance can reduce distress and insomnia in people with self-referred affective symptoms. *American Journal of Dance Therapy*, 35, 60-77. doi:10.1007/s10465-012-9141-y

Book chapter

Woodley, K. and Sotelano, M. (2009). *An approach to Tango therapy* (1st ed.). Cardiff, Wales: Tango Creations.

Conferences

1. Pinniger, R., & Thorsteinsson, E. (May 2013). Tango dance: A mindfulness training intervention designed to augment well-being. The First International Conference on Mindfulness, Sapienza University, Rome, Italy.
 2. Pinniger, R., Brown, R. F., Thorsteinsson, E., & McKinley, P. (July 2011) Programa de tango para mejorar el bienestar físico y mental del adulto mayor con degeneración macular (ARMD). IV Congreso de Tangoterapia, Rosario, Argentina.
 3. McKinley, P., Pinniger, R., Thorsteinsson, E., & Brown, R. (November 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.
 4. McKinley, P., Pinniger, R., Thorsteinsson, E., & Brown, R. (October 2010). The use of Argentine tango dancing to ameliorate depression. 3^o Congreso Internacional de Tangoterapia, Buenos Aires, Argentina.
 5. Pinniger, R., Brown, R., Thorsteinsson, E., & McKinley P. (June 2009). Turning emotion into motion: use of Argentine tango dancing to ameliorate depression. International Society for Posture and Gait Research, Bologna, Italy.
 6. Pinniger, R., Brown, R., Thorsteinsson, E., & McKinley, P. (March 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.
 7. Pinniger, R., Brown, R., Thorsteinsson, E., & McKinley, P. (July 2008). Turning emotions into motion. 1^o Congreso Internacional de Tangoterapia, Rosario, Argentina.
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Workshops

Pinniger R. (March 2011). Age Related Macular Degeneration tango dance workshop. *Sydney, Australia*.

Pinniger R. (September 2010). Well-being. Health Expo 2010. TAFE (Technical and Further Education), Sydney Institute, Australia.

Pinniger R. (September 2009). Tango therapy. Media release presentation. Consulate-General of the Argentine Republic, Sydney, Australia.

Pinniger R. (August 2009). Well-being. Health Expo 2009, TAFE (Technical and Further Education), Sydney Institute, Australia.

Pinniger R. (September 2008). Well-being. Health Expo 2008, TAFE (Technical and Further Education), Sydney Institute, Australia.
