



- ❖ [Motivating Moves for People with Parkinson's](#)
- ❖ [How to order a DVD or videotape of Motivating Moves for People with Parkinson's](#)
- ❖ [What People Say about Motivating Moves ®](#)
- ❖ [About Janet Hamburg](#)
- ❖ [Workshops, Lectures, and Presentations](#)
- ❖ [Parkinson's DVD Sampler](#)
- ❖ [Motivating Moves Web Links](#)

About Janet Hamburg



Janet Hamburg is a Registered Somatic Movement Therapist (RSMT), a Certified Laban Movement Analyst (CMA), and a professor of dance and an associate of the Gerontology Center at the University of Kansas. She also is the Director of Senior Wellness and Exercise for the Center for Movement Education and Research in Los Angeles and a Senior Research Associate for the Laban/Bartenieff Institute of Movement Studies in New York City (www.limsonline.org). She is the founder and manager of Motivating Moves, LLC. She has been a guest teacher at the Juilliard School of Music, the Sports Training Institute, and the Laban/Bartenieff Institute, all in New York City. She received the Laban/Bartenieff Institute's first Laban Award for Creative Achievement by an artist or researcher in 2004.

Her work has been featured on NBC Nightly News and in *Shape Magazine* and *Mind-Body Fitness for Dummies (Moving and Motivating with Laban Movement Analysis)*. Her research has focused on coordination problems in children and adults, athletic performance, movement problems of older adults, and movement therapy for people with Parkinson's disease. She has presented her research at medical centers and at national and international conferences. Her DVD/video *Motivating Moves for People with Parkinson's* received the University Continuing Education Association's 2005 Outstanding Noncredit Program Award, the top national award by this Washington, D.C.-based organization.

Recent articles include

- "Seated exercise program benefits people with Parkinson's, American pilot study reveals," *European Parkinson's Disease Association Plus Winter 2008 Issue 9*.
http://www.epda.eu.com/pdfs/epdaPlus/issue_09.pdf#page=3
- "The Effects of a Laban/Bartenieff-Based Movement Program with Music on Physical Function Measures in Older Adults," *Music Therapy Perspectives*, 2008, 26(1), 30-37.
- "Working it Out New program helps people with Parkinson's come alive" by Stefanie Kurtz, *ADVANCE for Physical Therapists and PT Assistants*, February 28, 2005, 16(6), 51.
- "The Effects of a Laban-Based Movement Program on Measures of Balance and Gait in Older Adults," *Activities, Adaptation & Aging*, 2003. 28(1), 17-33.

Read more about Janet Hamburg:
• [Center for Movement Education and Research](#)
• [KU Department of Dance](#)

❖ [Back to home page](#) | [E-mail Janet](#) | [Download a printer friendly version of this page.](#)