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I am from and am working in Bergen, the second largest city in Norway. As a Physiotherapist and clinician, I used SDM in my work with children, adolescents and grownups from 1981 till 1991 all different levels of function. I also used SDM as an approach to movement and communication as a athletic coach for children and youth.

From 1987 till 1997 I ran post graduated SDM courses for Physiotherapists in Norway. I have been an International Course Leader since 1994. Since 1993 I have been teaching movement for Bachelor and Masters students at Western Norway University of Applied Sciences. I have given workshops at Universities in The Netherlands, Denmark, Belgium, Lithuania, England and Portugal.

I have been teaching international courses in SDM in Norway, England Belgium and Poland. From 2016 till 2022 I was the elected leader of the “Training panel”, established by ISCO to develop a new structure for Sherborne Developmental Movement Education.