

# TRINITY LABAN

## Graduate School Showcase

Mon 10 - Fri 28 Jul, 2023

We are delighted to present Trinity Laban's Graduate School Showcase - the culmination of students' creative work during their postgraduate programmes in the Faculty of Dance.

Experimental and investigative in nature, the work draws upon collaborative and interdisciplinary practices arising from choreographic and performance-making research.

Join us throughout three weeks to see a showcase of final projects from students who have studied MA and MFA Choreography, MA and MFA Creative Practice: Dance Professional, MA and MFA Creative Practice: Transdisciplinary and the Research Degree Programme.

We hope you will explore the Showcase schedule with us and enjoy the shows.

### Holding Safe by Tessa Salomone

TUE 18 JULY, 17:30

Laban Theatre, Laban Creekside

Head of Production  
**Fay Patterson**

Senior Technician  
**Rachel Shipp**

Technician (Sound and A/V)  
**Jabin Law**

Technician (Lighting)  
**Mickie Mannion**

Production Graduate Intern  
**Stephanie Greenwood**

Head of Customer Services & Events  
**Lj Cook**

Programme Leader, MA/MFA Creative Practice  
**Dr Naomi Lefebvre Sell**

Programme Leader, MA/MFA Choreography  
**Gary Lambert**

Programme Leader, MA/MFA Dance Leadership and Community Practice  
**Melanie Clarke**

Head of Research  
**Jonathan Clark**

Brand & Communications  
**Fiona Moorhead**  
**Claudia Lax-Tanner**  
**Imogen Copp**

Principal  
**Anthony Bowne**

Director of Dance  
**Sara Matthews**



## Holding Safe

**Performers:** Nina Murphy, Kate Page, & Alyssa Pardoe

**Music:** Ben Harlan

**Technician:** Fay Patterson

**AV support:** Ian Peppiatt

*Holding Safe* is the outcome of Tessa Salomone's developing choreographic methodology exploring physiological responses to episodic memory. The improvisational studio practice, *Movement Rescoration*, incorporates guided imagery and bilateral stimulation to produce authentic movement characterised by increased sensorial perception that arises from recounting emotional memories while remaining oriented in the present moment. The research is largely informed by the psychotherapeutic method of EMDR, Nina Martin's *Rewire: Dancing States*, and Anna Halprin's *Psychokinetic Visualisation Process*. *Holding Safe* questions how can performance hold space for performers and audiences, and can performance encourage audiences to hold space for the performers as well as themselves.

**Special Thanks** to the movement collaborators throughout the various stages of this process (the lovely performers credited above as well as Anna O'Leary and Brit Seipp) for their trust, willingness, and feedback.

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You can find Tessa on Instagram: @tessasalomone