

Curriculum Vitae

Nii Armah Sowah

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Education

Master of Arts in Expressive Therapies (Dance Therapy)

Lesley College, Cambridge, MA, 1997

Thesis: The Reinvention of Community Dance - A Model for Dance Therapy

Certificate in African Ritual Theater

African Center for the Training of Performing Artists, Bulawayo, Zimbabwe, 1991

Diploma in Theater Arts

University of Ghana, Diploma in Theater Arts, 1987

Additional Training

Profession Massage Training: Massage Therapy Institute of Colorado, Denver, 1997

Certificate - CRLA Regular Tutoring: College Reading and Learning Association, USA, 1996

Professional Voice Training: National Orchestra of Ghana, 1980-1984

Teaching Experience

University Level

More than twenty years of diverse experience in academic environments. Researched, designed and taught courses in African dance, singing, and drumming to undergraduate and graduate students from around the world. Lectured on the role of the performing arts in religion, history, rites of passage and other aspects of traditional African Cultures. Choreographed, coordinated and managed dance productions. Provided individual and group advising to undergraduate students on personal issues including career goals, academic performance, relationships, self-esteem and drug abuse.

Ubuntu: Explorations into African Community Life Instructor	Norlin Scholars University of Colorado Boulder, CO	Fall 2007
African Music Adjunct Faculty	Honors Program University of Colorado Boulder, CO	Spring 1998 – 2005
Guest Teacher	Looking at Dance Department of Theatre & Dance	2004

African Ensemble Assistant Director	College of Music University of Colorado Boulder, CO	Spring 2003
Doctoral Seminar in the Musics of Africa Guest Teacher	College of Music University of Colorado Boulder, CO	Spring 2002
African Songs of Life (Graduate level course) Adjunct Faculty	College of Music University of Colorado Boulder, CO	Summer 2001
African Dance Instructor	Department of Theatre & Dance University of Colorado Boulder, CO	2000 – present
Intro to Dance & Culture Guest Teacher	Department of Theatre & Dance University of Colorado Boulder, CO	2000 - present
African Music & Dance Instructor	Honors Program University of Colorado Boulder, CO	1999 - 2007
Religion & Dance Guest Instructor	Dept. of Religious Studies University of Colorado Boulder, CO	1997 – 1999
African Dance Adjunct Faculty	Naropa University Boulder, CO	1997 - 1998
African Music Guest Instructor	Metropolitan State University Denver, CO	1997
African Dance Visiting Artist	New England Conservatory of Music Boston, MA	1996
African Music & Dance Graduate Teacher	Lesley College Cambridge, MA	1994 – 1996
African Dance Visiting Artist	University of California at Irvine Irvine, CA	1993
African Dance – Traditional & Contemporary Technique Instructor	University of Ghana Legon, Ghana	1987 – 1994

Teaching - Workshops and Tours

Developed and taught workshops focusing on – community building, diversity, and the role of the performing arts in African cultures. These workshops employ music, dance, instrument making/playing, and rhythm games to advance cultural awareness. Workshops involved adults, children and professional performing companies in numerous countries, including Canada, U.K., France, USA, Kenya, Zimbabwe, Nigeria, and Ghana.

African Dance	Cheyenne Arapaho Hall University of Colorado Boulder, CO	November 2007
African Dance & Music Workshop	Youth Home Cultural Troupe Tamale, Ghana	June 2007
African Dance & Music Workshop	Ghana Dance Ensemble University of Ghana Legon, Ghana	June 2007
African Dance	Gulu Walk University of Colorado Boulder, CO	Oct. 2006 & 2007
African Music & Dance Workshop	St. Croix, U.S. Virgin Islands	Summer 2006
Community Building Workshops	Kittredge Residential Academic Program University of Colorado Boulder, CO	Fall 2005 & 2006
Choreographic Workshop	Kenge Kenge Orutu System Nairobi, Kenya	August 2005
Guest Artist	Zamaleo Zanzibar International Film Festival Stone Town, Zanzibar	August 2005
The Arts & Sustainable Development	Bagamoyo College of Arts Bagamoyo, Tanzania	July 2005
The Arts & Sustainable Development	Market Street Theater Institute Johannesburg, South Africa	June 2005
African Dance Workshop	Umkhonto Ensemble Soweto, South Africa	June 2005
African Music Workshop	Amamreso Agofomma Kumasi, Ghana	May 2005

African Songs & Chants	Midwives of North America Annual Conference Boulder, CO	Spring 2005
Workshop Facilitator Multicultural Community Retreat	Human Rights Resource & Ed. Office Fort Collins, CO	2003 - 2005
Human Development Workshops	iThrive, LLC Denver, CO	2005 – present
Keynote Speaker 16 th Annual Conference	Colorado Child & Adolescent Mental Health Coalition Colorado Springs, CO	March 2004
Workshop Facilitator Annual Diversity Training	Institutional Equity in Multicultural Ed. Boulder Valley School District Boulder, CO	2003 & 2004
Keynote Speaker	Family Weekend Parents' Lecture President's Leadership Class University of Colorado Boulder, CO	October 2003
Keynote Speaker	Faith Communities Project Conference Boulder, CO	August 2003
Community Building Workshop	KIVA Carbondale, CO	2003
Keynote Speaker & Community Building Workshops	Apartment Life Division Annual Staff Training/Orientation Colorado State University Fort Collins, CO	2002 - 2004 (6 events)
Assistant Director Choreographer Lead Drummer/Lead Vocals	Highlife Ensemble University of Colorado Boulder, CO	2002 – 2003
Keynote Speaker**	September 11 th Commemoration University of Colorado Boulder, CO	September 2000
Consultant/Scholar <i>Decorative Arts of West Africa: Traditional Values Transformed</i>	Museum of Natural History University of Colorado Boulder, CO	Spring 2000
Teacher Training Workshop <i>Decorative Arts of West Africa: Traditional Values</i>	Museum of Natural History University of Colorado Boulder, CO	Spring 2000

Transformed

Special Tour Guide/Scholar <i>Decorative Arts of West Africa: Traditional Values Transformed</i>	Museum of Natural History University of Colorado Boulder, CO	Spring 2000
African Music & Dance	Kakes Studios Boulder, CO	1997 - 2000
African Wisdom – Public Lecture	Hawk Mountain Boulder, CO	1997
Choreographic Workshop	Art of Black Dance & Music Boston, MA	1996
Reading & Writing Tutor	Lesley University Cambridge, MA	1994 – 1996
African Music & Dance	Summer School for Israelis Lesley University Cambridge, MA	1995 & 1996
African Arts, Culture & Dance Workshop	Haida-Gwaii Performing Troupe QCI, B.C., Canada	April 1993
African Arts, Culture & Dance Workshop	Vancouver Children’s Festival Vancouver, B.C., Canada	April 1993
Cultural Awareness Workshop – faculty & staff	Vancouver School District Vancouver, B.C., Canada	April 1993
African Dance Workshops	National Theater Company of Nigeria Lagos, Nigeria	1992
African Arts Workshop	Festival International de Folklore de Chateau Gombert Marseille, France	1992
Choreographic Workshop (Dance-Drama)	Harvest of Plays International Nairobi, Kenya	1992
African Dance Workshop	Nairobi Theater Institute Nairobi, Kenya	1991
African Dance Workshop Traditional, Contemporary Technique & Dance-Drama	Greater Accra Regional Dance Assoc. Accra, Ghana	1990
African Music & Dance Workshops	Various performing companies & schools	

Work With Youth, Children and K - 12

In both educational and therapeutic settings my work focuses on the use of rhythm games, dance, song, and storytelling as avenues for personal and interpersonal development. In African societies, the arts are part of a child's upbringing. The arts, especially traditional African performing arts, emphasize relationship. It is this relationship that so effectively supports integrated development in the child. In my work, I emphasize these arts not so much in and of themselves, but in their capacity to stimulate a child's cognitive, emotional, and social development.

African Music & Dance Workshops	Christ Family Academy Teshie, Accra, Ghana	June 2007
African Dance	Friends' School Boulder, CO	March 2007
Guest Speaker Martin Luther King Day	Shining Mountain Waldorf School Boulder, CO	January 2007
African Arts & Culture	Centaurus High School Lafayette, CO	2005 & 2006
African Arts & Culture	Spangler Elementary Longmont, CO	March 2006
Artist in Residence (4 week-long residencies)	Shining Mountain Waldorf School Boulder, CO	2002 - 2006
African Dance Instruction	High School Day Department of Theatre & Dance University of Colorado Boulder, CO	Oct. 2004 & 2005
African Arts & Culture	Southern Hills Middle & Elementary Boulder, CO	May 2005
African Arts & Culture	West High School Denver, CO	April 2005
African Dance	Manhattan Middle School Boulder, CO	January 2005
African Arts & Culture	Douglass Elementary Boulder, CO	1998 – 2005
African Dance	Country Day School St. Croix, U.S. Virgin Islands	Spring 2000

African Arts & Culture	Lynn Community Charter School Lynn, MA	Spring 1998
African Music & Dance	September School Boulder, CO	1998 – 1999
African Music & Dance	Thunder Ridge Elementary School Aurora, CO	Fall 1997
African Dance	Truscott Elementary School Loveland, CO	Spring 1997
African Dance	Garfield Elementary School Loveland, CO	Spring 1997
African Arts & Culture	Trinity School Manhattan, New York	1995 – 1997
African Dance	Unitarian Church Youth Group Arlington, MA	Fall 1996
African Dance	F.A. Day Middle School Newton, MA	1994 – 1995
Choreographer	John Teye Memorial Institute School Band Accra, Ghana	1991 – 1993
African Dance	Ghana International School Accra, Ghana	1988 - 1999
African Dance	New Horizons School for the Disabled Accra, Ghana	1987 - 1988

Artistic Work/Performance Experience

Accomplished performer conversant with singing, acting, dancing, drumming and modeling. Many years of performance experience in numerous groups, contexts and countries. I enjoy the excitement and challenge of integrating music, dance and drama into a single, seamless whole. I especially enjoy productions that focus on collective creativity; productions in which the artists feel a shared responsibility and stake in the work. Production experience includes artistic direction, choreography, stage and tour management, lighting, costume, sound, and stagecraft.

Vocalist	Bizung Family KGNU Radio Boulder, CO	March 2007
<i>Daa Nkwa</i> Choreographer	DanceWorks 2006 Department of Theatre & Dance University of Colorado Boulder, CO	March 2006

<i>Emancipation</i> Choreographer/Lead Dancer	Emancipation Commemoration Celebration St. Croix, U.S. Virgin Islands	June 2006
Percussionist, Vocalist & Dancer	Chimanimani Marimba Ensemble Boulder, CO	2002 - 2006
Storytelling & Backup Vocals	<i>African Tale</i> in Mercy Dan Treanor & African Wind	Fall 2005
Percussionist, Vocalist & Hoshoe Player	Tobatana Marimba Ensemble Westminster, CO	2005
Percussionist & Singer	Jaka Marimba Ensemble Boulder, CO	2001
Percussionist	Stan Strickland (musician) Cambridge, MA	1996
Dancer & Singer	The Pan-African Dance Company Cambridge, MA	1996
<i>Ngoma Kpen</i> Artistic Director & Choreographer	Dance Theater Afrique Legon, Ghana	1993
<i>Okoryoo</i> Lead Dancer/Asst. Stage Mgr.	Ghana National Dance Ensemble National Theater, Accra, Ghana	1991 – 1993
Choreographer/Performer	Abibigoromma Theater Company University of Ghana Legon, Ghana	1991 – 1992
Choreographer/Asst. Director	African Theater Collective University of Ghana Legon, Ghana	1989 – 1991
Television & Radio Dancer, Actor & Singer	Ghana Broadcaster Corporation Accra, Ghana	1984 – 1991
Choreographer/Performer	Talents Theater Company	1984 – 1988
Actor - Various Films	National Film & Television Institute Accra, Ghana	1984 - 1987
Lead Dancer/Singer	Black Generations Accra, Ghana	1983 – 1984
Singer	Voices of Labone Accra, Ghana	1979 – 1983

Professional Development

Training

Diversity Training	University of Colorado Boulder, CO	2002
Elemental Ritual Workshop	Malidoma Some Boulder, CO	2001

Workshops, Master Classes & Private Lessons

(1994 – present)

Umkhonto	South African Traditional Dance & Songs
Bagamoyo College of Arts	Dances & Songs of Tanzania
Zamaleo	Traditional Songs of Kenya
Chuck Davis	Afro-Modern Dance
Yousouff Koumbassa	Guinean Dance
Julia Chigamba	Traditional Zimbabwean Songs & Hosho Playing
Mohammed Camara	Traditional Dances of Guinea
Gabriel Nelson	Salsa
Forward Kwenda	Traditional Zimbabwean Dance
Richard Gonzalez	Afro-Cuban
Rosangela Silvestre	Afro-Brazilian
Beuler Dyoko	Traditional Zimbabwean Songs & Hosho Playing
Chris Berry	Traditional Mbira Songs
Tom Defore	Zimbabwean Marimba
Ibrahim Camara	Senegalese Dance & Songs
Fatou Ndiaye	Senegalese Dance
Ezequiel Torres	Afro-Cuban Songs & Shekere
Aruan Torres	Afro-Cuban Songs & Shekere
Neri Torres	Guaguanco
Yofvani Gonzalez	Palo, Makuta & Yambu
Yanitzia Mizrahi	Mambo & Son

Committees, Grants & Awards

Outreach Grant (Film editing)	Outreach University of Colorado Boulder, CO	Fall 2007
Honors Thesis Committee	Kelsey Bennett Department of English University of Colorado Boulder, CO	Fall 2007
Faculty Advisor	Freshman Repertory Piece Student Dance Concert	

	Department of Theatre & Dance University of Colorado Boulder, CO	Spring 2007
Honors Thesis Committee	Andrea Hill Department of Psychology University of Colorado Boulder, CO	Spring 2007
Outreach Grant (Research & Travel)	Outreach University of Colorado Boulder, CO	Spring 2006
MFA Thesis Committee	Marissa Hallo Department of Theatre & Dance University of Colorado Boulder, CO	2006
Honorary Induction (IHLUAC) International Honorary for Leaders in University Apartment Communities	Colorado State University Fort Collins, CO	2003
Mini-Grant for Visual, Performing & Literary Arts	Boulder Arts commission Residency Shining Mountain Waldorf School Boulder, CO	July 2000

Clinical Experience

Boston Institute for Arts Therapy, "Big Draw" Summer Program, Dorchester, MA: 1996

- Collaborated with other expressive arts therapists in developing and running a pilot therapeutic arts summer program for 30 inner-city minority children (aged 9-15).
- Responsible for conducting dance/movement therapy sessions for children (Black and Latino) with behavioral, emotional, learning and attention disorders.
- Participated in regular team meetings with clinical and administrative staff.
- Planned and Coordinated daily field trips with children.
- Maintained contact with parents and prepared progress report on children.

Bridge Home Training Program, Dorchester, MA: Fall 1996

- Designed a training program for teachers/aides on how to integrate expressive arts therapies into the daily experiences of children (infants – 10 years) in a transitional residential program.
- Conducted training sessions for aides with focus on planning and structuring activities with children with emotional, behavioral and attention disorders.
- Introduced aides to the use of various props, instruments, movements and songs in their groups.

DARE Intern, Jamaica Plain, MA: Fall 1995 – Spring 1996

- Co-led expressive therapy groups with adults diagnosed with varying degrees of developmental disability.
- Supported clients in improving their communication, inter-active skills. as well as dealing with impulsive and negative attention seeking behaviors.

Project Joy, Intern, Cambridge, MA: Fall 1995 – Spring 1996

- Responsible for integrating expressive therapies (music and dance) into a gym-based group for multi-ethnic toddlers and pre-school aged children. Children were drawn from the Salvation Army shelter for homeless mothers.
- Participated in weekly individual and group supervision.

F. A. Day Middle School, Graduate Intern, Newton, MA: Fall 1994 – Spring 1995

- Assisted in planning health and dance class curricula for adolescents (grades 6-8).
- Prepared lesson plans and taught classes on a variety of self-esteem-building topics including eating disorders, body image, discrimination and conflict resolution.
- Supervised and led student dance sessions and performance tours.

Children's AIDS Program, Intern, Mattapan, MA: Spring 1995 – Fall 1995

- Facilitated and co-led group sessions in dance therapy for children (toddler to pre-school).
- Provided emotional and psychological support for children infected with AIDS and for those whose lives have been affected by the disease.

Other Work Experience

Private Practice – Massage Therapist, Boulder, CO: 1998 - 2002

- Sole Proprietor - providing a variety of therapeutic massage and bodywork treatments. Special focus - therapeutic bodywork for performing artists.

Presbyterian St. Luke Hospital, Massage Therapist, Denver, CO: 1997

- Provided therapeutic massage treatment for patients and staff.

Lesley University, Learning Center Tutor, Cambridge, MA: Fall 1994 – Fall 1996

- Provided non-directive collaborative tutoring services to graduate and undergraduate students in reading, writing and study skills.

Languages Spoken

English, Pidgin English, Twi, Fanti, and Ga (Ghanaian)