

KAROLIINA SANDSTRÖM

PHD IN DRAMA

CONTACT

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 www.karoliinasandstrom.weebly.com

 @embodimentwithk

 @EmbodimentwithK

SKILLS

Actor

Director

Playwright / Writer

Educator / Coach / Teacher

EDUCATION

PhD in Drama 2013

University of Huddersfield

Title of Doctorate Thesis: 'Self and No-Self: An examination of the role of ideas about the self in actor training,' University of Huddersfield, Queensgate, Huddersfield, HD1 3DG, England

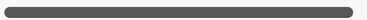
BA with Honours in Drama, First Class 2007

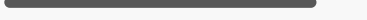
University Of Huddersfield

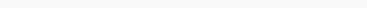
LANGUAGES

Finnish 

Swedish 

English 

Spanish 

Estonian 

PROFILE

Karoliina is an international multilingual theatre professional who has worked as a performer, director, writer and playwright for over 20 years. In her academic research and practice she has specialized in psychophysical actor training, contemplative performance forms, and creative education. Her teaching experience includes content design and delivery on a range of subjects in various universities in the UK and in Mexico.

She has also run community workshop in the UK, international performance training workshops for the TRW and most recently workshops on Arising Performance and Mindfulness practices in Finland and Estonia.

CAREER HISTORY

- 2022 - Freelance performer, writer, workshop leader and creator
- 2020-2022 Career break (motherhood)
- 2018-2019 Full-time professor Universidad de las Americas Puebla
- 2017-2017 Professor/investigator, UAEH, Hidalgo, Mexico.
- 2016 Hourly paid Lecturer, UAEH, Hidalgo, Mexico.
- 2014 Hourly paid Lecturer, University of Lancaster, England
- 2014 Hourly paid Lecturer, University of Bolton, England.
- 2014 Invited Lecturer, University Centre Oldham, England.
- 2014 Youth theatre facilitator, Lawrence Batley Theatre, Huds. England.
- 2013-2014 Independent researcher, leading artist: Eldvågen, Mexico.
- 2012 Self-funded research year.
- 2007-2011 Part-time Lecturer, University of Huddersfield, England.
- 2009 Thesis tutor: Yrkeshögskolan NOVA, Finland. Rautiainen.
- 2009 TQEF Project: Workshop leader, University of Huddersfield.
- 2004-2007 Drama worker, Chol Theatre, Huddersfield, England, (part-time).
- 2004 Drama worker, Chol Theatre, Huddersfield, England, (full-time).

SELECTION OF PERFORMANCE MERITS

- | | | |
|--|------------------------|--------------|
| • 2022 and 2023 Tell Me a Story | Heldeke | Story teller |
| • 2022 The Seed of Song | | Solo piece |
| • 2015 Mandala | TRW | The Dr |
| • 2015 La Ofrenda Danzante | Espacio Kuu | Solo piece |
| • 2014 The Gifting Dance | Espacio Kuu/CPPR | Solo piece |
| • 2014 Mandala | TRW | La Doctora |
| • 2013 Inelden | Espacio Kuu | Solo |
| • 2012 Valo Tuli/ Låt Ljuset Brinna | Cultura Mobila | Berättaren |
| • 2012 Conspiración Hamlet | TRW | Hamlet |
| • 2010 Short Film: Abigail's Day | The Brown Cow Co. | Abigail |
| • 2008 and 2009 Romeo and Juliet | The Brown Cow Co. | Juliet |
| • 2009 TQEF conference piece | Proper Job Theatre Co. | various |
| • 2007 and 2008 The Lion, The Witch and The Wardrobe | Proper Job Theatre Co. | Various |
| • 2008 Book Building | The TQEF Project | Boatbuilder |
| • 2007 Disability Forum Project | Promenade Productions | Various |
| • 2007 Symposium | The Brown Cow Co. | Karoliina |
| • 2005 Making Ugly | The Brown Cow Co. | Edith |
| • 2004. 2005 Voice-over | Mamas and Papas | Lottie |

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FUNDED RESEARCH ACTIVITIES

- 2015 Kone Säätiön Kulttuurirahasto (Finland): Group residency grant at Saaren Kartano, two weeks for the development of Working title: Soundings.
- 2014 Svenska Kulturfonden (Finland/India): Travel Grant.
- 2013 Svenska Kulturfonden (Finland/Mexico): Eldvägen, a one year grant for research and development of actor training practice under the guidance of Nicolás Núñez director of the Taller de Investigación Teatral de la Universidad Nacional Autónoma de México (Theatre Research Workshop, TRW).
- 2010 University of Huddersfield (England): Practice research grant for research trip, to participate in training with TRW, (the Theatre Research Workshop) Mexico City, Mexico.
- 2009 University of Huddersfield (England): Practice research grant for research trip, to participate in training with Gennadi Bogadov. Huddersfield, England and Perugia, Italy.
- 2008 University of Huddersfield (England): Practice research grant for research trip, to participate in training with Song of the Goat, Wrocław, Poland.
- 2008-2010 University of Huddersfield (England): Fee-waiver for doctoral studies.
- 2007 Svenska Studiestödsförbundet (Finland): Practice research grant for research trip, to participate in training with 'Introduction to Theatrical Biomechanics' Talia Theatre, Manchester, England.
- 2006 Svenska Studiestödsförbundet (Finland): practice research grant for research trip, to participate in training with: Zar Theatre, 'River of Body' at the Grotowski Centre, Wrocław, Poland.
- 2003 Svenska kulturfonden (Finland/England): six month grant for researching and participating in community theatre, England.

PUBLICATIONS

- 2023 - On the Path – Newsletter - Online
 - 2020 Group Dream Work Incorporating a Psychophysical Embodied Approach. In: Bontempo e Silva, L., & Sandström, K. (2020, April 27). Dreaming. Advance online publication. <http://dx.doi.org/10.1037/drm000013>
 - 2019 Las preguntas de investigación que surgen a partir de la experiencia actoral. In: M. Pérez Cesari and M. Paulín Ríos, ed., (2019) Reflexiones a partir de espacios de cruce, 1st ed. Hidalgo, Pachuca, México.
 - 2019 Arising research questions in the actor's experience. In: Pérez Césari, M., Paulín Ríos, M., Eds. (2019) Espacios de Cruce. Universidad Autónoma del Estado de Hidalgo.
 - 2018 Sandström, K., Pérez Césari, M. (2018) Arising Performance: creatividad, psicología y el misterio del "darse cuenta". (Parte uno). In: MAGOTZI Boletín Científico de Artes del IA, vol. 6, núm. 11, ene. 2018. ISSN 2007-4921.
 - 2018 Paulín Ríos, M., Sandström, K. (2018) Entrevista con la Dra. María Teresa Paulín, Fundadora de la compañía franco mexicana Naranja-Escena, por la Dra. Karoliina Sandström, (parte uno). In: MAGOTZI Boletín Científico de Artes de la IA, vol. 6, núm. 11 . ISSN 2007-4921.
 - 2018 Sandström, K., Pérez Césari, M. (2018) Arising Performance: creatividad, psicología y el misterio del "darse cuenta". (Parte dos). In: MAGOTZI Boletín Científico de Artes del IA, vol. 6, núm. 12, dic. 2018. ISSN 2007-4921.
 - 2018 Paulín Ríos, M., Sandström, K. (2018) Entrevista con la Dra. María Teresa Paulín, Fundadora de la compañía franco mexicana Naranja-Escena, por la Dra. Karoliina Sandström, (parte dos). In: MAGOTZI Boletín Científico de Artes de la IA, vol. 6, núm. 12, dic. ISSN 2007-4921.
 - 2016 Obras de un Día. In: Clearly, S., Gaydos, K., Gluzman, Y. Eds. (2016) Emergency Index vol. 5, Ugly Duckling Press, New York. ISSN: 2376-4287
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OTHER RESEARCH AND ACADEMIC MERITS

- 2021- Enrolled for the ITM (Interactive teaching Method) Alexander Technique Teacher Training program. Passed modules: I. Basic Principles, II. Human Movement, Structure and Function, III. Practical Anatomy. Bristol, England. Estimated graduation with an ITM Alexander technique Teacher Certificate 2025.
- 2019 Workshop: Escribir Desde el Cuerpo. 5th National Encounter of Scenic Arts, Universidad de Las Américas Puebla.
- 2018 External examiner of the Doctoral thesis: 'El teatro documento mexicano en la actualidad: Influencias alemanas, estrategias dramáticas y propuestas escénicas de Vicente Leñero a Lagartigas tiradas al Sol' of Raúl Ángel Valentín Rodríguez Herrera, completed at Universidad Complutense de Madrid.
- 2018 Workshop: Arising Presence at Oldham University Centre, England. CPPR (Centre of Psychophysical Research) and MAP: project (Mindfulness and Performance) University of Huddersfield, England.
- 2018 Work Demonstration sharing: La voz y la creación constante. Instituto de Artes, Universidad Autonoma del Estado de Hidalgo.
- 2017 Conference Paper: Mindfulness, Arising Performance, y Los Puentes de Transformación. Espacios de Cruze, Semana de las Artes, Instituto de Artes, Universidad Autonoma del Estado de Hidalgo.
- 2017 Work in progress sharing: "Work in Progress: Soundings". Espacios de Cruze, Semana de las Artes, Instituto de Artes, Universidad Autonoma del Estado de Hidalgo.
- 2015 Mexican Coordinator and workshop leader in Awakening Mindfulness in Theatre (Part of the MAP: the Mindfulness and Performance Project, at the Centre of Psychophysical Research Centre (CPPR), Huddersfield, UK.
- 2015, 2016 Coordinator of Theatre as a Personal Rite I and II, workshop with Nicolás Núñez (founder and director of the Theatre Research Workshop UNAM).
- 2014 - Member of the International interdisciplinary Artist Consortium (USA).
- 2013 Associate Member of the Centre of Psychophysical Performance Research (CPPR), University of Huddersfield (England).
- 2013 - Founding member and Artistic Director of Espacio Kuu, ambulant culture and research centre.
- 2010 - Member of the Taller de Investigación Teatral de la Universidad Nacional Autonoma de Mexico, (TRW), with rights to use and teach the actor training principles and dynamic created by the TRW (Mexico).
- 2006-2011 Continual training in Theatrical Biomechanics, with James Beale of Proper Job Theatre Company, Manchester, Huddersfield, Liverpool, England.
- 2006 - Practice of the actor training dynamic Citlalmina and the work of Nicolás Núñez and the TRW, Huddersfield, England and Mexico City, Mexico.
- 2006 - 2012 Since 2006 I have undertaken a series of master classes in Alexander Technique facilitated by Huddersfield University, led by Dr Donald Weed, England.
- 2005 - 2010 Founding member of Brow Cow Co. theatre group. Responsible for actor training and research.

TEACHING EXPERIENCE

- 2018- 2019 Universidad de las Américas, Puebla, México, full-time lecturer:
 - Formas alternativas de los lenguajes escénicos II
 - Temas selectos I, II and III
 - Actuación I, II, III And IV
 - Corrientes escénico I and II
 - Dirección teatral
 - Principios de Entrenamiento actoral
 - 2017-2018 Universidad Autónoma del Estado de Hidalgo, México, full-time lecturer:
 - Actuación III and IV
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- 2016 Universidad Autónoma del Estado de Hidalgo, México, Part-time lecturer:
Propedéutico de Teatro
Dramaturgia del bailarín
- 2014 University of Lancaster, BA Theatre Studies, part-time lecturer: LICA180.
- 2014 University of Bolton, BA Performing Arts (Bury College), part-time lecturer:
Performance Skills in Practice
Creating Performance
- 2007-2011 University of Huddersfield, part-time lecturer:
Special Study: Citlalmina
Special Study: Bodymind in actor training
Advanced Actor Training
Process and Performance-Text
Practical context: Process and Performance-Text

