

Curriculum Vitae

Last name	Westra
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Date of Birth	October 20th, 1961



Personal strengths and skills

- Committed and goal oriented
 - Enthusiastic and able to motivate others
 - Analytical
 - Pragmatic
 - Passionate and always looking for a challenge
 - Able to give and receive constructive feedback
 - Flexible and customer-oriented
 - Positive attitude
 - Sense of humor
 - Helicopter view
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Education

1999/2000	Specialist medical study in gynecology/obstetrics
1993	International school of the Comic Actor in Reggio Emilia, Italy
1990 - 1995	Course Commedia D'ell Arte given by Antonio Fava Music Theatre School SKVA in Amsterdam Additional relevant courses, such as the Method of van Keith Johnstone
1985 - 1990	School of the Performing Arts in Kampen Major: Actor/Director/Drama Teacher
1980 - 1984	In service study for Nurse A in Bennekom
1974 - 1979	High School in Emmeloord

Work experience

2008-today

- Living room performances.
 - Scientific research has shown that the Veder Method can contribute to the well-being and behavior of residents of care homes. The method also has a positive effect on caregivers: job satisfaction increases because of more time spent on establishing contact between caregivers and residents. Publication in

2011

<http://dx.doi.org/10.1080/13607863.2014.955459>

2012-today

- Development implementation the method in the everyday care, 24-hours
 - Scientific research en promotion in 2017:
<https://www.youtube.com/watch?v=5slW3PmucxQ>

2016-present:

- Pilot 'Elderly for Elderly', amateur theater players are trained for the Veder Method to give voluntary living room performances in care homes for elderly people with dementia.

2017

- Promotion dr. P. Boersma the Veder Contact Method in the daily care
<https://veder.sharepoint.com/:v:/g/EaLNqRIFITNFi7HijMvDKm4BrvUW2HyZbDFIQzNCYvk9qA?e=l7feMP>

2018

- Vilans
 - Veder Method officially recognized as a personal care intervention
 - <https://youtu.be/rOh00UEGV7Y>

2018

- Development international theater show: 'In music I reach you',ba show about the life of Florence Nightingale.<https://youtu.be/VsA8jUOE1bw>

International conferences and presentations

December 2008

- Working visit USA
 - Milwaukee
 - Meeting Professor A. Basting, professor theatre and dementia
 - The time slips project,
 - Exchange about dissertation
 - "The stage of ages, performing Age in Contemporary American Society", book of A. Basting
 - Presentation on the Miami University/Oxford Ohio, about the Veder Method as an activity
 - Visiting the OMA project (Opening Minds through Art), founder L. Lokon Ohio
 - New York
 - Visiting G. Glazner, Alzheimer Poetry Project
 - Visiting MoMa, museum of modern art, Alzheimer project

France 2011

- Paris-Versailles
 - AFAR conference: keynote speaker Dr. M. Haeften, promoted on the Veder Method as an activity (2016)

England 2015

- Manchester
 - Visiting and presentation at the Applied Theatre faculty of the University of Manchester
- Edinburgh
 - Visiting the Luminate Festival for Creative Ageing, meeting with director A Gallacher.

Finland 2016

- Helsinki
 - Visiting T. Semi, teaching staff in nursery home about dementia and L. Lindblom, artist working with people with dementia

USA 2016

- Washington DC, Conference 'The Creative Age'
 - Presentation P. Boersma, promoted on the Veder Contact Method in the 24-hours care (2017).

England 2017

- Hull
 - Visiting the University of Hull
- Nottingham
 - Presentation M. Westra and Keynote speaker M. van Haeften, promoted on the Veder Method as activity at the TanDem conference
 - Making sense of arts and dementia: Perspectives on research and practice

Febr. /March 2019

- Visiting Suriname, Caribbean Islands
 - Explore with the Alzheimer Association to start collaboration to develop the Veder Method.
<https://veder.sharepoint.com/:v:/g/EaTRs9gZGi5Hk3eTr2zOwNABMGj6cGMwW84P5DBcJtaQsA?e=BQIVh5>

2019 Belgium

- Implementation of Veder Method in collaboration with Open Doek, centre of amateur dramatics Flanders
- <https://youtu.be/STYprzDUz0o>
- Visiting Suriname, Curacao, Aruba, Bonaire, st. Maarten (visiting foundations Alzheimer)

2020

- Reading Veder Method Congress Curacao
- Pilot Veder Method st. Maarten

2020

- Corona / development digital trainings program Veder Method

2021

- Starting digital program Dutch teachers (health education)
- Starting digital program (caregivers Bonaire)

2022

- Starting digital program caregivers, St. Maarten, Saba, St. Eustatius

2023

- Starting live program implementation Veder Method Bonaire

2023/2024

- Writing book Art in Contact

2nd of november 2025

- Finishing 17-year transition (2008 – 2025), development Veder Method