

Rebecca Poole m.AmSAT, ACAT, VASTA

Kent, OH and New York, NY

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EDUCATION:

Lessac Kinesensics Training & Research Institute

2023-present- certified Facilitator candidate (4/24)

Great Lakes Michael Chekhov Consortium

2023-present- certified instructor candidate (6/25)

Kent State University (Kent, OH)

2022-present - M.F.A. in Acting (for the Returning Professional) candidate (5/24)

Full fellowship, 4.0 average

The Dimon Institute (New York, NY)

2003-2006 –certified Alexander Technique teacher (AmSAT)

Trinity Repertory Company Conservatory (Providence, RI)

1994-1996 – graduate of Acting program (M.A. track)

Ida M. Crabtree scholarship, 4.0 average

University of Minnesota (Minneapolis, MN)

1993-1994 – attended Ph.D. in Literature/ M.F.A. in Creative Writing program,

Academy of American Poets Award, Full fellowship (Edelstein-Keller Teaching/Writing Award) and Instructor of Record, 4.0 average

Rhode Island College (Providence, RI)

1993 – B.A. in English, creative writing focus

English faculty writing award, Honors Program scholarship, 3.74 average

EXPERIENCE

Kent State University (Kent, OH)

Instructor of Record

2023

- Adjunct Instructor – Alexander Technique

Dialect Captain

- *Cabaret* – KSU Mainstage

Undergraduate Supervision

- Honors Project – Alexander Technique – 1 student

Instructor of Record

2022-Present

- Adjunct Instructor - Art of Theatre
- Adjunct Instructor - Art of Acting

Private Practice (New York, NY and Kent, OH)

Teacher of the Alexander Technique

2006-Present

- Instructs private and group lessons in the Alexander Technique on both long and short-term basis, both in- person and online
- Created and developed adaptable, multi-unit course using anatomy illustrations and short movement videos to elucidate each class's experiential practicum work, supporting the focus/goal of each individual or group
- Large group lecturer – Offers general overview of the Alexander Technique with experiential component (online and in-person) as a single lecture or as part of lecture series
- Adjunct specialist within Performing Arts conservatory and Health/ Wellness programs. Performing Arts-niche, professional Theatre & Dance background.
- Students have ranged from ages 7 to 96 and come from various Fields, including: actors, dentists, business professionals, personal trainers & yoga teachers, IT specialists, visual artists, day-laborers, classical musicians, academics, lawyers, singers, doctors, and computer coders

American Academy of Dramatic Arts (New York, NY)

Instructor of Record - Alexander Technique

2007-2011

- Created and developed the Alexander Technique program's class structure and course description for AADA 1st, 2nd, & 3rd year students
- Initiated collaboration with faculty members of other disciplines for team-teaching opportunities, private exchanges of work, and outside meetings to discuss pedagogical approaches & student progress
- Partnered with directors on 2nd and 3rd-year plays
- Taught 80-100 students per week, per term (both group practicum and private lessons), responsible for evaluating and tracking the progress of each student, submitted detailed, written semester reports for each student
- Spearheaded meaningful integration of disciplines comprising AADA's program
- Undergraduate supervision – movement coaching for Thesis Project (2-3 students per year)

Johnston High School - Trinity Repertory Company outreach (Providence, RI)

Adjunct Director/ Instructor, *Macbeth* unit

1995

- Directed 10 High School Seniors in Act I of *Macbeth*

University of Minnesota (Minneapolis, MN)

Instructor of Record, Creative Writing

1993-1994

- Adjunct Instructor - Creative Writing 101 (poetry, prose, memoir) for two terms

The Writing Center, Rhode Island College (Providence, RI)

Writing Tutor

1991-1993

- Peer tutor, 20 hours per week

SERVICE

School of the Arts, Kent State University (Kent, OH)

Dean's Advisory Committee

2023-2024

DE-CRUIT- treating Trauma through Science and Shakespeare (New York, NY)

Alexander Technique instructor

2017-2019

Mayor's Harm Reduction Outreach Program (New York, NY)

Alexander Technique facilitator

2017

American Center for the Alexander Technique (New York, NY)

Board of Directors

2013-2015

PRESENTATIONS

Kent State University (Kent, OH)

"Arts Without Limits Day"

What Kind of Artist Do YOU Want to Be – talk on Performing Arts, Problem-Solving, Circles of Community, & Entrepreneurship

2023

Kent State University (Kent, OH)

Graduate presentation and facilitation -LGBTQ+ Theatre History

Somatic Abolitionism and "Queering" Somatics

2023

Holisticism (Los Angeles, CA)

An Introduction to the Alexander Technique

2020

Kosher Holistic Health Expo (Brooklyn, NY)

If You Wear Out Your Body, Where Will You Live? - an Introduction to AT
2019

National Collegiate Honors Council Conference (Los Angeles, CA)

Breath's Weight – Selected Thesis Poems
1993

MEMBERSHIPS

Voice and Speech Trainers Association (VASTA)

2024

Committee for Alexander Technique and the Performing Arts

American Society for the Alexander Technique (AmSAT)

2023-present

American Center for the Alexander Technique (ACAT)

2013-present

American Society for the Alexander Technique (AmSAT)

2006- present

AWARDS/ GRANTS

Kent State University, Department of Theatre and Dance (Kent, OH)

Summer Studies Tuition Grant (amount - \$2,500 – tuition for Lessac Kinesensics Intensive)

2023

Lessac Kinesensics Training and Research Institute

4-week Summer Intensive Tuition Scholarship (amount - \$2,000)

2023

University of Minnesota (Minneapolis, MN)

Academy of American Poets Award

Edelstein-Keller Teaching-Writing Award

1994

Rhode Island College (Providence, RI)

English Faculty Writing Award

Magna Cum Laude

1993

SELECTED ACTING EXPERIENCE

Theatre

Kent State

<i>Everybody</i>	Death	Wright-Curtis Theatre
<i>Cabaret</i>	Fraulein Schneider	Wright-Curtis Theatre
<i>Urinetown</i>	Josephine "Ma" Strong	Stump Theatre
<i>Corktown</i>	The Bus Driver	Wright-Curtis Theatre

New York

<i>Someone Else's Ghost</i>	Odile	NY Fringe Festival
<i>No Shoulder</i>	Ruth	Annie Coburn
<i>Birdland</i>	Mary Alice Porter	NY Fringe Festival
<i>Rose Toibin</i>	Elizabeth Cady Stanton	WOW Café Theatre
<i>Standard of the Breed</i>	Teela	The Spartan Theatre
<i>Much Ado About Nothing</i>	Margaret/Verges	Expanded Arts
<i>Much Ado About Nothing</i>	Beatrice	The Spartan Theatre

Regional

<i>Peer Gynt</i> (premiere - David Henry Hwang adapt)	Ingrid, Anitra	Trinity Repertory Company
<i>Hamlet</i>	Rosencrantz	Alias Stage
<i>Henry IV, Pt 1</i>	Lady Mortimer	RI Shakespeare Theatre
<i>The Heiress</i>	Marian Almond	Theater at Monmouth
<i>The Birthday Party</i>	Lulu	Alias Stage
<i>Lips Together, Teeth Apart</i>	Sally	Northstar Theatre
<i>The Good Doctor</i>	Defenseless Creature, Julia	Northstar Theatre
<i>The Sure Thing</i>	Betty	2nd Story Theatre
<i>The Universal Language</i>	Dawn	Perishable Theatre
<i>Life Under Water</i>	Amy Beth	2nd Story Theatre
<i>Haiku</i>	Louise	2nd Story Theatre
<i>You Can't Trust the Male</i>	Laura Spivey	Alias Stage
<i>The Maderatti</i>	Cuddles Molotov	2nd Story Theatre
<i>Lurker</i>	Lil	2nd Story Theatre
<i>Koko</i> (the sign-language gorilla)	Kokospoko	Alias Stage

Commercials & Film

"News Brief"	Principal	Heineken
"The Waiting Room"	Principal	Fischer College
"Scratching Feels Good"	Principal	Rhode Island Lottery

Voice-Over

Play it by Ear Productions, J.C. Penney, Marlboro Floor Covering

SELECTED DIRECTING/ COACHING EXPERIENCE

Voice/ Accent

Kent State University (Kent, Ohio)

Cabaret

2023

Movement

The Marquis Theatre (New York, NY)

Tootsie

2019

(AT teacher/ movement coach for conductor/ musical director)

Hunter College (New York, NY)

Under the Syringa Tree

2015

American Academy of Dramatic Arts (New York, NY)

The Goat

2011

Directing

The Spartan Theatre (Brooklyn, NY)

3 Plays by Betty Smith (an evening of 1-Acts by the author of *A Tree Grows in Brooklyn*)

2002

SELECTED DANCE PERFORMANCE EXPERIENCE

Contemporary

1990

Apprentice - Groundwerx Dance Theatre, (Providence, RI)

Ballet

1986-1987

corps -Island Moving Company (Newport, RI)

1984-1985

corps- Delta Festival Ballet (New Orleans, LA)

1983-1984

corps -Devon Festival Ballet (Devon, PA)

SELECTED ADDITIONAL TRAININGS

Lessac Kinesensics Training and Research Institute

2023-2024

certified Facilitator candidate (April 2024)

Great Lakes Michael Chekhov Consortium

2023-2025

certified Teacher candidate (June 2025)

Balance Arts (New York, NY)

Alexander Technique for E.D.S. and those on the Hypermobile Spectrum

November 2017 and February 2018

40 hour intensive for certified Alexander Technique teachers in working with those on the Hypermobile Spectrum (Ehlers-Danlos Syndrome-focus)

The Dimon Institute for the Alexander Technique (New York, NY)

2003-2006

1,600-hour/ 3-year intensive training

certified Alexander Technique teacher (American Society for the Alexander Technique)

British American Drama Academy (Oxford, England)

1993

8-week Summer Intensive

Full scholarship

Royal Winnipeg Ballet (Winnipeg, Canada)

1983

6-week Summer Intensive

Partial scholarship

National Academy of the Arts (Champaign-Urbana, IL)

1982

6-week Summer Intensive

Full scholarship

Central Pennsylvania Youth Ballet (Carlisle, PA)

1981

4-week Summer Intensive

Partial Scholarship