



# Helen Aberger

## PERSONAL PROFILE

DC-area stage director and intimacy choreographer. Specializing in opera, but equally comfortable in theatre and musical theatre. See more: [HelenAbergerDirector.com](https://HelenAbergerDirector.com)

\*denotes upcoming

## EDUCATION & TRAINING

### INTIMACY DIRECTORS & COORDINATORS

Level II Foundations Training with Sasha Smith, Alicia Rodis, and Claire Warden  
Six-week, online, April-May 2021

### THEATRICAL INTIMACY EDUCATION

Best Practices with Chelsea Pace (2020)  
Staging Outercourse with Chelsea Pace (2022)  
Working With Minors with Kim Shively (2022)

### INTIMACY DIRECTORS INTERNATIONAL

Level I "Intimacy For The Stage" Workshop with Tonia Sina and Claire Warden  
Three-day, Bethesda, MD, July 2019

### OPERANEO FESTIVAL & WORKSHOP

Apprentice Stage Director  
San Diego, CA, July-August 2018

### STUDIO THEATRE DIRECTING

Directing with Joy Zinoman  
Washington, DC, Sep 2016 – Jan 2017

UNIVERSITY OF MIAMI - Frost School of Music  
Bachelor of Arts in Music [oboe], Minor in English  
Coral Gables, FL, May 2009

## ASSISTANT DIRECTING

Selected

### **Barber of Seville (Rossini) Nov 2023**

Directed by Nora Winsler  
Virginia Opera

### **Siegfried (Wagner) Oct 2023**

Directed by Joachim Schamberger  
Virginia Opera

### **The Gondoliers (Gilbert & Sullivan) Feb 2019**

Directed by Kate Huntress-Reeve  
Victorian Lyric Opera Company

### **Idomeneo (Mozart) Aug 2018**

Directed by Peter Kozma  
OperaNeo Festival & Workshop

### **H.M.S. Pinafore (Gilbert & Sullivan) June 2016**

Directed by Kate Huntress-Reeve  
Victorian Lyric Opera Company

### **The Cripple of Inishmaan (McDonagh) Oct 2015**

Directed by Robert McNamara  
Scena Theatre

## DIRECTING

Selected

### **Frida Kahlo and the Bravest Girl in the World (Illick) Jan 2024**

Virginia Opera

### **HMS Pinafore (Gilbert & Sullivan) June 2023**

Victorian Lyric Opera Company

### **Proving Up (Mazzoli) Feb 2023**

Maryland Opera Studio / University of Maryland

### **Princess Ida (Gilbert & Sullivan) June 2019**

Victorian Lyric Opera Company

### **La Bohème (Puccini) Sept 2018**

Semi-Staged with Fairfax Symphony Orchestra

### **Die Zauberflöte (Mozart) Nov 2017**

Bel Cantanti Opera Company

### **Eugene Onegin (Tchaikovsky) Oct 2017**

Bel Cantanti Opera Company

### **The Mikado (Gilbert & Sullivan) June 2017**

Victorian Lyric Opera Company

### **Do Not Disturb (Pflueger & Fuentes) June 2016**

Forgotten Opera Company

### **Ruddigore (Gilbert & Sullivan) June 2015**

Victorian Lyric Opera Company

## INTIMACY CHOREOGRAPHY

Selected

### **\*Lend Me A Soprano (Ludwig) Feb 2024**

Directed by Eleanor Holdridge  
Olney Theatre Center

### **The Rocky Horror Show (O'Brien) June 2023**

Directed by Sean Elias  
Iron Crow Theatre

### **The Tempest (Shakespeare/Posner) Nov 2022**

Directed by Aaron Posner  
Round House Theatre

### **Circle Mirror Transformation (Baker) Sep 2022**

Directed by Rob Gorman  
Silver Spring Stage

### **Bright Star (Martin/Brickell) June 2022**

Directed by Jerry Vess  
Annapolis Summer Garden Theatre

### **Back of the Throat (El Guindi) Mar 2022**

Directed by Nicholas Bashour  
Silver Spring Stage

### **Disgraced (Akhtar) Nov 2021**

Directed by Bill Hurlbut  
Peace Mountain Theater Company