



Dance Therapy Association Australia

Balancing differentiation and linkage: A well-being frame for clients and therapists Three linked one day workshops

**Friday 3, Saturday 4 and Sunday 5 February, 2012 at Abbotsford Convent, Melbourne
Dorm 1, Rosina Building, First Floor, 1 St Helier Street, Abbotsford**

Don't miss this great opportunity to work with Penelope Best in Australia

Penelope Best's extensive practice as a senior dance movement psychotherapist, clinical supervisor, international trainer and researcher supports her continued curiosity about the importance of the body within relationship. As President of the European Network for Dance Therapy (2007-2010) she is keenly aware of different views about core elements of therapeutic practice and training. With Dr Beatrice Allegranti, she has recently co-created the first UK accredited DMP supervision training. She is fascinated by the influence of cultural differences and has initiated and runs professional DMP trainings in Warsaw, Poland, Croatia and the Netherlands. She is an Honorary Fellow of ADMP UK, External Examiner for Derby University DMP Masters, Fellow of Higher Education Academy, consultant to the profession, and maintains both private therapy and supervisory practices while publishing regularly. She enjoys facilitating opportunities for learning, using mixed creative materials and critical reflexivity. Her main area for research is the relational spaces within clinical supervision. Penelope is well known to us in Australia (as Penny) from several visits between 2000 and 2006 to provide professional development and supervision for Australian dance-movement therapists.

Workshop options:

Friday 3 February: The thinking skin: The porous nature of ethics in dance therapy

A workshop exploring our relationship to our skin, our sense of self- touch, other- touch and ways in which these are shaped by familial, cultural and inter cultural exchanges. Touch is at the interface of feeling as physical sensation and feeling as affect. It is through our skin that we have sensation and also emotion about memories of touch within our family and our culture. Moving between 'cultures' (e.g. national, professional, gender, power) requires increased sensitivity and sensory intelligence. Inter-cultural competency, an essential skill for therapists, arises from our bodily experiences connecting both aspects of feeling, sensation and affect.

Saturday 4 Feb: The building materials of relationship: swim alongside, interrupt and flirt

A workshop exploring the diversity of ways of 'being with' might be interpreted within DMT practice.' The workshop will consider emerging questions such as: What is it that lets a therapist know that a connection has been made? Is it possible 'simply' to be with? What intermodal elements are we using to promote empathy? Why might you interrupt processes, stop movement or shift art modality? When might different modalities be more useful developmentally than others? Is blocking someone's progress forward an invitation to move sideways, an issue of counter transference, a flirtation with something new? How might we flirt with creative ideas while maintaining both sensitive containment and observation?

Sunday February 5: Bodies in therapeutic and supervisory spaces: subtle seduction

A workshop exploring the powerful pulls and pushes within intersubjective material.

The workshop will consider emerging questions for both therapy and supervisory practice, such as: What seduced us into dance therapy in the first place? What excites us most visually, sensorily, rhythmically, tonally, dramatically and how does this creep into our sessions? Do we see ourselves as the wounded healer, the expert, the artist, the companion, teacher, humanitarian or other? In what ways do we measure success? What do our embodied experiences tell us about those we work with? How do we hold onto hope in the face of despair?

Registration and workshop details

Fri 3 Feb: Meet at Abbotsford bakery for registration and brunch (own expense) at 11.30 am, ready to commence workshop from 12.30 – 7.30 pm

Sat 4 Feb: registration 9.30am for workshop 10 am – 5.00 pm

Sun 5 Feb: registration 9.30am for workshop 10 am – 5.00 pm

Snacks and drinks provided in breaks. Dress for movement and comfort

Abbotsford Convent: Restore your energy while you learn in the retreat-like atmosphere of the beautiful Abbotsford Convent. The former Convent of the Good Shepherd is notable for its medieval French ecclesiastic architectural character, its grandeur, and beautiful gardens and grounds that sweep down to the River Yarra in the valley in a delightful rural setting. The valley has changed little since the early days of settlement from 1863 to 1975. Melway reference 44 G5. Parking \$4. See **www.abbotsfordconvent.com.au** for maps/public transport etc. Concession available to full time students, pensioners and health care card holders.

For more information, contact Mandy Agnew on rmagnew@bigpond.com

Phone 98138671 / 0437348808, or see the full flyer on www.dtaa.org.au If you choose the DTAA member option, you must be a current financial member. You are welcome to join on-line: **www.dtaa.org.au**. Cost \$55, concession \$44. Try our quick and easy on-line Trybooking System on the web at **www.dtaa.org.au** Select the day, two days, or three day options.

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