

Body as Voice: Restorative Movement Psychotherapy Trauma and Resiliency Training Series

With International presenter - Amber Gray

The Convent, Dorm 1, Rosina Building - 1 St Helier Street Abbotsford, Melbourne

Saturday 22 February 2014 from 9:30am until 5pm.

Sunday 23, Monday 24 and Tuesday 25 February from 10am – 5pm

Part 3: Body as Voice: Somatic and Creative Arts Approaches to Working with Survivors of Trauma Saturday 22 -25 February 2014.

Exposure to traumatic events literally and metaphorically “freezes” our bodies, minds and spirits in a “lock-down” of past memories. Current neuro-psychiatric research has shown that when someone is traumatized, a majority of traumatic memory is implicit—or sensory-motoric. Many of the researchers endorse the use of non-verbal therapies for survivors to fully integrate the past with the present and restore well-being and balance.

This training series will prepare clinicians, dance movement therapists, art therapists, and somatic therapists to work with survivors of trauma (in particular, trauma secondary to war, torture, interpersonal abuse, complex trauma, human rights violations, intergenerational and historic trauma, complex humanitarian emergencies and natural disaster) using a variety of very practical, body and arts-based practices and methods. It will benefit all mental health professionals who work with survivors of trauma and wish to integrate body-based and creative arts approaches into their work in individual, family, group or community contexts.

The Center Post Trauma and Resiliency Framework (‘CPF’) name is derived from the Kreyol words Poteau Mitran which describes the potent healing and transpersonal space integral to many ancient forms of healing and acknowledge influences from the oldest form of Vaudou which arrived on Haiti’s shores. The counterpart of CPF is Restorative Movement Psychotherapy (RMF), which integrates multiple pathways, both ancient and cutting edge, to help individuals and collectives to access their own most potent healing space. The pathways include neurobiological research such as Stephen Porges’s Polyvagal Theory, Dance/Movement Therapy, Somatic Psychology, Continuum Movement, Expressive Arts Therapies, Eco-Psychology, Contemplative Psychology and Mindfulness Practice, and Embodied Developmental Psychology.



CPF and RMP have been developed over years of working with individuals and groups around the world who have experienced and continue to experience extreme trauma including torture, genocide, war, and natural disasters. It is a phasic, developmental framework that specifically addresses and honors the complexities of working across cultures and the impact that long-term trauma has on survivors' lives. Both models seek to evoke the profound resiliency present in human beings as a pathway to restoration and healing and the series addresses the nature of the therapeutic relationship and social engagement through several mediums including creative, somatic, breath, rhythm and movement based interventions. It explores multiple pathways to address the implicit nature of the trauma response

and develop creative approaches to navigate the explicit realm.

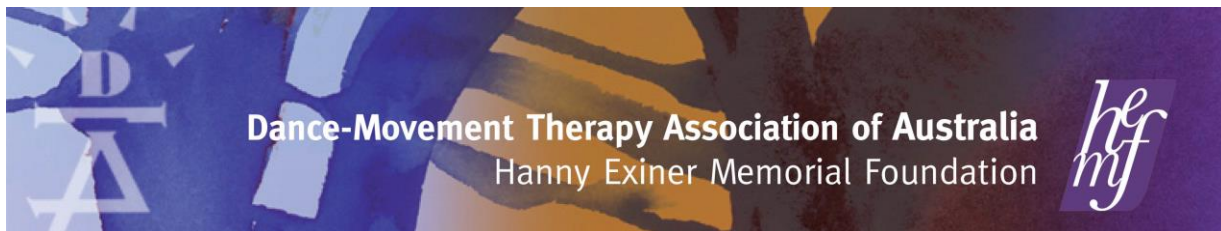
Amber Gray

Amber is a licensed mental health professional, an award winning dance movement therapist, who is trained in Somatic Psychology, Contemplative Psychology, Somatic Experiencing, EMDR, parent child psychotherapy (an attachment model), trauma focused CBT, Historic Trauma, cranial sacral therapy, deep tissue bodywork, energy medicine, shiatsu, ecopsychology, and authentic movement. She is also a trained Continuum Movement teacher and an advocate of human rights.

Currently Director of Restorative Resources Consulting and Training, her work has taken her to Indonesia, Kosovo, Rwanda, Central America, Mexico, New Zealand, Croatia, Norway, Sweden, India, Sudan/Darfur, Lebanon, West Bank, Chad and of course her favorite country—Australia!

PART 3. Body As Voice

Participants increase skills to work non-verbally with clients, thereby addressing the implicit nature of trauma, through the direct experience of the body. Topics include affect regulation and dysregulation, boundary work and social engagement. This module focuses on the therapeutic relationship and assisting our clients to process traumatic memories, re-create their stories, and create new narratives. We will explore the



secondary portals to the body as more advanced clinical practice.

This is a continuation of Part One *Body Mind/Beginners Mind* and Part Two *Body Wisdom* of this training series that took place earlier this year. Those who attended part one and two can book-in directly for this upcoming workshop (Part 3). For those who were unable to attend Part one and two, but wanted to undertake this training, please register your interest with admin@dtaa.org.au.

The Convent

Revitalise and restore yourself at the beautiful Abbotsford Convent where lovely gardens and grounds sweep down to the Yarra River. The setting was enjoyed for thousands of years by the Wurundjeri people, for whom the nearby junction of the Yarra River and Merri Creek was an important meeting point.

**Melway reference 44 G5, Parking in St Helier Street
\$6 (gold coins only)**



Registration and workshop details

Saturday 22 February 2014 from 9:30am until 5pm, Sunday 23, Monday 24 and Tuesday 25 February from 10am – 5pm

Costs: Current financial DTAA member \$440; Concession financial member \$420
Non DTAA Member \$490; Concession non - DTAA member \$470

Contact Jane Guthrie on admin@dtaa.org.au

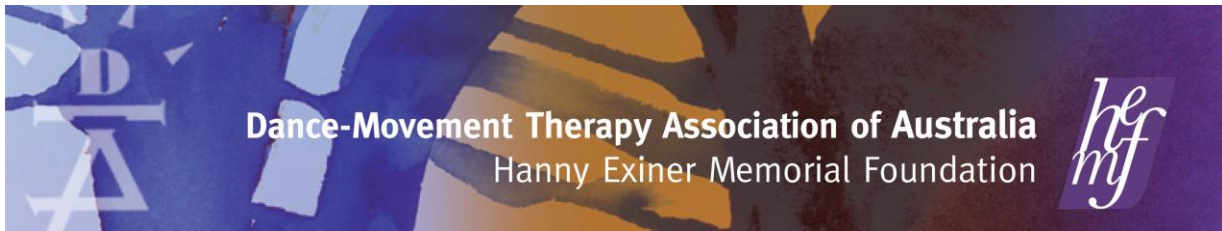
If you choose the DTAA member option, you must be a current financial member. You are welcome to join on-line: www.dtaa.org.au. Cost \$55, concession \$44

Please select our quick and easy on-line Trybooking System:

<http://www.trybooking.com/69877>

Or click on the link at www.dtaa.org.au.

Or complete this form below and return to: DTAA, PO Box 641, Carlton South, Melbourne 3053 or email to admin@dtaa.org.au



EVENT REGISTRATION FORM / INVOICE DTAA ABN: 26 323 204 775

First name: Family name:

Phone: E-mail:

EFT to DTAA, Westpac, Middle Brighton branch
BSB: 033 095 Account: 330037

Cheque ☐ Visa ☐ Mastercard ☐

Cardholder's Name: Signature:.....

Card number:Expiry date:

TOTAL PAYMENT: \$