



Dance Therapy Association of Australia
and Hanny Exiner Memorial Foundation

Pathways to Restoration on the Stress Trauma Continuum

**A unique opportunity to work with Amber Gray in Melbourne
Friday 5, Saturday 6, Sunday 7, Nov.2010, 9.30 – 5.00 pm
Dancehouse, 50 Princes Street, Carlton, Melbourne**

For dance movement therapists, somatic psychologists, and relevant to other allied health workers who deal with clients with stress and trauma problems

Day 1. Friday November 5, 2010

Movement Mysterium

The workshop focuses on Continuum - a movement practice that increases mobile flexibility, motility, well-being, creativity, innovation, adaptability and vitality on many levels. Unlike movement practices that rely on fixed patterns or postures, Continuum movement enables us to access our capacity for fluid, free, non-constrained movement. It is particularly beneficial to restore movement and resilience after injury, illness and chronic stress and is an excellent adjunct to somatic psychotherapy and dance movement therapy. Fundamentally based on the shamanistic principle that "to know something one must become it", Continuum fosters profound somatic awareness, and as such, this course will lay a strong somatic foundation for the weekend.



Amber Elizabeth Lynn Gray, MPH, MA, BC-DMT, NCC, LPCC, has over twenty-five years experience in human service and working with displaced people, refugees, and survivors of human rights abuses, and over 13 years experience working with survivors of civilian and combat-related war trauma, torture, domestic violence and ritual abuse. Her expertise is in integration of creative arts and body-based practices and methods into clinical, psychotherapeutic and healing practices. She has extensive experience developing community based, culturally congruent treatment models for trauma recovery that reinforce individual and communal resilience. Through the application of somatic psychology and creative arts

psychotherapies she offers steps towards trauma recovery. She provides training and consultation nationally and internationally in such countries as Indonesia, Aceh, Darfur, Lebanon, Kosovo, Peru, India, Croatia, Mexico, Australia, Rwanda and New Zealand. She now travels regularly to Haiti & Norway to teach and to dance. She is the originator of a trauma & resiliency framework named 'The Center Post Framework' (CPF) which integrates Somatic Psychology, Dance Movement Therapy, Developmental Psychology, Body-Mind Centering, the Polyvagal Theory and creative arts modalities into the healing process with survivors of extreme trauma. CPF is built on years of clinical and program experience with survivors of torture and war from many areas and cultures and honors the healing traditions she has learnt in Haiti.



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Day 2 and 3.

Saturday November 6, and Sunday November 7, 2010

Restoring Core Rhythmicity: Movement, Dance and Rhythm based interventions

Current neuropsychiatric research demonstrates that the impact of long-term, chronic and overwhelming stress on the human body reduces and disorganizes our internal, rhythmic coherence. In other words, we lose our beat. While the focus on much of this research is on levels of stress that contribute to the trauma spectrum, stress and trauma exist on a continuum, and whether we are survivors of traumatic events, or those working with survivors, we may experience a range of stress or trauma responses.

A vast majority of survivors of trauma (in particular war, communal trauma, interpersonal and human rights abuse, natural disasters and organized violence) are not accustomed to that traditional western psychological model of healing. Dance Movement Therapy, a psychotherapeutic modality that relies on movement as a primary and universal language, is a powerful medium to access the traumatic memories that are primarily sensate or image based, and to restore resiliency to the frozen, fixated experience of post-traumatic response. This course will demonstrate through theoretical introduction, case material and experiential activity, the use of rhythmic activities to support the recovery process for survivors based on actual work in several conflict-ridden areas of the world and will impart clinical skills rooted in rhythm and movement based practices from various cultures and traditions.

This experiential two day workshop integrates the Continuum and Dance Movement Therapy, together with Ecopsychology, into a series of movement practices that can be applied to clinical practice, or used solely for personal rejuvenation and restoration.

The material presented in this workshop will also draw from Vaudu, a profoundly rhythm-based tradition.

The workshop will run for 2 full days and has been designed with this in mind. However if you are unable to attend the entire event, please contact Mandy to discuss alternative possibilities.



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Costs:	Single Day Friday	2 Day wkshop Sat and Sun	Cost of 3 Day Attendance
Current financial DTAA member	\$120	\$230	\$340
Non-DTAA member	\$155	\$275	\$420
Concession financial member	\$110	\$210	\$310
Concession non-DTAA member	\$130	\$240	\$360

Name:

Address:

Tel:

Email:

I enclose cheque/money order for \$ _____ or -

Please charge \$ _____ to my

Bankcard

Mastercard

Visa

Cardholder's name:

Signature: _____

Expiry Date: ____/____/____

EFT to Dance Therapy Ass. Australia, Westpac, Middle Brighton,
Resources Account, BSB: 033 055 Account: 202989

Mail to: DTAA, PO. Box 641, Carlton South, Melbourne 3053.

Contact Mandy Agnew; Email: rmagnew@bigpond.com

Tel: 90177850; Mobile 0437348808, or jguthrie@alphalink.com.au

See: www.dtaa.org

*To join the DTAA:

Annual Membership: \$55.0

Concessional membership: \$44.0

Application forms available from www.dtaa.org or via email