



Inside The Spoken Word: The Body's Role in Telling, Re-telling and Remaking our Lives

A unique opportunity to work with Amber Gray

Saturday 23rd to Monday 25th October 2010

**STARTTS
152-168 The Horsley Drive
Carramar, Sydney, NSW 2163**

This 3-day event explores in depth the essential narrative and processing (memories) phase of the restorative process for survivors of trauma. The primary focus is on the narrative process; that is telling the story—often without words. The contents of the workshop build on the previous 'Body as Voice' workshops offered at STARTTS in 2006 and 2008, but will be easily attended by those who have not studied with Amber before. The workshops are based on her framework for trauma & resiliency ('The Center Post Framework' - for more information see www.restorativeresources.net).

Clinicians, health professionals, movement practitioners and body workers are always navigating the implicit realm of a survivor's trauma history. For healing to occur, the implicit and explicit experiences of our traumatic histories are literally woven together through a re-weaving of our stories—traumatic and restorative. Using movement, gesture, rhythm, sound, writing and other expressive arts modalities, the restorative process for survivors of extreme trauma through non-verbal, somatic and creative arts approaches will be explored.

This workshop will balance theory with experiential learning and will invite participants to explore various somatic and expressive arts approaches to working with survivors of historic, spiritual, interpersonal, intergenerational, social and secondary trauma.

This highly experiential event, hosted by the NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors (STARTTS) is presented by the Dance Therapy Association of Australia (DTAA) and the Australian Somatic Integration Association (ASIA). The organising associations are supported by the Hanny Exiner Memorial Foundation (HEMF) and the Australian Association of Somatic Psychotherapists (AASP).

Amber E. Gray

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 in the USA 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.

Generously sponsored by DTAA, ASIA, STARTTS, AASP and HEMF

Overview Agenda for Inside The Spoken Word

Note: Bring a journal or something to write in

Day 1 (Saturday 23 October 2010) **9.30am – 5 pm**

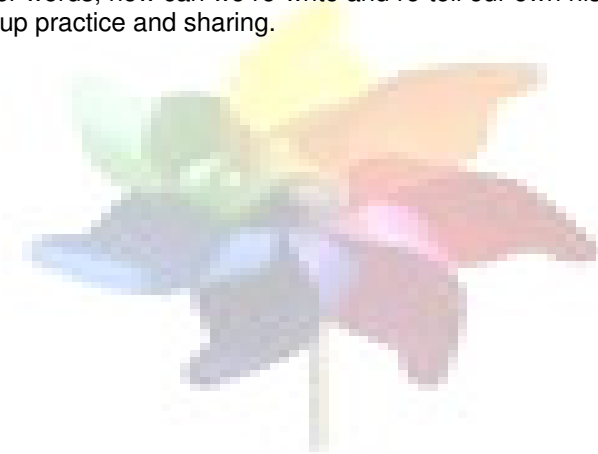
On this first day we will review/overview theory supporting somatic and creative arts approaches with survivors of traumatic experience—in particular, in cross-cultural settings. The practice of somatic awareness will be an emphasis of today's learning, and we will work with tracking, witnessing and observational awareness in our own bodies and in "therapeutic" dyads. Most of today's activities will be writing or body-based.

Day 2 (Sunday 24 October 2010) **10 am - 4 pm**

Day 2 will focus on practical and experiential skill development. Drawing from Christine Caldwell's Moving Cycle, The Center Post Trauma & Resiliency Framework, other somatic and creative arts therapies and research on the social nervous system, we will explore embodied ownership and acceptance of our his-stories. Activities will focus on self-observation and acknowledgement, and working with others.

Day 3 (Monday 25 October 2010) **10 am - 5 pm**

Day 3 will focus on action: how our bodies' his-stories can be transformed to inform and inspire action, beyond the therapeutic setting. In other words, how can we re-write and re-tell our own his-stories? This day will primarily include dyad and group practice and sharing.



Costs:	3 Day Workshop**
Members DTAA, ASIA, AASP, STARTTS staff /volunteers	\$375
Non-members	\$435
Early bird*** DTAA, ASIA, AASP, STARTTS staff /volunteers	\$350
Early bird*** Non-members	\$410

* Fees include light lunch, morning and afternoon tea

** Please contact us to discuss if you can't commit to the 3 days

***Early bird booking and payment before c.o.b 11th October 2010

Name: _____

Address: _____

Tel: _____ Email: _____

I enclose cheque/money order for \$ _____ or - Please charge \$ _____ to my

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, 3053, Victoria, Australia

Or E-mail registration forms to: rmagnew@bigpond.com or dtaa@alphalink.com.au

Enquires to: Mandy Agnew - Tel. 03 90177850; Mobile 0437348808

Email: rmagnew@bigpond.com

Dance-Movement Therapy Association of Australia

dtaa@alphalink.com.au -- info@dtaa.org.au -- www.dtaa.org.au

Or: Gerry O'Sullivan – Mobile 0412 392 420

Email: gerry.osullivan@optusnet.com.au

Australian Somatic Integration Association

secretaryasia@gmail.com – www.somaticassociation.org.au

Generously sponsored by DTAA, ASIA, STARTTS, AASP and HEMF

**Getting There: Map for STARTTS
152-168 The Horsley Drive, Carramar**

It isn't possible to enter STARTTS from the Horsley Drive. Please enter from Mitchell Street.

