



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

Part 1: Body Mind/Beginners Mind: Somatic and Creative Arts Approaches to Working with Survivors of Trauma

Saturday 29 and Sunday 30, June and Monday 1, Tuesday 2, July 2013

Part 2: Body Wisdom: Somatic and Creative Arts Approaches to Working with Survivors of Trauma

October - Saturday 12, Sunday 13, Monday 14, Tuesday 15

Part 3: Body as Voice: Somatic and Creative Arts Approaches to Working with Survivors of Trauma – dates TBA

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 Mitan which describes the potent healing and transpersonal space integral to many ancient forms of healing and acknowledge influences from the oldest form of Vaudu which arrived on Haiti’s shores. The counterpart of CPF is Restorative Movement Psychotherapy (RMP), 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 1. Body Mind/Beginners Mind

Introduces participants to the application of somatic psychology and creative arts therapies with survivors of severe trauma, such as mass trauma (natural and human-made disasters) and extreme interpersonal violence. A sampling of the literature on somatic and creative approaches to working with this population is included with emphasis on cross culturally congruent resource and strength oriented approaches to both practitioners own somatic awareness, and clinical practice. The emphasis of Part 1 is on establishing relative safety and stability; cultivating, somatic awareness, and the primary portals to the body for embodied self awareness and care. This is a dynamic, hands-on, practically applied format with a need to dress comfortably and be ready to move.

Part 2. Body Wisdom

Is an ongoing embodied exploration of current theoretical material and scientific research. The emphasis of this course is continued learning to cultivate somatic self-awareness for the clinician. This course strongly emphasizes mitigation of secondary trauma through practitioner self-care. We begin to work with dampening arousal in the nervous system, for our clients and ourselves, as a means to strengthen the therapeutic relationship. Contact, connection and relatedness through promotion of internal states of calm and social engagement are a focus of Part 2. We continue resourcing through the body to dampen negative affect and restore internal and external connection to positive affect and pleasure through somatic awareness, breath, creative arts and movement — the biological, physiological and body-based underpinnings of all human experience.

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.

Part 3 dates in 2014 TBA



Dance-Movement Therapy Association of Australia
 Hanny Exiner Memorial Foundation



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 \$6 (gold coins only)

BOOK ONLINE: www.trybooking.com/CNTL

Registration and workshop details

Part 1. Saturday 29 and Sunday 30, June and Monday 1, Tuesday 2, July 2013
 9.30 – 5pm daily

Costs: Current financial DTAA member \$420; Concession financial member \$400
 Non DTAA Member \$470; Concession non - DTAA member \$450

Contact Mandy Agnew on rmagnew@bigpond.com Or phone 98899123 / 0437348808

 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

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

First name: Family name:.....

Phone:..... E-mail:.....

Select our quick and easy on-line Trybooking System at www.dtaa.org.au

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 EFT to DTAA, Westpac, Middle Brighton branch
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Please complete this form and return to: DTAA, PO Box 641, Carlton South, Melbourne 3053 or Email: [save as Word document and email to admin@dtaa.org.au](mailto:admin@dtaa.org.au)