



## **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 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 – 2014 dates TBA

**\*Part 1 of this training series took place earlier this year. Those who attended this event can book-in directly for Part 2. See information on the registration page. For those who were unable to attend Part one, but wanted to undertake this training, please register your interest with [admin@dtaa.org.au](mailto:admin@dtaa.org.au) If enough people are wanting to do this, we may be able to arrange catch-up sessions prior to Part 2. Completion of this would enable those involved to register for Part 2.**

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 Mitán 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 (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 - Already completed, but see \* note on front page re opportunity to still be able to join this training series for those who could not attend Part 1.**

Those who did attend Part 1 were introduced to the application of somatic psychology and creative arts therapies with survivors of severe trauma. They were provided with a sampling of the literature on somatic and creative approaches to working with this population, and in the training, an emphasis on cross culturally congruent resource and strength oriented approaches to both their own somatic awareness and clinical practice. There was an emphasis on self care to establish relative safety and stability; cultivate somatic awareness, and explore the primary portals to the body for embodied self awareness and care. The practical application was via a dynamic, hands-on, self-inquiry approach. This course strongly emphasizes mitigation of secondary trauma through practitioner self-care

### **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 to bridge self care with client 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, mobility 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. This course guides us into ownership of the truth of our body's resource and traumatic memories.

### **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. **Dates 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 in St Helier Street  
 \$6 (gold coins only)

**Registration and workshop details**

**Part 2. Saturday 12 and Sunday 13, Monday 14, Tuesday 15, October, 2013**  
 9.30 registration – 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](mailto:rmagnew@bigpond.com) Or phone 98899123 / 0437348808**

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 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](http://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 <http://www.trybooking.com/DGCS> or <http://www.trybooking.com/56854> Or go to [www.dtaa.org.au](http://www.dtaa.org.au) for more information.

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Cheque  Visa  Mastercard

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

Card number: .....Expiry date: .....

TOTAL PAYMENT: \$ .....

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)