

**is pleased to present four professional development workshops and experiential opportunities.**

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**Annual Professional Development Event  
and Annual General Meeting  
Saturday November 28, 2009**

To be followed by a special dinner dance to celebrate DTAA's 15<sup>th</sup> birthday and launch our newest publication 'Dance Therapy Collections 3'. More details available soon.

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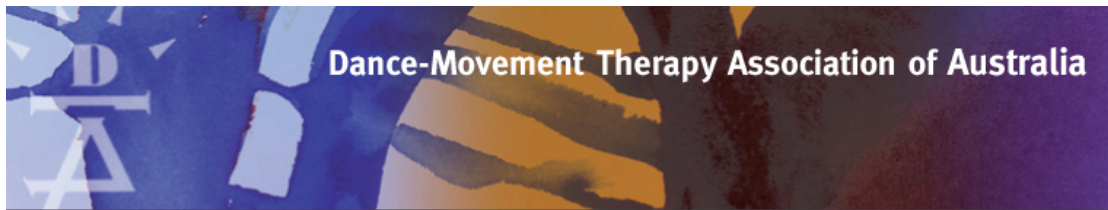
followed by

**Workshops led by UK dmt Sara Boas  
Sunday 29 and Monday 30 November**

**Sara, RDMT, MA, MCC**, is an international presenter, accredited mediator and expert in neurolinguistic programming. Her movement sources include contact improvisation, release work, physical theatre, holistic psychotherapy, bodymind centering, yoga and meditation, trance dance and martial arts. She draws on research in anthropology, psychology, somatics, organisational behaviour and philosophy of science. Her work is shaped by diverse wisdom traditions and her love of wild nature. Sara works as a practising dance movement therapist and specialist in adult development, who throughout her life has studied, taught, practised and performed dance as a healing art, with creative dialogue and movement to enable individual and collective transformation. Former senior lecturer in anthropology and sociology of dance at the Laban Centre in London, she is the founding director and principal coach of boas, an international consultancy committed to transforming leadership in the private, public and voluntary sectors. Her training and supervision activities focus on how professional practitioners can integrate verbal and non-verbal communication and analytical and intuitive approaches.

See [www.boastl.com](http://www.boastl.com) and [www.lifedance.info](http://www.lifedance.info)





## ***LIFEdance! – Live your dance, Dance your life***

**Workshop led by Sara Boas, RDMT, MA, MCC**

**Sunday November 29, 2009**

**9.30 am – 5.00 pm, Dancehouse upstairs,  
150 Princes Street, North Carlton, Melbourne**

This experiential one-day workshop invites you to engage with LIFEdance!™, as a tool for your personal and professional development. It integrates DMT with leadership skills and the universal symbolism of the four elements - earth, water, fire and air. LIFEdance!™ can be directed towards clinical or non-clinical settings from corporate training to open workshops. It is for dance movement therapists but designed for people who work with people and of equal value to other therapists and health care workers in its provision for entering fully into the dance of life. You will be guided on a bodymind journey using movement, imagery, dialogue and reflection. Come with a question about your professional development needs and leave with your own embodied reply, anchored in a personal power move to support you in your daily working life.

The workshop is supported by Jos Butté with world music and live drumming.

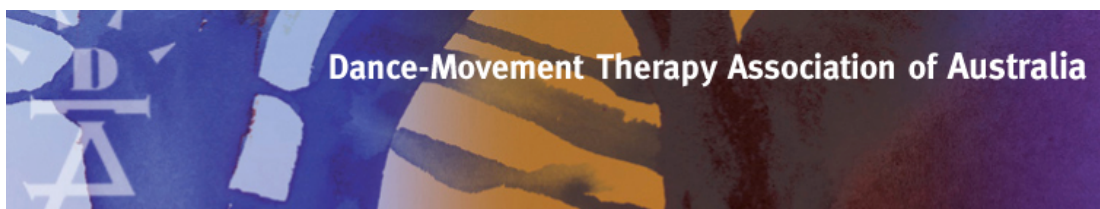
Participation in this workshop allows you to:

- deepen your connection to self, other and the professional community
- identify your own 'learning edge' in your advanced professional development
- experience how natural symbolism can be used to support healing and personal development
- gain ideas for integrating verbal and nonverbal work in your practice
- learn new tools for identifying, drawing out, and reinforcing inner resources
- stay centred and connected to your own power in the face of challenges faced by our profession
- embody a range of movement qualities that can support your attunement with diverse people
- discover how DMT is being incorporated to work in corporate and other non-clinical settings
- explore possible applications of this approach in clinical and non-clinical contexts

**Enquires to: Mandy Agnew - Tel. 9017 7850; Mobile 0437 348 808**

**Email: [rmagnew@bigpond.com](mailto:rmagnew@bigpond.com) Or: [jguthrie@alphalink.com.au](mailto:jguthrie@alphalink.com.au)**

**Dance-Movement Therapy Association of Australia -- Tel. 03 9592 4017  
[dtaa@alphalink.com.au](mailto:dtaa@alphalink.com.au) -- [info@dtaa.org.au](mailto:info@dtaa.org.au) -- [www.dtaa.org.au](http://www.dtaa.org.au)**



***Transcultural Competence –  
Exploring the Body of Culture***

**Workshop led by Sara Boas, RDMT, MA, MCC**

**Monday November 29, 2009**

**9.30 am – 5.00 pm, Dancehouse upstairs,  
150 Princes Street, North Carlton, Melbourne**

This experiential one-day workshop introduces transcultural competence™, inviting you to be engaged in a framework for understanding the knowledge, skills and attitudes that support effective and ethical DMT practice across cultural boundaries. Transcultural competence guides participants into cultural self-awareness, followed by an exploration of cultural 'otherness', finally opening into a felt sense of our common humanity. This tool for transformation is essential for dance movement therapists and designed for people who work with people, so is of value to other therapists, and healthcare workers. Transcultural competence provides support for dancing with the paradox of unity in diversity and is used to guide professional development in a wide range of worldwide settings. In this workshop you will engage with transcultural competence as a tool for your own professional development and be guided on a bodymind journey using movement, imagery, dialogue and reflection. In this journey, you will explore how culture enters into your practice – remembering that 'culture' may be associated with a region, a nation, a people, a profession, a gender, religion, or identification with specific physical or psychological states. Come with a willingness to look at culture both within you and around you, and to enter into the dance of knowing that we are at once 'all different' and 'all one'.

**The workshop is supported by Jos Butté with world music and live drumming.**

Participation in this workshop allows you to:

- extend and refine appreciation of culture and cultural difference
- deepen awareness of the cultural influences shaping your own movement and practice
- gain insight into the key differences between cultures and how these are present in your daily work
- develop ability to sense a situation from multiple points of view
- increase comfort with holding the tension of 'unity in diversity' – both within and between individuals
- adapt movement qualities and verbal communication to meet the other most effectively
- fine tune verbal and non-verbal listening skills
- connect deeply with people whose world view is radically different from your own
- enjoy the calm contentment of being a member of the human family

**Enquires to: Mandy Agnew - Tel. 9017 7850; Mobile 0437 348 808**

**Email: [rmagnew@bigpond.com](mailto:rmagnew@bigpond.com) Or: [jguthrie@alphalink.com.au](mailto:jguthrie@alphalink.com.au)**

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**[dtaa@alphalink.com.au](mailto:dtaa@alphalink.com.au) -- [info@dtaa.org.au](mailto:info@dtaa.org.au) -- [www.dtaa.org.au](http://www.dtaa.org.au)**