



**The DTAA is excited to announce the return of international presenter**

**Sara Boas**

## **Integrating professional skills**

**Sara is back in Australia, offering two one-day experiential workshops which also feature Josselin Butté's live music and percussion  
Don't miss this opportunity!**

**September 14 & 15, 2013**

**Workshops 10am - 5pm. Registration from 9.30am  
at the University of Technology Sydney (UTS) Kuring-gai Sports Centre,  
Eton Rd, Lindfield, Sydney, NSW 2070**

### **Workshop 1 - Saturday September 14**

***Co-Creating the Healing Space: integrating movement, music and words in therapy***

### **Workshop 2 – Sunday September 15**

***Structuring the Unknown: deepening and adapting your group work skills for diverse client populations***



Sara Boas, RDMT, MA, MCC, is an 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 practicing dance movement therapist and specialist in adult development, who throughout her life has studied, taught, practiced 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)

### **Workshop 1 - Saturday September 14**

#### ***Co-Creating the Healing Space: integrating movement, music and words in therapy***

In this one-day experiential workshop, participants will explore ways dance movement, creative arts or body-oriented therapists can work with music, voice and sound to enliven the therapeutic experience. Sara and musician husband Jos Butté will demonstrate how to co-create a vibrant, generative space for clients' healing journeys. Their work draws on the latest advances in psychology, coaching, neuroscience, leadership development and adult education, incorporates timeless rhythms from world music - live in the studio - and draws on diverse wisdom traditions.

Part of the workshop will be dedicated to an investigation of themes drawn from participants' personal professional experience, in a landscape of movement, music and words. Findings will be shared in the debriefing of this experiential, conclusions drawn and translations formed into actions for ongoing personal and professional growth.

### **Workshop 2 Sunday September 15**

#### ***Structuring the Unknown: deepening and adapting your group work skills for diverse client populations***

This experiential one-day workshop is designed specifically to support participants in deepening their group work skills. It draws on the approaches of LIFEdance! and transcultural competence™ (introduced in workshops held in Melbourne in 2009), adapting the relevant content to the needs of individuals, both the therapists and their client populations. The workshop is highly interactive with explorations directed towards how key LIFEdance! skills can be incorporated into practice; i.e. equip therapists to apply as needed at the same time as incorporating the challenge to integrate deep structure with creative spontaneity.

The workshop will allow participants to refresh, deepen and fine tune their personal skills while exploring their strengths and style in group work, while linking them to the essential content drawn from LIFEdance! and transcultural competence™. In the endeavor to meet the individual needs of very diverse client groups, the overall aim is to extend the therapists range of practice, both in terms of professional skill developments and applications.

#### **Both workshops:**

Are planned to support collaborative learning and discovery, and although designed for practicing dance movement therapists, would be of great value to other practitioners of the healing arts, as well as to musicians.

The presenter, with over 25 years of experience in supporting personal and professional growth, uses DMT in combination with other clinical and research approaches and diverse art forms. In these workshops, Sara draws on her rich experience to show how participants may collaborate with a wider range of artists and professionals. Presentations, experiential activities, and dialogue will allow for reflection and engagement in personal practice situations; opportunities will be provided for participants to try out new ways of working in a safe environment, and active experimentation and peer feedback will be included to promote understanding of best practice challenges in therapeutic situations. There is an emphasis on working with sound accompaniment, live musicians, and / or other



artists, and also on how to work collaboratively in professional practice between specialties, art forms and disciplines.

**Registration and workshop details**

**Saturday September 14 and Sunday September 15 - Registration 9.30am for workshop 10 am – 5 pm**

Snacks and hot drinks provided in breaks; BYO Lunch and water. Dress for movement and comfort

See: <http://maps.uts.edu.au/map.cfm> and click on Kuring-Gai Campus tab for maps/public transport directions.

COSTS	DTAA member	DTAA member concession*	Non-member	Non-member concession*
Two days	\$220	\$205	\$270	\$255
One day	\$120	\$105	\$170	\$145

Concession available to full time students, pensioners, and healthcare card holders

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

**For more information, contact Robyn Price, email: [inspchar@tpg.com.au](mailto:inspchar@tpg.com.au) Tel: 0412 585 568**

Or contact [admin@adta.org.au](mailto:admin@adta.org.au)

**To Register: Select our quick and easy on-line Trybooking System on the web at:**

<http://www.trybooking.com/DBFA> [www.trybooking.com/53534](http://www.trybooking.com/53534) or go to web link via [www.dtaa.org.au](http://www.dtaa.org.au)

**Or: Payments can be made via EFT into the DTAA account, or other methods of payment as below. If using any method other than Trybooking, please complete the form below and email or post to the DTAA address. If using EFT be sure to identify yourself by name.**

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

**First name:** ..... **Family name:** .....

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

**Payment Method:** EFT  **Date paid:** .....

**EFT to DTAA, Westpac, Middle Brighton branch BSB: 033 095 Account: 330037**

**Cheque**  **Visa**  **Mastercard**

**Cardholder's Name:** .....

**Signature:**.....

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

**TOTAL PAYMENT:** \$.....

**DTAA, PO Box 641, Carlton South, Melbourne 3053 or Email: saved as Word document, to [admin@dtaa.org.au](mailto:admin@dtaa.org.au)**