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## Introduction to Dance Movement Therapy

### One day professional development workshop

11 am- 5 pm, Saturday 30 June, 2012

Darwin Yoga Space, 12/10 Caryota Court, Coconut Grove.

This experiential workshop will introduce participants to dance movement therapy, a growing professional field that draws on the healing power of movement and the essential interrelationship of 'body' and 'psyche'. Dance movement therapy can be effective for a wide range of concerns including difficulties with attachment, mental health, anxiety, depression, physical and intellectual disability, learning difficulties, social isolation, cultural dislocation, trauma, rehabilitation and relationship issues.

The workshop will provide an opportunity to experience dance-movement therapy processes that:

- enhance awareness, an embodied sense of self that can increase confidence
- improve communication and nurture relationships
- enable profound experiences of growth, healing and transformation
- facilitate self-expression, spontaneity, creativity, and interaction that promote a deepening sense of connection with self and other.

This workshop will be of interest to counsellors, psychotherapists, social workers, healthcare professionals, educators, arts therapists, teachers, dancers and others interested in the potential for growth and healing through dance. It will include experiential dance therapy activities and some writing and drawing.



**Kim Dunphy**, B.A., Grad Dip Movt Dance, M. Ed., Assoc Member DTAA. Kim's work in dance movement therapy has primarily been with people with disabilities and children with special needs. She is co-author of the book *Freedom to Move: movement and dance for people with intellectual disabilities* (Elsevier, 2003). Kim is Vice-President of the Dance-Movement Therapy Association of Australia and has lectured at RMIT, Deakin and Melbourne Universities.



**Sue Mullane**, B. Ed, Grad Dip Special Ed, Grad Dip Movement Dance, M. Ed (dance therapy research), Associate Member DTAA. Sue is an experienced special educator and dance-movement therapist who has worked with a focus on trauma and also disability with adults and children in a variety of settings in NSW and Victoria. Currently Sue is placed as a movement specialist in a special developmental school in Melbourne. Kim and Sue are Directors of movement consultancy *Making Dance Matter*.



**Alex Jordan** is a dance movement therapist and improvised dance practitioner based in Darwin. Alex has facilitated a range of community based dance activities and therapeutic groups around Darwin and the NT over the last eight years. She currently works as a counselor-advocate and dance therapist with Melaleuca Refugee Centre, with children, families and women, with a focus on developing her expertise in working cross-culturally, in the body, to heal trauma.



**Workshop cost:** One day \$120 / \$80 concession.

This event is part of a four day series on dance in community and therapeutic settings.

Concessions available for full-time students, healthcare card holders, others on low incomes such as artists.

**Registration:** <http://www.trybooking.com/BMHP>

**More info:** [www.dtaa.org.au](http://www.dtaa.org.au)

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