

Three linked workshops:

Becoming Human:

Incorporating our personal and social histories in our ever-changing bodies. Nourishing ourselves as caregivers to help others become more effective care-seekers.

Friday 14 February from 2pm – 8pm, Saturday 15 and Sunday 16 February from 10am – 5pm, 2014. The Convent, Dorm 1, Rosina Building - 1 St Helier Street Abbotsford, Melbourne



Penelope Best's extensive practice as a senior dance movement psychotherapist, clinical supervisor, international trainer and researcher supports her continued curiosity about the power of the body within relationship. As President of the European Network for Dance Therapy (2007-2010) she became keenly aware of different views about core elements of therapeutic practice and training. With Dr Beatrice Allegranti, she co-created the first UK accredited DMP supervision training. She is fascinated by the influence of cultural differences and has initiated and mentors professional DMP trainings in Poland and Croatia, established setting for training in Romania and is core tutor in the Netherlands. She is an Honorary Fellow of ADMP UK, Fellow of Higher Education Academy, Visiting Research Fellow at Exeter University, senior consultant to the profession, and maintains both private therapy and supervisory practices while presenting regularly (most recently a Masterclass in Paris, France ECArTE conference). She enjoys facilitating opportunities for

learning, using mixed creative materials and critical reflexivity. Her main area for research is the relational spaces within clinical supervision. Penelope is well known to us in Australia (as Penny) from several visits between 2000 and 2006 followed by 'top ups' in 2012 and 2013 to provide professional development and supervision for Australian dance-movement therapists.

These workshops will explore what our bodies carry each day about familial, cultural, ageing and engendered experiences and how these interplay and come alive within therapeutic interactions. How do we embody our personal and social identities? What has shaped us as care-givers and are we effective care seekers ourselves? Are we appreciative of bodily changes over our lifetime? Since her last workshops in Melbourne in 2013 Penelope has been exploring ways in which generational patterns, embodied gender and culture influence our identities and practices. As the European modernist architect Loos said - 'We are not born human, we become human every day'. Unfolding interactions with our own body, other bodies, cultures and environments shape our becoming human.

As always the workshops make playful use of simple tasks and accessible frameworks to build more complex questions and understandings for practitioners working therapeutically with the body-mind.

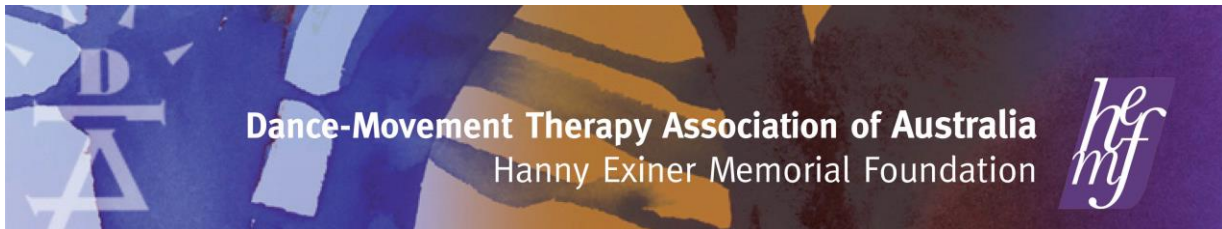
The three workshops are designed to link together, developing themes, concepts and experiential work. It is also possible to attend separately, if you can't make all 3 dates. Penelope advises at least 2 days, so you can benefit from being curious about your own meaning-making mechanisms.

Friday 14 February: Touching upon empathic embodied resonance.

This workshop will develop explorations from 2013 visit, looking at the parameters of touch towards a wider sense of empathic embodied resonance and its role within therapeutic relationships. Contemporary neuroscience supports dance therapy's reliance upon 'intercorporeity' and intersubjectivity. Touch immediately brings two body-minds together and is a cornerstone of development. We will reflect upon our experiences of touch in the here-and-now and look at effects upon our autonomic nervous system, affect regulation, and empathic resonance. To what are we responding when we feel empathic? In what ways can we sense our being present, ready, receptive? In what ways does direct touch help or hinder empathic embodied resonance with another? What challenges our ability to be open and ready as practitioners?

Saturday 15 February: Vitality throughout the life cycle: Care-seeking and care-giving

This workshop will be informed by Una McCluskey's work on attachment theory (post-Bowlby), looking at patterns we hold onto and resources we create. How effective has our own care-seeking been? In what ways has this shaped us as care-givers? Where does our vitality come from? Which moments do we lose our vitality or our capacity to care-give effectively? How might we nourish ourselves, our body-minds and self-care? Body oriented therapy can be particularly draining or overwhelming. When do we freeze or collapse within? We will play with creative genograms and explore personal and cultural



Dance-Movement Therapy Association of Australia
 Hanny Exiner Memorial Foundation



interactional patterns. As professional care-givers it is important to reflect upon our own care seeking stories, our personal created internal and external environments, our sense of safety and wish to share interests with others.

Sunday 16 February: Trust: the intimate dance of relationship

This workshop will be informed by McNiff’s ideas of the therapist making the space safe, so the ‘shadow’ can enter. What generates a feeling of trust? Is it the same for everyone? As practitioners, how can we appreciate clients’ different needs for, or fears of, intimacy? What about our own stories? Do specific genders, ages, ethnicities, or abilities affect us differently? We will explore the concepts of tension-flow, shape-flow, and interactional shaping as a means of generating somatic empathy and trust. Animating aspects of engendered and generational patterns could help increase our curiosity about how these continue to shape us as people and practitioners.



Depending on demand Penny could be available for individual or group supervision on Monday morning the 17 February.

The Convent

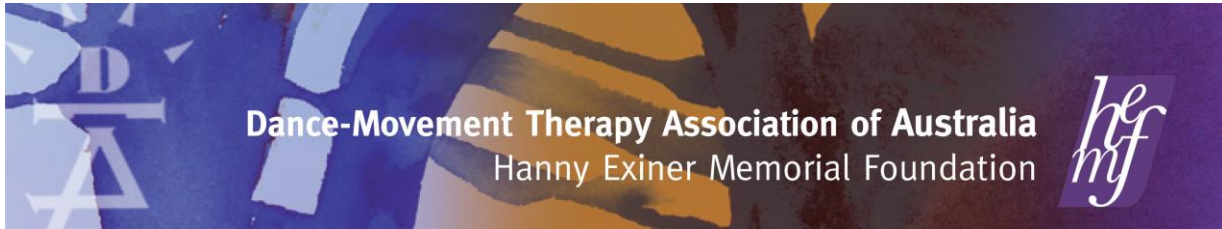
Revitalise and restore yourself at the beautiful Abbotsford Convent where lovely gardens and grounds sweep down to the Yarra River. The setting was enjoyed for thousands of years by the Wurundjeri people, for whom the nearby junction of the Yarra River and Merri Creek was an important meeting point.

Melway reference 44 G5, Parking in St Helier Street
 \$6 (gold coins only)

Registration and workshop details

Friday 14 February from 2pm – 8pm, Saturday 15 and Sunday 16 February from 10am – 5pm, 2014 WORKSHOP FEES

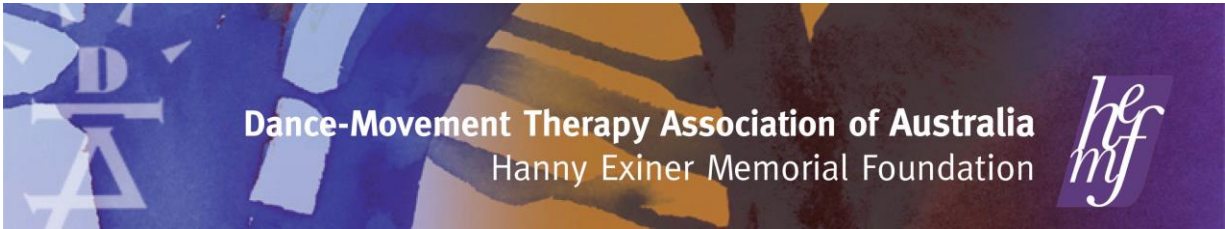
	DTAA member	member concession	Non-member	Non-member concession*
Three days	\$320	\$305	\$370	\$355
Two days	\$230	\$215	\$280	\$265
One day	\$130	\$115	\$180	\$155



Concession available to full time students, pensioners and health care 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. Cost \$55, concession \$44

Please select our quick and easy on-line Trybooking System which will be available soon. <http://www.trybooking.com/56854> or click on the link at www.dtaa.org.au. Or complete this form below and return to: DTAA, PO Box 641, Carlton South, Melbourne 3053 or email to admin@dtaa.org.au



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

First name: Family name:

Phone: E-mail:

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: \$

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