

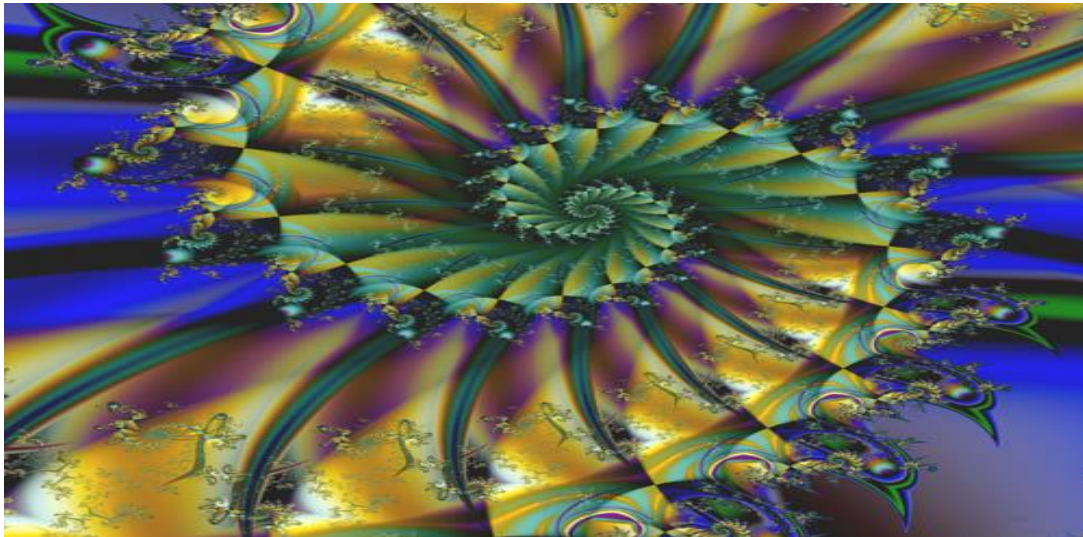


RADICAL FREEDOM: Continuum, Trauma and the Restorative Process

Wednesday 26 until Saturday 1st March, 1pm – 6:30pm daily. Sunday 2 March 10am – 3pm

The Convent, Dorm 1, Rosina Building - 1 St Helier Street
Abbotsford, Melbourne

IT IS EVERY HUMAN BEINGS BIRTHRIGHT TO INHABIT OUR BODIES IN THE WAY WE CHOOSE.



However, many members of our global community are subjected to episodes of violence, abuse, loss, pain and suffering that can severely diminish our full body being and presence.

The demands of life--pressure, speed, stress, noise--our own histories and exposure to traumatic experiences can all impact our fluid nature. In a very real sense, we "lose our beat."

Continuum movement offers us the opportunity to reengage with the fluid nature of our own lives--our tissue, movement, feeling and thought systems, relationships,



communities--and to restore our natural coherence and rhythmicity. This workshop will explore the essential role of Continuum Movement in the restorative process for those who have suffered traumatic, challenging life experiences, or who just feel overwhelmed. We will look deeply at restoring fluidity in tissue, movement, and feeling/psychic states.

We will learn about the nature of trauma and the many ways it impacts those who encounter traumatic experiences, and why some of us (and not all of us) are imprinted by them. We will investigate the relevance of Dr. Stephen Porges *Poly Vagal Theory* and *Social Engagement System*, in our work, practice, and relationships. Current understanding of the brain as illuminated through research on neuroplasticity will also inform our learning.

We will explore Continuum Movement sequences and other movement experiences that have been used in a variety of contexts (from individual work to large scale disaster response). This workshop will prepare participants to use Continuum Movement for self-care (Days 1 and 2), client and group work (Days 3-5).



Amber Gray

Amber is a longtime practitioner of body centered arts and sciences (Somatic Psychology, Life Impressions Bodywork, Dance Movement Therapy, Continuum Movement, energy medicine, cranio-sacral therapy, yoga, and shiatsu), a board-licensed mental health professional, and an advocate of human rights. She is also a *sevito* in the Fran Ginee tradition of Vodou.

Amber is an authorized Continuum Movement Teacher and award winning dance movement therapist. Amber has worked for many years with people whom have survived violation, human rights abuses, and terror. Amber uses Continuum movement as a primary restorative practice in her work and for resilience after injury, illness and chronic stress. Her teaching often combines Continuum with dance movement therapy, somatic psychology, current trauma and neuropsychological research, movement therapy, life impressions bodywork, ritual, and creative arts.



She is currently Director of Restorative Resources Training and Consulting, and its non-profit counterpart, Trauma Resources International. Her work has taken her to Haiti, Indonesia, Kosovo, Rwanda, Central America, Mexico, New Zealand, Croatia, Republic of Georgia, Peru, Norway, Sweden, India, Sudan/Darfur, Lebanon, West Bank, Jordan, Syria, Chad and Australia, where she established and teaches for Continuum Australia.

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

Wednesday the 26th February-Saturday 1st March, 1pm -6:30 daily. Sunday 2nd March from 10am – 3pm.

Costs: Current financial DTAA member \$520; Concession financial member \$500
Non DTAA Member \$570; Concession non - DTAA member \$550

Contact Melanie Keely melaniekeely@bigpond.com 0400 985 929

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
<http://www.trybooking.com/69872>

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

