**The practice of Authentic Movement**

**- a two-day immersion**

*presented by Connor Kelly*

September 7 and 8 2019, 9:30am – 5:00pm

Dancehouse, Upstairs Studio, 150 Princes St, Carlton North VIC 3054

The Dance Movement Therapy Association of Australasia (DTAA) invites dance movement therapists, counsellors, psychotherapists, creative arts therapists, body workers, dancers, and those interested in exploring the use of movement and dance in their work to join us for this two-day immersion into the practice of Authentic Movement. This professional development workshop, facilitated by international presenter Connor Kelly, is suitable for practising and student therapists and practitioners.

**The Practice of Authentic Movement**

Authentic Movement is a simple yet profound process that takes place between a Mover and a Witness. The Mover closes their eyes and follows their inner impulses. Listening deeply to any inner stirrings, the mover brings un/preconscious material, through the body, into consciousness. The Witness sits eyes open and tracks their own experience in relation to the mover, noticing their projections, interpretations and judgements. The Witness holds the consciousness or container, particularly in the beginning. This introductory workshop will include moving and witnessing in collective, using art and journaling to support the process. We will explore the role of mover and witness within the context of dyads, triads as well as the collective forms of the practice, progressing through a developmental sequence.

**The Value of Deep Listening**

The practice of Authentic Movement teaches us to listen to our inner impulses and intuition in a bodily felt way so that we can track our own internal experience. This form of listening adds value to any therapeutic or healing relationship and to so many life experiences.

To develop witness consciousness, we track both internal and external experience (enteroception and exteroception) and learn to contain all our subjective experiences within ourselves. This grows our capacity to be both empathetic and compassionate.

**What to Expect**

On Saturday, Connor will facilitate two rounds of movement: working in dyads in the morning, triads in the afternoon and concluding with a breath circle.

Sunday morning is dedicated to a Long Circle, while in the afternoon we will look at ways to integrate Authentic Movement into your work, and how you might introduce the practice to clients.

**Our Presenter**

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| --- | --- |
|  | Connor Kelly, MA, BC-DMT, LPC, DTAA (Prof DMT), currently works as a Dance Movement Therapist (DMT) in a school setting and with a Circle of Care for cancer survivors. She supervises and mentors DMTs and students in New Zealand (NZ), where she introduced both DMT and Authentic Movement in the early 2000’s. Connor regularly offers retreats in NZ, she currently teaches an online Authentic Movement course with colleague Anne Hurst, and co-created and co-teaches Physical Storytelling with her husband, Dr. Steve Harvey. Connor has experience working with many different client populations including people with disabilities, brain injured adults, frail elderly and children. She teaches and facilitates workshops in many countries including Taiwan and Australia, is on the faculty of The Inspirees Institute in China, teaches yoga and is currently living on the island of GUAM, USA.  |

*Throughout our lives we long to be seen in our wholeness.*

*Daniel Seigel suggests “…not just want to be seen, we want to feel felt.”*

This workshop counts as 12 hours of category A CPD for DTAA members.

**WORKSHOP FEES**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **COST** | **DTAA members\*** | **DTAA member concession\*\*** | **Non-member** | **Non-member concession\*\*** |
| **Two-Day Workshop** | $270 | $240 | $360 | $325 |

\* To qualify for the Members rate, you must be a financial member of the DTAA. Non-members are welcome to join the DTAA on-line: [www.dtaa.org.au](http://www.dtaa.org.au). The cost is $70 for associate members, $65 for general members, and concession is $55.

\*\* **Concession is available only to full time students, pensioners and healthcare card holders.**

**For more information, contact Jane Guthrie via** info@dtaa.org.au **or 0451 924 017.**

**REGISTRATION & PAYMENT**

Use our easy on-line Trybooking System link to register for the workshop/s and make your payment.

Click on <https://www.trybooking.com/BCQEC>

(a registration form is not needed if you are using Trybooking as your method of payment)

**OR**

Register and pay via EFT or by credit card and submit the registration form with payment details (see below).

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**AUTHENTIC MOVEMENT WITH CONNOR KELLY - REGISTRATION FORM / INVOICE** DTAA, ABN: 26 323 204 775

For EFT payments, please complete this form, save as a Word document and email to admin@dtaa.org.au or mail the form to: DTAA, PO Box 641, Carlton South, Melbourne 3053.

**First name: Family name:**

**Phone: Email:**

**Profession:**

**DTAA Mbr □ DTAA Mbr Conc\* □ Non-Mbr □ Non-Mbr Conc\* □**

**Amount Paid: $**

**Date paid: ………….** (DTAA, Westpac, Middle Brighton branch, BSB: 033 095, A/c: 330037)

**REFUND POLICY**

Cancellations must be notified in writing to DTAA by email. Cancellations before 30.8.2019 are eligible for refund, minus a $50 cancellation fee. Cancellations made after this date cannot be refunded, unless in exceptional circumstances. It may, however, be possible to arrange for another person to attend in their place. All refunds will be paid at the conclusion of the event.