**Improvisational techniques to unearth life force and vitality**

**Nana Koch - the ‘Embodied Protégé’**

**returns to further develop**

**Liljan Espenak’s Psychomotor Therapy**

**Including many ways of working with masks, music and diagnostic tests**

**Sat 1st and Sun 2nd February 2020, 9.30am – 5.00pm**

**Abbotsford Convent Melbourne**

**CPD: 12 hours or 6 hours per day**



To ground this work in theory, and for those not present in last year’s workshop, there will initially be a review of the influences on this system, including the work of Mary Wigman, Alfred Adler and Alexander Lowen. Newcomers will receive pre reading for this event which will follow-on from last year’s introduction to Liljan’ Espenaks 3-part system for treatment: diagnosis, restructuring and integration.

The course focus will be primarily on integration and the different ways of stimulating the free expression of emotional content. Concentration will be on the use of improvisational techniques for unearthing life force and vitality that include attention to, among others, images from everyday life, mask work and combined musical and movement choices that lead to emotional connections, expression and catharsis.

The Dance Movement Therapy Association of Australasia (DTAA) is pleased to welcome back Nana Koch to Melbourne. Mentored by Liljan Espenak, a pioneer of dance movement therapy in the USA, she is a leader in her field in carrying Espenak’s legacies forward. Nana**,** Ed.D, BC-DMT, LCAT, NCC, LPC, CMA is a board certified dance movement therapist, licensed creative arts therapist and educator. She studied with Espenak in one of the earliest courses she offered at Flower and Fifth Avenue Hospital/Mental Retardation Clinic. Nana has taught dance/movement training courses based on her work at Kinections in Rochester and in courses in Costa Rica, Mainland China, Hong Kong and India. She is the former coordinator of the Hunter College Dance/Movement Therapy Masters Program. Additionally, she is the former Chair of the ADTA Sub-Committee for Approval of Alternate Route Courses, former chair of ADTA’s Credentials Committee and member of the Approval Committee. More recently she was an Associate Professor at Long Island University, where she was Chairperson of the Department of Health, Physical Education and Movement Science.

This two-day workshop will be suitable for dance movement therapists, psychotherapists, psychologists and creative arts therapists. We strongly encourage applicants take advantage of the 2 days of teaching, but if not possible, the costs of one day are on Trybooking.

**WORKSHOP FEES**

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| --- | --- | --- | --- | --- |
| **COST** | **DTAA member** | **DTAA member concession** | **Non-member** | **Non-member concession** |
| **Two Days** | $290 | $260 | $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).

**For more information, contact Jane Guthrie on** [**info@dtaa.org.au**](mailto:info@dtaa.org.au) **or 0451 924017.**

**REGISTRATION & PAYMENT**

**Register on-line through the Trybooking (preferred):** <https://www.trybooking.com/BHHIT>

OTHER PAYMENT METHODS: direct transfer to account: BSB: 033 095 Account: 330037

Complete and submit this form. Email to [admin@dtaa.org.au](mailto:admin@dtaa.org.au)

First name: \_\_\_\_\_\_\_\_\_\_\_\_\_ Family name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date paid: \_\_\_\_\_\_\_\_\_\_\_\_\_

Reference for payment: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**REFUND POLICY**:

Cancellations must be notified to the DTAA by email. Cancellations up to 2 weeks before the event are eligible for refund, minus a $50 cancellation fee. Cancellations made after this date can be refunded only in exceptional circumstances. But it may be possible to arrange for another person to attend instead. All refunds will be paid at the conclusion of the event.