

**Body memory and the unconscious**

**Presented by Dr Bonnie Meekums from the UK**

**February 8th 2020, 10am-5pm**

Studio G10 & G12, Building 113 (Dance Studies), The University of Auckland

5 Symonds Street (next to the library), Auckland CBD

Open to all qualified and student dance movement therapists and creative arts therapists, and psychotherapists, counsellors and psychologists interested in Dance Movement Therapy.

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This one-day training workshop will address the ways in which our bodies remember feelings and events even when our conscious minds do not. These body memories may manifest in bodily symptoms, eating disorders, anxiety or injuries. They can be explored and worked through, using the principles of movement metaphor and the creative cycle, both inherent in the practice of Dance Movement Psychotherapy as articulated by Bonnie in her book *Dance Movement Therapy: A creative psychotherapeutic approach*.

The program includes movement improvisations in which participants will be invited to remember both positive and less positive experiences of themselves. Whilst they will be encouraged to work with only positive and *mildly* unpleasant memories, it is important that participants have sufficient resilience, and support outside of the workshop. There will be agreed boundaries of confidentiality at the start.

**Learning objectives:**

By the end of the workshop, participants will have:

* Learned how to conduct a short client assessment to elicit positive body memories
* Understood the topic through consideration of case study material
* Explored their own experiences of body memory, through movement improvisation
* Considered how this approach might influence their own practice

A person smiling for the camera

Description automatically generated**About Dr Bonnie Meekums**

Dr Bonnie Meekums, PhD, is one of the pioneers of Dance Movement Psychotherapy in the UK. She has taught both in the UK and in the USA, China, Poland, Latvia and Croatia. Author of two books and many book chapters and peer reviewed journal articles, her 2002 book *Dance Movement Therapy* (Sage) has been influential world-wide. She has also completed two Cochrane Systematic Reviews of evidence for Dance Movement Therapy, relating to depression and dementia. Now semi-retired, she maintains a small private practice in Greater Manchester, UK.

**Fees**

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| **COST (NZD)** | **Full Rate** | **Concession\*\*** |
| **DTAA Member\*** | $130 | $115 |
| **Non-Member** | $200 | $175 |
| **ANZACATA Member\*\*\*** | $150 | $135 |
| **UoA MDMT Student\*\*\*\*** | $85 |  |

\* To qualify for the DTAA Member 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 AU$65 for general and associate members, concession AU$55.

\*\* The Concession rate is available only to full-time students, pensioners and healthcare card holders. You will be asked to provide evidence following your registration.

\*\*\* This rate is applicable to ANZACATA members. If you are a member of both DTAA and ANZACATA, please go to DTAA member rate.

\*\*\*\* This special rate is for students of the Master of Dance Movement Therapy programme at University of Auckland. To qualify for this rate, proof of enrolment is required (student card or letter of acceptance).

**Book now.**

Registrations are now open. To reserve your place book now: <https://www.trybooking.com/nz/book/event?eid=2294&>

If you have any questions, please email [info@dtaa.org.au](mailto:info@dtaa.org.au).

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This event is supported by the University of Auckland - Dance Studies and ANZACATA.