

Cellular Breathing for Dance Movement Therapy

An online presentation from the DTAA Zoom meeting room

Presented by Tracey Nicholson

Sunday July 19, 2020, 5pm - 7pm - AEST

CPD: 2 hours /points, Category A



This workshop presents the fundamentals of working with the breath for Dance Movement Therapists and body-oriented counsellors and psychotherapists.

In these two hours, Tracey will introduce you to the concept of thoracic mobility, the role of breathing in core stability and anxiety states, and the practical application of cellular breathing in movement-based psychotherapy.

Thomas Hanna's awareness of breath is explored in the relationship of breath with pain, injury, movement, mental health and rehabilitation therapy*.

Dance Movement Therapists and body-oriented counsellors and psychotherapists work with clients who may have heightened states of anxiety and stress disorders. Therapists working with somatic movement practices that focus on the breath, can assist clients improve their control and address anxiety states. Increasing thoracic and lumbar spine mobility also helps to increase breath capacity and vitality.

Through movement experientials that focus on breath control, therapists will achieve a greater understanding of how to use somatic breathing in their work with clients.

The workshop is suitable for any Dance Movement Therapist or body-oriented counsellor or psychotherapist looking to enhance their work with clients and to support their own personal well-being. By the end of the workshop, participants will:

- be more aware of their breath and its impact on body sensation;
- be able to identify breathing at a cellular level and the impact breathing has on a client's daily function and potential;
- have more knowledge of how breath patterns contribute to neuromuscular and psychological encoding; and
- how anatomical knowledge of breathing enhances health and relaxation; together with
- knowledge of the healing potential of breath analysis in movement therapy.



Dance Movement Therapy Association of Australasia

The presenter



Tracey Nicholson has worked as a movement educator and Dance Movement Therapist for 30 years and has extensive experience in education. She has worked in mental health and in special education and is also experienced in rehabilitation and dance performance. She has presented at many conferences both in Australia and overseas. In her approach to client management she combines Somatics, Laban Movement Analysis, Movement Therapy and Pilates. More recently, she has been advocating for the benefits of movement and dance in education for students presenting with behavioural problems. Tracey operates a movement therapy centre on the Sunshine Coast of Queensland which includes aspects of dance therapy and other approaches mentioned as well as developmental movement. She is at present a Board member of the DTAA and Convenor of its Training Provider Committee.

See:

*Hanna, T. (1988). Somatics - reawakening the mind's control of movement, flexibility and health. Boston Ma. Da Capo Press.

Please bring: An inflatable ball, or small air-filled ball. or cushion.
Notepaper and pen

We hope that you will join us for this online workshop.

Cost:	DTAA Members \$40	Non – Members \$50
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