



Dance Movement Therapy Association of Australasia

Body as Voice: Restorative Movement Psychotherapy for Survivors of Trauma

A training with international trauma expert

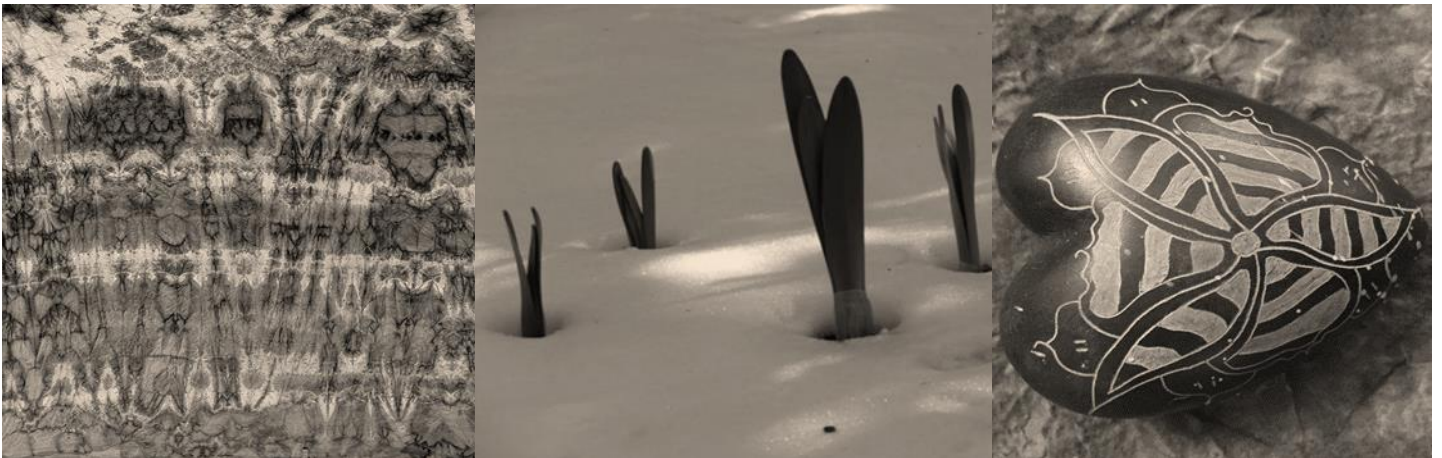
Amber Gray

Part 1: Body mind, beginner's mind
of a 3 Part Workshop Series

Melbourne

Dec Friday 01st to Dec Monday 04th 9.30am – 5:00pm daily

Amber Gray is returning to Australia to offer her unique body, movement and rhythm-based framework for promoting resiliency and processing traumatic experience in clients who are survivors of traumatic life events.



Restorative Movement Psychotherapy (RMP) is a components based framework that promotes embodied presence through structured somatic skills, and verbal and non-verbal processing, to support survivors' restorative process. It has been cited in numerous peer reviewed and academic chapters, and has been taught in Australia, Haiti, Indonesia, Norway, Lebanon and the United States. This comprehensive, embodied, heart-centered approach to working with survivors of trauma—in particular, relational or interpersonal trauma – includes polyvagal-



informed Dance Movement Therapy (DMT), Amber's unique restorative approach based on the Polyvagal Theory. RMP's foundation is DMT and Somatic Psychology; Body Mind Centering, Polyvagal-informed DMT and Continuum, Shape-shifting Trauma-Informed Yoga, and embodied mindfulness all inform the practical application of RMP. Healing processes derived from Ambers ongoing work with mystics in Haiti, Australia and Samiland also inspire the heart of this embodied, humanitarian approach to trauma work.

This 3 part training is based on the facilitators 20 years experience as a Dance Movement Therapist and Somatic Psychotherapist specializing in interpersonal trauma, including torture treatment, refugee mental health, ritual abuse, childhood trauma and human rights violations, in cross cultural contexts. Of note, Part 1 and 2 are currently approved for ADTA Alternate Route (Graduate Level) Training, and Part 3 is in process.

This first part of the training series "Body as Voice: Body Mind, Beginners Mind" is a stand alone course, but is part of the requirements to complete the three part training. It introduces Restorative Movement Psychotherapy and forms the foundation of the program. "Body Mind Beginners Mind" integrating mindfulness-based, movement, dance and creative arts approaches to self care for the practitioners and Phase 1 safety and stabilization practices for working with clients with complex trauma.

Part 2, "Body as Voice: Body Wisdom", will emphasize embodiment of resources with somatic and movement-based processing of trauma narratives, to support connection and meaning making and Part 3 "Body as Voice: The Collective Body", builds on work with the dyadic therapeutic relationship, integrating working with families, groups and communities. It emphasizes integration, wholism and restoration of a sense of belonging.

What students have to say:

"This training transformed my embodied knowledge of trauma, its process and healing trajectory. On top of unpacking important theories, the course is especially thorough in integrating opportunities for experiential understanding. I really appreciated the rich case studies and demos Amber brings into the course, and opportunities to work in smaller groups or dyads to explore therapeutic applications and our own relationship to this work. Perhaps the most powerful for me, Body as Voice helped restore and enhance my own self-compassion and a more authentic presence with others."

"Amber's trauma training has helped bring awareness to the subtleties of movement within me and with others. She offers tools and language to observe human movement and interaction that I have not learned anywhere else. She is passionate about using dance movement therapy to support healing trauma, and her passion is contagious. Amber



Dance Movement Therapy Association of Australasia

cares deeply and is incredibly generous in sharing her vast skill and knowledge. She is sincerely committed to her students.”

The training emphasizes:

- Ongoing cultivation of somatic self-awareness, self-compassion and self-love
- Prevention and mitigation of vicarious trauma
- Dampening arousal in the nervous system, for our clients and ourselves
- Strengthening and deepening the therapeutic relationship
- Enhancing somatic listening skills
- Contact, connection and relatedness through promotion of internal states of calm, playfulness and social engagement
- “State-shifting” to resource through the body, dampen negative affect, restore internal and external connection to positive affect and pleasure
- Integrate breath, body and movement based practices and processes into trauma processing to restore meaning and belonging.



Amber Gray is a licensed mental health professional specialized in working with survivors of trauma, particularly torture, war and human rights abuses. She is an award winning dance movement therapist, who is trained in Somatic Psychology, Somatic Experiencing, EMDR, Trauma Focused Cognitive Behavioral Therapy, Historic Trauma, and Authentic Movement. She is also an Authorized Continuum Movement teacher and an advocate of human rights. Her expertise is represented in many published articles and chapters, keynote addresses, professional collaborations and presentations around the world. Amber has provided clinical training on the integration of refugee mental health, torture treatment and creative arts, mindfulness, and body-based therapies with survivors

and refugees to more than 30 programs worldwide since the late 1990's. She originated a resiliency-based framework and clinical approach (Restorative Movement Psychotherapy) for mind-heart-spirit, somatic, movement and arts-based therapies with survivors of trauma in cross cultural, low resource contexts, and two recent and upcoming chapters, one co-authored with Dr. Stephen Porges, on polyvagal informed dance movement therapy based on their collaboration, and the wisdom of whole body, moving intelligence.

Register your interest with admin@dtaa.org.au

Venue TBA



Costs:

	Member	Member concession	Non-member	Nonmember concession
Before Oct. 31	760.00	700.00	920.00	840.00
From Nov 1.	800.00	740.00	960.00	880.00

Contact Jane Guthrie on admin@dtaa.org.au

If you choose the DTAA member option, you must be a current financial member.

To enroll purchase tickets on-line through Trybooking by clicking on these links:
<https://www.trybooking.com/RUQK> or <https://www.trybooking.com/312738>

Or complete this form below and return to: DTAA, PO Box 641, Carlton South, Melbourne 3053
 or email to admin@dtaa.org.au 0419 531 218

 EVENT REGISTRATION FORM Part 1/ INVOICE DTAA ABN: 26 323 204 775

First name: _____ Family name: _____

Phone: _____ E-mail: _____

EFT to DTAA, Westpac, Middle Brighton branch
 BSB: 033 095 Account: 330037

Cheque Visa Mastercard

Cardholder's Name:Signature:.....

Card number:Expiry date:

TOTAL PAYMENT: \$