



**Body as Voice:
Restorative Movement Psychotherapy
A Training with international trauma expert Amber Gray**

**PART 2
Melbourne April 20th - 23rd 2018!**

Friday 20th & Saturday 21st, Loughnan Hall, 57-65 Coppin Street, Richmond
Sunday 22nd & Monday 23rd, Edinburgh Gardens, Alfred Crescent, Fitzroy North

Please note you must have completed PART 1 to be eligible to participate in PART 2 of this valuable training.

Amber's 3 part training is based on her 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.

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.

More about Amber:



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.

