

**Dance Therapy NZ
in association with ANZATA,CTAA and Whitecliffe College presents**

Restoring Core Rhythmicity

The Art of Play and Social Engagement for Trauma Restorative Movement Psychotherapy with Amber Elizabeth Gray, MPH, MA, BC-DMT, NCC, LPCC

Current neuro-psychiatric research has shown that when someone is traumatized, a majority of traumatic memory is implicit-sensory-motoric and image-based. This research endorses somatic therapies for survivors to fully integrate the past with the present and restore well-being and balance. Movement is the medicine that creates new healing pathways and re-connects survivors to themselves and their lives. This training will support arts therapists, psychologists, dance movement therapists, counsellors and others to work with survivors of trauma (in particular, relational trauma, complex trauma, and trauma secondary to violence) using a variety of very practical, body, movement, rhythm and dance-based approaches. It will benefit all mental health professionals who work with survivors of trauma and wish to integrate body-based and creative arts approaches into their work in individual and group contexts. This workshop will integrate Polyvagal-informed Dance Movement Therapy, a framework for working with rhythmicity co-collaborated by the facilitator with Dr Porges, based on their recent publication Polyvagal-informed Dance Movement Therapy with Children Who Shut Down: Restoring Core Rhythmicity (2017).



**DATE AND TIME: 10th-12th August:
Friday 6-9pm; Saturday & Sunday
10am-5pm**

**VENUE: Whitecliffe College of Arts &
Design 24 Balfour Road, Parnell,
Auckland**

**COST: Two options available: Friday
night only or Friday-Sunday (full
weekend):**

Friday-Sunday (full weekend):

Regular rate: \$325

Early bird: \$280 (paid by 1st July)

CTAA/ANZATA/DTNZ Team: \$225

Whitecliffe MAAT Students: \$190

Friday night only:

Regular rate: \$60

Early bird: \$50 (paid by 1st July)



REGISTRATION: To register please contact DTNZ info@dancetherapy.co.nz or visit the website <http://www.dancetherapy.co.nz/restoringcorerhythmicity>

For more information on the content, contact Amber restorativeresources@gmail.com, www.restorativeresources.net

About Amber Gray

Amber is the 2010 American Dance Therapy Association Outstanding Achievement Award recipient. 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. Amber provides training and consultation nationally and internationally on the application of somatic and creative arts psychotherapies to working with survivors of war, torture, and natural disasters. She is the Director of Restorative Resources Consulting and Training and its non-profit heart, Trauma Resources International, and Executive Director of the Kint Institute.