

# "Body as Voice"

Restorative Movement  
Psychotherapy for Survivors of  
Trauma

With **Amber Gray**

Amber is returning to Europe 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.

This 3-part training is based on the facilitator's 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. Part 1 and 2 are currently approved for ADTA Alternate Route (Graduate Level) Training, and Part 3 is in process.

The training will be held in the beautiful city of Bologna, Italy, easily accessible by air flight from most European cities.



## "The training emphasizes"

- Cultivation of somatic self- awareness, self-compassion and self-care skills
- Prevention and mitigation of vicarious trauma,
- Enhancing somatic listening skills,
- Establishing contact and connection through promotion of internal states-shifting and social engagement,
- "State-shifting" to resource through the body,
- Restore internal and external connection to positive affect and pleasure,
- Integrate breath, body, movement and rhythm based practices and processes into trauma processing to restore meaning and belonging.

**Centro Yoga Om**

**Castellata 10/A  
Bologna, Italy**

<http://www.centroyogaom.it/>

<http://restorativeresources.net/>

## What participants says

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

## **Registration/Booking**

**Amber Gray**

[restorativeresources@gmail.com](mailto:restorativeresources@gmail.com)

## **Contact & information**

**Jane Okondo**

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# Amber Gray

*Amber is a pioneer in the use of Dance Movement Therapy, Somatic Psychology and Continuum with survivors of trauma, particularly torture, war and human rights abuses. Amber's 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.*

*Amber directs Restorative Resources Training & Consulting, which regularly works with I/NGO's and Government Agencies on issues related to Refugee Mental Health and Torture Treatment. She is Executive Director of The Kint Institute Certificate Program in The Arts and Trauma Treatment.*



## “Body as Voice” modules & dates

### Part 1: “Body as Voice: Body Mind, Beginners Mind”

The first part of the training series, which is a stand-alone course and also required to take Parts 2 and 3, introduces Restorative Movement Psychotherapy and forms the foundation of the program. “Body Mind Beginners Mind” integrates 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. **22-25 February 2018**

### Part 2: “Body as Voice: Body Wisdom”

The second part of the training emphasizes embodiment of resources with somatic and movement-based processing of trauma narratives, to support connection and meaning making. Polyvagal informed DMT, co-developed by the instructor and Dr. Porges, is introduced in Part 2. We work with embodying truth and storytelling through potent gestures

and movement narratives. The dyadic, client-therapist relationship and restorative process are focuses of this section. **21-24 June 2018**

### Part 3: “Body as Voice: The Collective Body”

Building on and continuing work with the dyadic therapeutic relationship, we integrate working with families, groups and communities. This group- focused class emphasizes integration, wholism and restoration of a sense of belonging. Polyvagal informed DMT is elaborated, and based on the group composition, working with everything from group therapy to large-scale disaster and complex humanitarian emergency responses are optional topics. This class serves as an integration and closure for the cohort. **16-19 November 2018**

**Training fees: 650€ per module**

**Early bird for part 1 only 560€ before 30/10/2017**

**Full training: 1800 €**

