



Easing the Pain *with Amber Gray* 2 DAY WORKSHOP

Amber Gray is an internationally known expert on somatic approaches to working with survivors of torture and trauma in cross-cultural contexts of displacement and settlement.

DAY ONE: Introduces principles and concepts for working somatically with survivors. Drawing from the theoretical knowledge base and practitioner case material, physical and psychosocial practitioners will be provided with a foundation for how to work with the mind, body, soul connection.

DAY TWO: Physical and psychosocial practitioners will extend their ability to use somatic approaches, with opportunities to develop skills collaboratively while learning from a world leader in the field.

CONTENT INCLUDES:

- Basic premises of somatic psychology
- Overview of somatic practices
- Relationship between developmental progression and pain
- Physiological state shifts
- Self compassion
- Mobilisation practices
- Belonging as a clinical outcome
- Introduction to Polyvagal theory
- Applying somatic approaches with your clients
- Case presentations and discussions



DATES

4 & 5 May 2017

TIME

9.30 am - 4.30 pm

COST

\$380 per person

Morning Tea, Lunch & Afternoon Tea Included

Places are strictly limited.

VENUE

Foundation House
4 Gardiner Street, Brunswick

SUITABLE FOR

Both physical and psychosocial practitioners working with survivors of torture and trauma, eg. counsellors, physiotherapists, nurses, psychologists, GPs and others who work in clinical and counselling roles with people who have experienced severe psychological trauma and physical injuries.

Easing the Pain was offered in 2016 & was very well received. Feedback indicated participants particularly valued Amber's considerable experience and the way the experiential nature of the workshop connected to foundations in theory & research.

GENERAL ENQUIRIES

03 9389 8965 or
pdregistrations@foundationhouse.org.au

TO REGISTER visit <http://learn.foundationhouse.org.au/>

BOOKINGS ARE ESSENTIAL