

BODY AS VOICE

Restorative Movement Psychotherapy for Survivors of Trauma

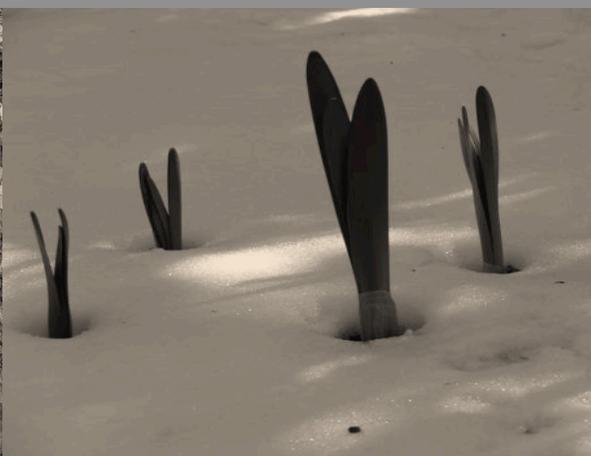
3 PART WORKSHOP SERIES by Amber E. Gray

PART 1: BODY MIND, BEGINNER'S MIND

January 19-22, 2018, 9 – 5:30 each day in Santa Fe, NM

PRICING & CEU CREDIT INFORMATION

This course offers CEU and/or 2 credits for the ADTA alternate route in DMT. Registration rates vary. See registration page, or email Amber, for details (links below).



RESTORATIVE MOVEMENT PSYCHOTHERAPY

RMP is a components based framework that promotes embodied presence through structured somatic skills, and verbal & non-verbal processing, to support survivors' restorative process. It has been cited in numerous peer reviewed and academic chapters, & has been taught in Australia, Haiti, Indonesia, Norway, Lebanon & 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; Somatic Psychology; Body Mind Centering, Polyvagal-informed DMT and Continuum, Shape-shifting Trauma-Informed Yoga, & embodied mindfulness also inform the practical application of RMP. Healing processes derived from Amber's ongoing work with mystics in Haiti, Australia & Samiland also inspire this embodied, humanitarian approach to trauma work.

THIS WORKSHOP ...

is a stand-alone course &/or a pre-requisite for Parts 2 & 3 of the series. It introduces RMP & the foundation of the program, integrating mindfulness-based, movement, dance & creative arts approaches to self care for practitioners & Phase 1 safety & stabilization practices for working with clients with complex trauma.



ABOUT AMBER E. GRAY



Amber is a pioneer using DMT, Somatic Psychology & Continuum with survivors of trauma, particularly torture, war and human rights abuses, in clinical & field-based contexts. Her expertise is represented in many published articles & chapters, keynote addresses, professional collaborations & presentations globally for 20+ years.