

**FIRST
AID
ARTS**

**MAY
17-18**

TRAUMA AND THE MOVING BODY

A 2-DAY TRAINING WITH

AMBER ELIZABETH GRAY

This playshop provides participants with a practical introduction and overview to using body, dance and movement-based therapy in work with survivors of trauma, as well as for our own resilience and well-being.

This course is suitable for mental health professionals, somatic or movement practitioners, or any helping professional interested in using expressive arts methods for working with trauma. No experience in Dance Movement Therapy or Somatic Psychotherapy is required. This course has been approved for 2 credits of ADTA Alternate Route and 13 CE credits for mental health through RCassidy.

SPACE IS LIMITED • REGISTER TODAY!

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