

# Trauma and the Moving Body: A Dance / Movement Therapy Approach

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**This course provides theoretical, scientific and contemplative rationale for the use of dance movement therapy with traumatized clients and as a restorative measure of protection, self-care and increased compassion.**

This workshop provides a practical introduction and overview to the use of empathy, contemplative practices and physical activity in DMT work with survivors of trauma as well as for our own resilience and well-being.

**3 Sessions, 15 hours** - \$325 until Nov 15 / \$350 after

Friday, November 22, 7:00pm – 10:00pm

Saturday, November 23, 2:00pm – 8:00pm

Sunday, November 24, 2:00pm – 8:00pm

Register Here: <https://www.92y.org/class/trauma-and-the-moving-body>

Contact: 212.415.5555 or [achapman@92y.org](mailto:achapman@92y.org)

This course is fully approved by the ADTA for Alternate Route credit for R-DMT and eligible for ADTA CE hours. For further information about the ADTA, visit [www.adta.org](http://www.adta.org).