

RESTORING OUR CORE:

A TRAUMA INFORMED APPROACH TO BODY, MOVEMENT AND DANCE-BASED THERAPIES

WITH AMBER GRAY, PH.D, MPH, MA, LPCC, BC-DMT



In this 5 day intensive workshop, participants will learn non-verbal practices to restore well-being and balance for their clients and for themselves. Through a variety of breath, body, movement, dance and rhythm based approaches, participants will learn to access and utilize the body to heal and restore balance. This highly experiential workshop will prepare you to integrate movement, body, dance, creative arts-based therapies and “polyvagal play-labs” into your work with survivors of trauma.

Amber Gray, Ph.D, MPH, MA, LPCC, BC-DMT is a pioneer in the use of Dance Movement Therapy with survivors of trauma. Amber has provided clinical training internationally. She originated a resiliency-based framework and clinical approach (Restorative Movement Psychotherapy) for somatic, mindfulness, movement and arts-based therapies with survivors of trauma in cross cultural, low resource contexts.



NOVEMBER 7-11

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FOR MORE INFORMATION AND TO REGISTER, PLEASE CONTACT:

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