

## **Advanced workshop** for DHHS funded Sexual Assault Workers

### **Trauma and the Moving body – Movement Therapy for Sexual Assault Survivors**

**Presenter:** Amber Gray

*Board certified Dance Movement Therapist, authorized Continuum Teacher and psychotherapist*

Amber is one of the featured clinicians in Dr. Stephen Porges' recent publication.

Gray, A. (2018). Roots, rhythm, reciprocity: Polyvagal-informed dance movement therapy for survivors of trauma. In S. W. Porges & D. Dana (Eds.), *Clinical applications of the polyvagal theory* (34-49). New York, NY: W.W. Norton & Company.

*Exposure to traumatic events can imprint our bodies, minds and spirits with the fear and terror of past memories. Current neuro-psychiatric research has shown that when someone is traumatized, a majority of traumatic memory is implicit— or sensory-motoric and image-based. Many of the researchers endorse the use of non-verbal therapies for survivors to fully integrate the past with the present and restore well-being and balance.*

**Dates:** April 21<sup>st</sup> & 22<sup>nd</sup>, 2020

**From:** 9.30am – 4.30pm

**At:** Queen Victoria Women's Centre  
210 Lonsdale St.

### **Workshop Objectives**

- Increase somatic self-awareness
- Increase familiarity with body-based approaches to self compassion and mitigation of vicarious trauma
- Discover somatic methods for strengthening and deepening the reciprocal alliance
- Enhance somatic listening skills
- Describe the primary portals to embodiment of Restorative Movement Psychotherapy and Polyvagal-informed DMT and their relationship to self and co-regulation.
- Explore “State-shifting” to resource through the body
- Gain familiarity with ways to integrate breath, body and movement based practices and processes into trauma processing to restore meaning and belonging
- Acquire at least 6 dance, body, movement, creative art or sound based stabilization methods to self and co-regulate in work with survivors of trauma.

**To register for this workshop** - please complete the registration process at tri booking: -

<https://www.trybooking.com/BGMNR>

**For more information about this workshop please contact**

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