

Event Title: Spiralling Inward: Interoception as a Dance and Somatic Movement Therapy Practice and Process



Event Details:

Date:	Sunday, 27 September 2020			
Time:	9.30am to 12.30pm			
CPD:	3 Hours/Points, Category A			
Venue:	An online workshop by Zoom Webinar			
Open to:	All qualified and student Dance Movement Therapists, and Body-oriented psychotherapists, counsellors and psychologists interested in the practice of dance movement therapy.			
Hosted by:	Dr. Amber Gray			
Event Cost:	\$60.00 DTAA Member* \$75.00 Non-Member			
Zoom Details:	Zoom link and details will be emailed approximately 2 days prior to the event. The Zoom room will open-up 15 mins before the starting time so participants can arrange themselves and or adjust the position of their screens.			
Event Registration:	Registrations are now open. To book your place, click the Trybooking link below. https://www.trybooking.com/BLDNT			
Event Contacts:	<table><tr><td>Jane Guthrie info@dtaa.org.au 0451 924 017</td><td>Robyn Price inspchar@tpg.com.au 0412 585 568</td><td>DTAA Administration admin@dtaa.org.au 0419 531 218</td></tr></table>	Jane Guthrie info@dtaa.org.au 0451 924 017	Robyn Price inspchar@tpg.com.au 0412 585 568	DTAA Administration admin@dtaa.org.au 0419 531 218
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Please Note:	*To qualify for the DTAA Member Rate you must be a financial member of the DTAA. Non-Members are welcome to join the DTAA on-line: www.dtaa.org.au Please note, there is no Concession Rate for this event.			

Spiralling Inward: Interoception as a Dance and Somatic Movement Therapy Practice and Process

Sunday 27 September, 2020

Introduction:

Dance movement therapy's power lies in many aspects of the mind-body connection. As a psychotherapy, its unique emphasis on bridging the implicit and the explicit, the internal and external, makes it uniquely positioned to support clients enduring the effects of stress, uncertainty and trauma, and for our own embodied self-care.

This 3-hour workshop will combine science, spirit and experiential processes to refine and enhance our interoceptive abilities, a radical act of micro-empowerment. Micro-empowerments, a polyvagal-informed DMT principle and practice, are essential to restoring agency and relative safety for survivors of trauma. Likewise, therapists micro-empowerment practice promotes resiliency to counter burn-out and vicarious trauma.

Learning Objectives:

By the end of this workshop, participants will have:

1. An appreciation of the spine as a pathway of interoception from scientific and spiritual perspectives.
2. An understanding of micro-empowerments, relative safety and interoception as core components of polyvagal-informed DMT
3. Creative 'tools' to bridge the implicit with the explicit for our own self tending

All you need:

Amber recommends that you create a comfortable space where you can move freely, have access to a comfortable chair to sit on, or a mat or blankets for the floor. Bring water and snacks, dress in comfortable clothes and have a notepad and writing materials handy if you need to. Also, if you can bring some play- do for sculpting or something else that you can create shapes with.

About Our Host:



Dr. Amber Elizabeth Gray is an award-winning dance movement therapist, an authorized continuum teacher, a hatha yoga teacher and long-time student and teacher of Haitian sacred dance.

Her expertise is in working with survivors of traumatic life experiences and human rights abuses. She is considered a pioneer in the integration of somatic psychology and dance/movement therapy with survivors of torture, war and combat.

Book Now!

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

Registrations Close 5.00pm Thursday 24 September, 2020