

Polyvagal-Informed Moving Therapies for Trauma



Saturday March 2nd, 10am - 4pm
Address TBA

Workshop cost \$180 per person
Limited capacity! (20 pax)

1 DAY INTRO TO A SURVIVOR-CENTERED POLYVAGAL-INFORMED APPROACH TO MOVEMENT THERAPY

This is a 1 day introduction to a survivor-centered polyvagal-informed approach to movement therapy.

Dr. Amber Elizabeth Gray offers a theoretical, neurophysiological, contemplative approach to movement therapy with survivors of trauma. This course covers both basic theory and practical strategies to integrate into clinical practice. Based on her concept of Reciprocal Alliance, this course will cover primary and blended states from Polyvagal Theory, and provides participants with foundational skills to promote state-shifting in service of client empowerment and healing.

We will learn 3-5 polyvagal-informed somatic strategies to enhance self and co-regulation capacities in self and clients.

ABOUT AMBER

Dr. Amber Elizabeth Gray (US) is a trailblazing human rights psychotherapist, innovative movement artist, award-winning dance/movement therapist, master trainer, educator, Continuum teacher, and public health professional.

She serves on the Editorial Board of the Polyvagal Institute and has pioneered Polyvagal-Informed Somatic Therapies, drawing from 25 years of deep engagement with Polyvagal Theory. Her groundbreaking work with survivors of torture and trauma has led to transformative approaches.

It is a great privilege to have Amber visiting us in the Top End!

