

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

## **Regulating through the Body: Practices to Comfort, Ground and Stabilize**

**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, and 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.**

Regulating through the Body is a straightforward, practical class offering embodied, movement-based approaches to promote self regulation when a vastly evolving reality undermines our ability to be present. Experiencing fear, worry, anxiety, overwhelm, depression, stress etc. is a normal response to a rapidly changing situation in which lives are threatened. The situation *we are all in* can trigger our client's traumatic histories and reactivity. The practices shared in this class will support participants to self regulate and find more ease and support through the grounded wisdom of our body. All practices support self care and self compassion for practitioners and therapists, and stabilization through state-shifting for clients. Practices are grounded in Continuum, Dance/Movement Therapy, Somatic Psychology, Polyvagal Theory, and Amber's extensive field experience.

**Date:** *Wednesday April 29<sup>th</sup>, 2020*

**From:** *10.00 am – 12pm*

**At:** *Webinar*

### **Workshop Objectives**

- Increase somatic self-awareness
- Increase familiarity with body-based approaches for self regulation to navigate stress, uncertainty and fear
- Describe the reciprocal relationship of self-regulation 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 to assist clients to stabilize and stay connected
- Acquire at least 4 dance, body, movement 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**

Sarah McGregor, Training Co-ordinator,

Statewide Sexual Assault Workforce Development

email [sarah.mcgregor@monashhealth.org](mailto:sarah.mcgregor@monashhealth.org) or phone 99288741 Mon- wed