

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

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

*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:** February 26<sup>th</sup> & 27<sup>th</sup> 2019

**From:** 9.30am – 4.30pm

**At:** Multicultural Hub  
506 Elizabeth St  
Green Room

### **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 - fax registrations forms to 99288749 or email**  
[Secasa@monashhealth.org](mailto:Secasa@monashhealth.org)

**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



**CASA Forum**  
Victorian Centres Against Sexual Assault Inc

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

# Registration Slip

Statewide Sexual Assault  
Workforce Development

### **Advanced Workshop**

## **Trauma and the Moving Body: A Dance Movement Therapy Approach for Clients and Therapists**

**February 26<sup>th</sup> & 27<sup>th</sup> 2019**

Name: \_\_\_\_\_

Agency: \_\_\_\_\_

Position \_\_\_\_\_

Phone No: \_\_\_\_\_

Email: \_\_\_\_\_

Date \_\_\_\_\_

**Please complete this Registration Slip and return to SECASA  
Fax 9928.8749 or Secasa@monashhealth.org**