

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 21st & 22nd, 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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Statewide Sexual Assault Workforce Development

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