

The Center Post Trauma & Resiliency Training Program

Additional Course Descriptions

Creative Therapies for Children

This course will demonstrate somatic and creative arts based interventions for working with children. A primary focus of this class will be working with traumatized children in the 5-12 age range; younger children and adolescents will be referenced. Theories of child development, somatic traumatology, dance/movement therapy and current research on trauma and children will serve as the foundation of this course. Using video footage and participating in experiential activities, participants will learn several clinical interventions that can be applied in individual, group and community based settings.

Movement Mystorium

This experiential workshop integrates Dance Movement Therapy, Continuum, Ecopsychology, Earth and rhythm based rituals into a series of movement practices that can be applied to clinical practice, or used solely for personal rejuvenation and restoration. Material presented in this workshop will draw heavily from Vaudu and other Shamanically rooted movement and rhythm-based traditions. This is an excellent self-care workshop. The use of ritual in relationship to trauma work will be presented.

Introduction to Authentic Movement: The Witness in Healing and Action

This workshop will teach the theoretical and applied principles of Authentic Movement, a profound form of Dance Movement Therapy. In particular, the witness function will be emphasized as both a personal and a clinical listening practice. Working with survivors of severe forms of interpersonal trauma - a primary emphasis of this class- requires a strong and embodied capacity to witness, and this class will offer readings, presentations and practice opportunities to develop and deepen this capacity.

Introduction to Continuum as Self-Care and Embodied Practice

Continuum, a movement form pioneered by Emilie Conrad, that increases mobile flexibility, motility, well-being, creativity, innovation, adaptability and vitality on many levels. Continuum is perhaps the most sophisticated and integrated of somatic practices, as its practice requires a strong relationship to the body as the site of all human experience. It is highly recommended for all interested in deepening their relationship to their body for personal or professional practice, and is very relevant to work with trauma survivors.

Prop Shop: A Workshop on Balls, Bands and Boards

This course will introduce the use of various therapeutic props, such as therapy balls, stretch bands, tuning boards, and other props specific to work with survivors for trauma (although the interventions will be applicable to other populations). The use of props facilitates physical release, posture and alignment, and stimulates sensory, functional and spatial experience. This workshop will be highly experiential and will be based on the

instructor's use of props to support the restorative process in multiple clinical and international settings following individual and mass trauma.

Roots, Rhythm, Ritual

A vast majority of survivors of trauma (in particular war, communal trauma, and organized violence) are not accustomed to that traditional western psychological model of healing. Dance Movement Therapy, a psychotherapeutic modality that relies on movement as a primary and universal language, is a powerful medium to access the traumatic memories that are primarily sensate or image based, and to restore resiliency to the frozen, fixated experience of post-traumatic response. This course will demonstrate through theoretical introduction, case material and experiential activity, the use of rhythmic activities to support the recovery process for adult and child survivors based on actual work in several conflict-ridden areas of the world and will impart clinical skills rooted in rhythm and movement based practices from various cultures and traditions.

Tending the Helper's Fire: Mitigating Secondary Trauma in Individuals and Organizations

This playshop supports clinicians, first responders, healers, artists, humanitarian workers who are exposed to trauma through their work and/or creative explorations. Integrating theory, science, group activities and process and body-based practices, participants will gain an understanding of the consequences of work in high stress, dangerous and/or challenging environments where exposure to traumatic events is likely. This playshop is also excellent for those who work with traumatized populations in clinical settings. The format of this playshop is interactive, participatory and dynamic.

Bone, Breath, Gesture

This course integrates fundamentals and theoretical underpinnings of dance movement therapy and somatic psychology with movement and gesture interventions that anyone can adapt to his/her clinical practice. Movement is the language of the body, and is a primary language for everyone, everywhere. Gesture can support non-verbal phrasing of both challenging traumatic memories and more benign body memories. Breath can support re-organization of the nervous system following high stress or traumatic experience. Combining theory, science and simple, practical movement-based interventions, we will re-weave our stories of trauma and strength.