

The Body as Voice

3 Day Workshop with Amber Gray

Kinesthetic & Non-verbal Approaches to Working With Severe Trauma

This three day workshop will balance theory with experiential learning to introduce participants to The Center Post Framework (CPF) for Mind-Body psychotherapy, a model that integrates Somatic Psychology, Dance Movement therapy, and other somatic and creative arts modalities into the healing, or restorative, process with survivors of extreme trauma. CPF is built on years of clinical and program experience with survivors of torture from many areas and cultures who reside in second or third countries as asylums or refugees, or, who are still living in their home communities under stressful and insecure conditions. It is a components based, phasic and developmental framework that specifically addresses and honors the complexities of working across diverse cultures, and the impact that the long term trauma secondary to human rights abuses has on survivors life experience.

Amber Elizabeth Lynn Gray, MPH, MA, ADTR, NCC, LPCC, provides training and consultation nationally and internationally on the application of somatic psychotherapy and dance movement therapy to working with survivors of severe, interpersonal trauma. She has almost twenty years experience in human service and working with displaced people, refugees, and survivors of torture and other human rights abuses. She has taken her work to Indonesia, Haiti, Kosovo, India, Croatia, Norway, Sweden, New Zealand, and most recently to New Mexico and Haiti. Here she worked as Co-Director of the Alliance for Children with Traumatic Stress and Director of The Program for Victims of Organized Violence and Torture in Haiti. Her expertise is in the development of individual and community based treatment models for trauma recovery that reinforce individual and communal resilience, including kinesthetic, non-verbal, approaches to working with severe trauma.

Workshop participants will be able to begin accessing the body as a powerful resource in literally "moving through" trauma through understanding scientific and research based trauma theory and its connection to the inherent wisdom of the body, Participants in this workshop will learn the importance of "resourcing" as a way to facilitate recovery from severe trauma. In addition, the importance of culture as both a resource and a paradigm to guide somatic and expressive arts interventions will be highlighted. This workshop will begin to prepare participants to integrate the strength-based CPF into their clinical practice with survivors of severe trauma and humans rights abuses in order to facilitate the restorative process.

Dates: 28 February, 1 and 2 March 2007

Time: 9.00am - 5.00pm

Venue: STARTTS, Large Group Room, 152-168 The Horsley Drive, CARRAMAR NSW 2163 (**STARTTS Map is included**)

Cost: \$300 (early bird before 9 February) \$350 thereafter

Students (ID card required): \$150 (early bird before 9 February) \$175 thereafter

For further information and booking Phone: 02 9794 1900 Fax: 02 9794 1910

Registrations

You can register by calling STARTTS (NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors) Reception on: **02 9794 1900** or Email: **Jacqueline.Donoso@swsahs.nsw.gov.au** or by Fax (the Registration Form) on **02 9794 1910** or Mail (see detail below)

Cost: \$300 (early bird until 9 February 2007) \$350 (thereafter) (includes GST)

Name: _____ Total: \$ _____

Address: _____

Tel.: _____ Fax: _____ Email: _____

Profession: _____ Agency/Org: _____

Payment Details

Please make cheque or money order out to 'Friends of STARTTS' and forward together with the registration form to: **STARTTS, PO Box 203, Fairfield NSW 2165**

A letter of confirmation and receipt will be forwarded to the course participants upon payment. No refund will be issued for cancellations made less than 7 days before the workshop date.

Workshop Outline

Day 1

Theoretical Foundations of Body-based and Creative Arts Therapies
Clinical Considerations in work with Survivors
The Center Post Framework (CPF)
Stabilization and Self- Care

Day 2

Resourcing as a Clinical Tool
Culture as Resource
The Developmental Framework of CPF: Working with Yield and Push
The Primary Portals to the Body

Day 3

The Primary Portals (continued)
The Developmental Framework of CPF: Working with Yield and Push (continued)
Practical Application/Clinical Skills

Possible: Group Interventions

Optional: Case Reviews



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for the Treatment
and Rehabilitation
of Torture and
Trauma Survivors**

