



The Post-Graduate Center
Institute for Graduate Clinical Psychology
Widener University
 www.postgraduatecenter.org

Cultivating Ideas.

Spring 2012 Workshops

Continuing Education Workshops



The Wisdom of the Body: Body-Based Approaches in Psychotherapy

Sara Moore-Hines, LPC, NCC, MCAT, BD-DMT

Friday, March 30th, 2012 9:00am-12:00pm

University Center | Webb Room

CSA Elective | 3 CE Credits (**MUST ATTEND AFTERNOON WORKSHOP TO RECEIVE ELECTIVE CREDIT for CSA CERTIFICATE**)

To Register: www.widenerconferences.com



Workshop Description

"It is the body that often becomes the battleground thru which the trauma gets re-enacted ... PTSD symptoms can be observed in the body" (Bessel Van der Kolk, MD)

Mental health experts increasingly realize that trauma survivors have experienced trauma to both their minds and bodies. Thus, it is essential that treatment approaches for trauma include an understanding of the role of the body. This is an interesting era to be a clinician, since there is currently professional cross-pollination taking place among multiple disciplines, including psychology, neuroscience, and the arts.

In this context, Sara Moore-Hines shares perspectives on the Mind/Body connection as it applies to both trauma, developmental, and attachment treatment issues. She introduces concepts of dance/movement therapy, one of the creative arts therapies, by focusing on theory, movement assessment, and movement-based interventions. Moore-Hines pulls insight from additional body-based traditions such as Sensorimotor Psychotherapy, Tai Chi, and Breema Bodywork.

This thought-provoking work will provide useful body-based ideas and clinical strategies for professionals. It will appeal to those who have an interest in learning about integrated mind-body approaches. This workshop will be both didactic and experiential. Please note that the 'Movement Experientials' are encouraged but are optional and require no prior experience.

This workshop applies as an elective for the Child Sexual Abuse Certificate Program.* Participants do not need to be enrolled in a certificate program to attend these workshops..



Objectives

Participation in this workshop will enable you to:

- Identify aspects of the origins and development of the profession of Dance/Movement Therapy (D/MT)
- Describe aspects of D/MT theory, movement assessment, and intervention approaches
- Increased understanding of the neurological underpinnings of D/MT, in the context of trauma and attachment issues
- Engage in (or choose to witness) selected Movement Experientials to increase their awareness of how the body and movement approaches benefit them as well as their clients

3 CE credits will be offered to participants completing post-workshop forms. Widener University, The Institute for Graduate Clinical Psychology, is approved by the American Psychological Association to offer continuing education for psychologists. Widener University maintains responsibility for the program. Widener University, The Center for Social Work Education, is approved by the Pennsylvania State Board of Social Work Examiners to offer continuing education for social workers.

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