



'The Dance of Trauma: Realising the Body's Wisdom'

Integrating Body Focused Psychotherapy Approaches when working with Trauma.

February 26th, 2011

National Council for Voluntary Organisation London N1 9RL

"Responses to trauma result not simply from the experience of fear and helplessness but from how our bodies interpret those experiences." – Rachel Yehuda

The workshop will begin with an overview aimed at integrating body focused psychotherapy approaches and will include didactic and experiential learning. Some aspects you will be invited to explore are -

- Body focused approaches to working with Trauma and neuroscience
- An overview of a Sensorimotor psychotherapy approach to Trauma:
- Movement Continuum, mindfulness, mindful movement and meditation:
- Body structure & somatic development in relation to attachment and early relational environment – developmental trauma's encoding on the body
- Vicarious Trauma and trauma counter – transference
- Transpersonal and spirituality when working with Trauma

"Those times when we are grounded in our body, pure in our heart, clear in our mind, rooted in our soul and suffused with the spirit of life – those times are our birthright." – Gabrielle Roth

Please wear comfortable clothes as you will be encouraged to move.

Helen-Jane Ridgeway is a UKCP registered integrative Psychotherapist. She has a particular interest in the integration of a sensorimotor and body focused approaches when working with trauma. Her previous professional career in dance, performing arts, choreography and dance education, teaching in the UK and Europe, has afforded her a special interest understanding of the mind/body relationship. She has private practices in the South West & West London areas, providing psychotherapy, coaching, clinical supervision, group therapy and organisational consulting as well as providing specialist expertise in working with trauma. She teaches at various institutes such as Metanoia, Holloway University and Regents College. As Managing director of 'Phoenix Lifeskills Ltd' she provides consultation, workshops and 'in-house' training programmes in the UK and Europe.