



# **The Dance of Trauma**

## **Working with Clients with Trauma & as Therapists**

### **Managing Vicarious Trauma Using Body Focused Approaches, Movement and Breath Work**

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National Council for Voluntary Organisation London N1 9RL

*Words cannot integrate the disorganized sensations and action patterns that come from the core imprint of trauma. Van der Kolk 2004*

Using the above premise we will explore the narrative of the body and supporting the body to complete any action tendencies that were impaired or unavailable at the time of the trauma. We will focus on body-centered interventions that directly address the neurobiological effects of trauma and re-educate clients to understand what is happening in the here and now.

As therapists we need to be physically resourced and pay constant care to our own 'Window of Tolerance', and actively help ourselves to provide the essential skills we need to support healthy bodies, nervous systems and health in our lives. This workshop aims to bring some of these essential skills and practices into awareness in order to support ourselves, our clients and our work.

We will look at the most recent research findings with regards to didactic learning and experience some of the skills, practices and breath - body - mind - movement approaches, providing you with resources and skills to manage various issues such as vicarious trauma & compassion fatigue, as well as additional resources and interventions for our work with clients. Together we will explore and experience: Body focused approaches.

**Helen-Jane Ridgeway** is a UKCP accredited Integrative psychotherapist and coach. Her previous professional career in dance, performing arts, choreography and dance education in the UK and internationally, has afforded her a special interest & deep 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 using sensorimotor, body focused approaches, mindfulness & breath work. She currently teaches at various institutes in London, the UK and the USA.

*This workshop will be predominately experiential. You will be encouraged to move, so please wear suitable clothing.*