

November, 22-24, 2019

Trauma and the Moving Body: A Dance / Movement Therapy Approach

Company: 92Y Harkness Dance Center
Venue: 92Y Harkness Dance Center
Location: New York, NY

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Instructor: Amber Elizabeth Gray, MPH, MA, BC-DMT, LPCC, NCC

This course provides theoretical, scientific and contemplative rationale for the use of dance movement therapy with traumatized clients and as a restorative measure of protection, self-care and increased compassion.

This workshop provides a practical introduction and overview to the use of empathy, contemplative practices and physical activity in DMT work with survivors of trauma as well as for our own resilience and well-being.

This course is fully approved by the ADTA for Alternate Route credit for R-DMT. All Dance Therapy courses are eligible for CE hours. For further information about the ADTA, visit adta.org

3 SESSIONS - \$325 until Nov 15 / \$350 after

Fri, Nov 22, 7 - 10 pm

Sat, Nov 23, 2 - 8 pm

Sun, Nov 24, 2 - 8 pm

[Register Here](#)

92Y Harkness Dance Center
1395 Lexington Avenue
New York, NY, 10128
2124155555

<https://www.92y.org/class/trauma-and-the-moving-body>

Schedule

November 22, 2019: 7:00pm

November 23, 2019: 2:00pm

November 24, 2019: 2:00pm

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