

Authentic Movement

Saturday September 22, 2018 12:30-2 PM

Location: 4112 Spring Garden Suite B Greensboro, NC 27404

Authentic Movement, developed by dance therapist Mary Starks Whitehouse, incorporates movement to promote self-exploration and improved mental health. This innovative type of therapy can be used by qualified mental health professionals with individuals, couples, or in group therapy sessions.

In its simplest form, *Authentic Movement is a mindful movement exploration between a mover and a witness which encourages the development of consciousness.* The mover moves, with eyes closed, from an intention of mindfulness, non-judgmentally guided by inner impulses, sensations, emotions, and/or thoughts in the presence of a witness. The witness observes, carrying the majority of work in the beginning as he or she strives to see the mover while becoming aware of any personal projections or judgments. The witness is responsible for maintaining an outer consciousness, creating safety, monitoring the time, and for maintaining his or her own psychological safety.

This intentional presence of the witness allows the mover to explore his or her unconscious impulses more deeply. This process eventually enables the mover to develop an inner witness, thus increasing conscious awareness. The outer witness simultaneously develops the ability to internally witness his or her own sensations, thoughts, and feelings in response to external witnessing. The simultaneous development of the inner witness connects mover and witness; both are increasing their awareness of self through the participation in this intentional relationship.

After moving, both mover and witness may speak. The mover uses present tense language to track the experience, using sensations, thoughts, feelings, and impulses as guideposts to mark the journey. *I step into the space and feel my heartbeat. I bring my hand to my chest, holding my heart, as waves of sadness wash over me.* The witness speaks, in service of the mover, to observed physical movement and to internal responses and sensations in relationship to watching the mover. *I see you step in the space, bringing your hand to your heart. I feel my own heartbeat as a tenderness bubbles up inside me.*

Born from modern dance improvisation, Jungian theories, and the desire to uncover inner authenticity through non-judgmental movement, the practice of Authentic Movement is defined by its origins. Mary Starks Whitehouse, dancer and dance/movement therapist, was the first to create, practice, and outline a methodology for Authentic Movement, or as she called it, “movement-in-depth,” by integrating her own experience as a modern dancer and improviser, with her personal involvement in Jungian analysis.

Topic Area: Counseling Theory/Practice:

Learning objectives:

- Be able to experience the practice of Authentic Movement and describe it in clinical terms.
- Describe 1-3 ways to use Authentic Movement in your personal self care and/or work as a Mental Health Practitioner.

Come prepared and dressed to move! Format will be all experiential!

*Work shop is targeted to licensed mental health professionals
(LPC, LCAS, LCSW, LMFT).*

12:30-2 PM

\$10 for 1.5 hrs of NBCC contact hours, No Charge for no contact hours

NBCC contact hours awarded to those with 100% active and full participation

Outline

12:30-2 PM (1.5 hrs NBCC clock hours earned)

12:30-12:45 PM Into to workshop
12:45-1:45 PM Experience Authentic Movement
1:45-2 PM QUESTIONS and Surveys

Angela Wiley, MA, LPC, LCAS, CCS, NCC, BC-DMT, RDT/BCT, CTTS holds current certifications as a dance therapist and as a drama therapist and state license as a Licensed Professional Counselor and a Licensed Addictions Specialist. Angela specializes in working with victims of abuse, people with developmental and physical limitations, and individuals struggling with eating disorders and substance abuse.

Angela Wiley-Greensboro Dance and Drama Therapy has been approved by NBCC as an Approved Continuing Education Provider; ACEP no. 6714. Programs that do not qualify for NBCC credit are clearly identified. Angela Wiley-Greensboro Dance and Drama Therapy is solely responsible for all aspects of the programs.

You can contact Angela Wiley at 5603 B West Friendly Ave #103 Greensboro, NC 27410, (336) 698-6723, angela@dance-drama-therapy.com, www.dance-drama-therapy.com.



Visit web site for additional workshop opportunities:
www.dance-drama-therapy.com