

Impulse Reduction with Trauma and Addiction Work

Sunday August 4, 2019 9 AM-5 PM (1 hr working lunch)

Location: 4112 Spring Garden Suite B Greensboro, NC 27404

Experience and learn a four-part Impulse Reduction Model developed by Angela Wiley and inspired by rhythms of the Kestenberg Movement Profile. This model brings a person through four phases: invitation, excitement, grounding/centering and reflection so as to bring excitement/stimulation and then teach how to ground and gain control. By experiencing these phases with movement, music, art, or verbal/cognitive thinking, one can realize and embody the possibility of choice to ground and gain control when overly stimulated or triggered. This is especially useful in working with trauma survivors, and those struggling with impulse control and with addictions. Angela uses this model in her work with drama, movement and music. The model also has applications in art, writing, traditional talk therapy and others, which will be experienced and discussed.

Topic Area: Human Growth and Development.

Come prepared and dressed to move! Format will be ½ Discussion and ½ experiential!

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

9AM-5 PM (with a 1 hour working lunch not provided)

\$150 for 1 day (8 hrs), call for student/non CE hour rates)

Discounts=\$10 off for Chapter members of the ADTA Carolina chapter
= \$10/wks for those taking multiple workshops where Angela is the presenter

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

Learning Objectives:

- Experience and be able to apply the 4 phase model in your work applying to normal and abnormal human behavior.
- Discuss 1-2 ways to use the model with talk therapy, drama, movement and/or music.
- Identify 1-2 applications of the model for work with individuals struggling with impulse control at all developmental levels.
- Experience 3-5 Dance/Movement Therapy and Drama Therapy techniques and apply to various professional settings.

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	<u>9 AM-5 PM (8 hrs NBCC clock hours earned)</u>
9-9:30 AM	What is DMT and DT and how does Angela use it. How did Angela develop this model/what is the KMP
9:30-10:30 AM	Discuss models 4 phases.
10:30-11AM	Discuss and experience how to use with verbal/talk therapy
11-12 PM	Discuss and experience how to use with movement and music. Discuss trauma and hyperactivity adapt
12-12:30 PM	Go over sample play lists to use Experience moving through the 4 phase with movement and music
12:30-1:30PM	Working LUNCH discussion (lunch not provided)
1:30-2 PM	Develop your own play list to use with music
2-3 PM	Experience the 4 phase with movement and music with individuals play lists
3-3:30 PM	Discuss warnings and adaptations
3:30-4 PM	Discuss and experience how to use with drama and role play
4-4:45 PM	Discuss and experience how to use with verbal/talk therapy
4:45-5 PM	Wrap up, questions and complete evaluations.

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.

***To register call: Angela Wiley (336) 698-6723 Angela@dance-drama-therapy.com
Must Pre-pay Refunds offered up to 5 days before workshop.***

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.



Additional workshop opportunities at: www.dance-drama-therapy.com