

[SFPA Listserv] MCPA CE Event - Saturday, Sept. 12 - The Art of Embodiment: Trauma, Resilience, and KinAesthetic Imagining

From: Ilene Serlin PhD

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at [mailto:sfpa@sfpa.net?subject=re:MCPA%20CE%20Event%20-%20Saturday,%20Sept.%2012%20-%20The%20Art%20of%20Embodiment:%20Trauma,%20Resilience,%20and%20KinAesthetic%20Imagining%20%3C%3C\\$263780521492\\$%3E%3E](mailto:sfpa@sfpa.net?subject=re:MCPA%20CE%20Event%20-%20Saturday,%20Sept.%2012%20-%20The%20Art%20of%20Embodiment:%20Trauma,%20Resilience,%20and%20KinAesthetic%20Imagining%20%3C%3C263780521492%3E%3E) Reply directly to Rick J Pomfret

at <mailto:Rick@Therapy4Men.com?subject=re:MCPA%20CE%20Event%20-%20Saturday,%20Sept.%2012%20-%20The%20Art%20of%20Embodiment:%20Trauma,%20Resilience,%20and%20KinAesthetic%20Imagining>

The Art of Embodiment: Trauma, Resilience, and KinAesthetic Imaging

Presented by Dr. Ilene Serlin

A 2.5 CE credit course

This workshop will introduce participants to the theory, application and practices of KinAesthetic Imagining, a form of dance movement therapy, to promote resilience and work with trauma. For a group, participants will learn the physical embodiments of: Safe space, grounding, centering, creating boundaries, moving into space and connecting with others. Participants will learn techniques and contraindications for reducing anxiety, building strength, increasing bodily awareness and expressiveness, and building supportive relationships in the group. These approaches build on current approaches to treating trauma by adding tools that bring the body, symbolic movement, movement through space and the creative process into the healing process.

We will explore both theory and practice to apply this work as clinicians, to reduce compassion fatigue, build resilience and posttraumatic growth, and increase self-care.

Educational Objectives:

Based on the content of this workshop, participants will be able to:

Explain why non-verbal methods may be helpful to work with trauma.

Describe how symbolic forms of expression can communicate cultural displacement and diversity issues.

Describe how resilience can be a positive outcome from traumatic experiences.

Describe how to apply a process from KinAesthetic Imagining to a case involving trauma or PTSD.

Save The Date: Saturday, September 12, 2020

Time: (Login 8:45-9:00) Event from 9:00AM - 12:00PM

Location: Virtual Zoom Meeting - details emailed upon registration

Questions? For more information contact **Rick Pomfret, PsyD.** at:

Therapy4Men.com

or (415) 963-3536

MCPA Members: \$25. Non-Members: \$35. Students \$10.

2.5 Continuing Ed credits \$15.

Schedule:

- 9-9:15: Introductions and check-in
- 9:15-10:00 Powerpoint about creative and somatic approaches to working with trauma
- 10:15-11:00 Video about working with Syrian refugees in Jordan, discussion
- 11:00-11:15 Break
- 11:15-12:00 Video about working with COVID-19 on hotline in China, discussion

Event and Registration can be found on MCPA [calendar](#)

https://mcpa.clubexpress.com/content.aspx?page_id=4002&club_id=928938&item_id=1262090