

Restorative Rhythms Dance Movement Therapy Group Information for Clients

What is Dance Movement Therapy (DMT)?

Dance Movement Therapy is a form of psychotherapy which works on the principle that trauma leaves its imprint on both mind and body and research demonstrates that effective treatment requires involvement of both. DMT uses the body awareness exercises and/or movement practices in a safe space to help you become more aware of what you feel in your body. This helps you regain a sense of connection to your body, ownership of your body and autonomy through making choices about how to move based on what you feel. This can translate to choices about how to be in your life more generally.

You DO NOT need to have any dance or movement experience to benefit from this group.

Group goals

- Help you befriend your body and develop body-based resources for calm and comfort
- Teach about the mind-body relationship and learn skills to manage anxiety
- Foster a sense of body safety and ability to manage emotions
- Provide a socially supportive experience to assist moving towards healthier function, in life and relationships.

Jan and Lesley's overall goal is to provide a restorative programme by offering simple but profoundly effective tools you can use in your day to day life.

Group attendance information

The group will be made of *up to* 10 people.

The group is for clients who have Post Traumatic Stress Disorder (PTSD). Generally, everyone attending will have an accepted ACC sensitive claim. The group however is open to clients who have other funding sources, with PTSD and are well supported to attend.

The group is open to all genders. From our experience, this has been well received and a positive aspect to the group. However, if this makes you uncomfortable please let us know. Many of our groups have been uni-gender and we can let you know the projected group make up.

The group will run as a **day retreat**. We offer 2 full days (run with 4-6 weeks in-between). These will build on each other and give time between retreats to put into practise the skills you learn.

Date: Saturday 20 March 2021.

Time: 10am – 5pm.

Venue: Tamaterau Hall, 650 Whangarei Heads Road, Tamaterau. This venue has been chosen for its easy, free parking. It has no stairs and is very private.



The therapists: Lesley Hawkins and Jan McConnell are both registered Dance Movement Therapists with DTAA (The Dance Therapy Association of Australasia) and supervisees and students of Dr Amber Gray (International trauma and dance movement specialist). They are currently completing Amber Grays' advanced clinical training in Restorative Movement Psychotherapy for Survivors of Trauma. They are experienced health professionals with extensive experience in community and clinical settings. Lesley is a registered Social Worker and Counsellor. Jan is a registered Physiotherapist and Clinical Arts Therapist.



Commitment

It is important that you are committed to attending **the whole day** - you will get the most out of the group this way and feel more comfortable. At the end of this handout is a form for you to return to confirm your attendance and group commitment.

What do I need to bring?

We recommend bringing a water bottle, a pillow to sit on, warm clothing or a rug (however, all these are optional).

What do I do now?

If your therapist has recommended the group and you are committed to attending, they will do the necessary paperwork with ACC for this to happen. Your therapist will complete with you our group screening questionnaire (this is to provide Lesley and Jan information on any matters we need to be aware and mindful of). Our administrator (Tamara) will send an email prior to the group with 'housekeeping' matters and in order for you to confirm your attendance. Anne or Jacquelyn will phone or email the week before the group to introduce themselves and to answer any of your questions. *We want you to feel comfortable!*

COVID-19

We also wanted to take this opportunity to share with you our **COVID-19 plans**. The group **will** go ahead under alert levels 1 or 2. It will be postponed under alert levels 3 or 4.

To ensure everyone's safety, prior to each session we will be asking the following:

- Have you had a confirmed or probable case of COVID19? **Y/N**
- Have you been in close contact with someone with a confirmed or probably case of COVID-19? **Y/N**
- Do you have any of the following symptoms: cough, sore throat, shortness of breath, runny nose, loss of smell **WITH** or **WITHOUT** fever?

We will also have a QR code which links to the governments tracer APP and/or a sign in sheet for the purposes of ensuring contact tracing. All surfaces within the therapy space (including door handles, seats etc) will be cleaned prior to the group, hand sanitiser is available for use before, during and after the session and any props used in the session (and we are limiting these) have been cleaned before the session and will not be passed between clients during the session.

Please let us know if you have any other concerns and we will try to mitigate these.

I have found this course useful for my growth. I would do it again. Facilitators have presented it in a positive, warm way. Allowing people to move at own rate has allowed more interaction with others.

I find this particular group very beneficial in the way that it is worked. I find it

Group Attendance Commitment Form

Name: _____

Group: *Restorative Rhythms DMT Group 20 March 2021:*

- I am committing to attending the full Restorative Rhythms day retreat.**
- I will arrive on time or if I am going to be late/unable to attend will let one of the therapists know prior to the group.**
- I will keep group confidentiality: what I hear stays in the group, what I see stays in the group, what you say stays in the group.**
- I will try my best to participate**
- I will be respectful of other group members**

Signed:

Date: