

# FULL DAY STAFF PD TRAINING

## FOCUS: INTEGRATING SOMATIC, MOVEMENT & EXPRESSIVE ART PRACTICES INTO FAMILY SERVICES

9.30AM - 4.30PM

This full-day dynamic and highly interactive training offers practical, creative and engaging ways to integrate somatic, movement and expressive art practices into your client work.



### MORNING SESSION: YOU AS PRACTITIONER

- Introduction to Somatic, Movement & Expressive Art Therapy: principles and therapeutic value
- Embodied self-awareness: reconnecting to your body as a clinical tool
- Guided somatic and movement-based exercises with art-therapy integration
- Building personal confidence and comfort in using modalities therapeutically
- Developing presence, attunement & curious enquiry
- Experiential understanding of how these practices can be utilised for mindfulness and regulation in your own tangible self-care practices

### AFTERNOON SESSION: INTEGRATING INTO CLINIC

- Understanding client presentations through a somatic lens
- Entry points and safe integration strategies for one-on-one and group work
- Demonstrations of movement and expressive art processes tailored to clients (i.e. a child client, an adult client, a parent-child dyad)
- Case examples and role plays
- Shared debriefs & group discussions on application in your setting
- Tailoring interventions to suit diverse needs, settings, and age groups



### LEARNING OUTCOMES:

- Gain a fresh, body-based framework for therapeutic connection and regulation
- Be inspired with creative ideas and practical application in weaving body awareness, movement and creative arts into your personal practice and client work
- Understand the practicalities of integrating body-based methods with clients in safe trauma-informed sustainable ways

### INVESTMENT:

Includes:

- Full day interactive training
- Tailored resource booklet for each participant
- Follow up 1-hour session for each individual
- Community of Practice (3-month post)

E: [CATHY@INTUITIVESELF.COM.AU](mailto:CATHY@INTUITIVESELF.COM.AU)

M: 0423 730 031

W: [WWW.INTUITIVESELF.COM.AU](http://WWW.INTUITIVESELF.COM.AU)

Intuitive Self