

Knowledge Exchange Workshop: How Can Movement and Dance Be Healing for Us?

Fri 17 August to Sunday 19 August, Darwin, NT



This three day workshop offers a unique opportunity to participate in an exchange of knowledge around dance as a healing art in the context of trauma and Indigenous communities.

This workshop aims to benefit participants personally and professionally. It offers professional development about how movement and dance can be used to support health and wellbeing and restoration after trauma, though work or other life practices. We will offer space and time for personal reflection through movement and discussion.

Workshop leaders have a range of expertise including traditional Yolŋu knowledge and culture, song and dance, visual arts and healing, and dance movement therapy and somatic psychotherapy in the field of trauma restoration.

Who should attend: This workshop is appropriate for Aboriginal and non-Aboriginal people working with Aboriginal people who have experienced trauma, including health workers, allied health professionals, traditional healers, artists, dancers, community leaders and elders.

Cost: \$150/\$100 concession. **Bookings:** <https://www.trybooking.com/406820>
For people not working or experiencing financial hardship, we have five scholarship places available. Please contact Alex to discuss.

Enquiries: Alexandra Jordan 0425776416 or jordan.andra@gmail.com

More information: <https://www.makingdancematter.com.au/events/>

PROGRAM

Friday 17th August 10-4: Anula Hall
Introductions and coming together: *Nadine Lee/ Alex Jordan* What do we know about trauma in the body and how can we move through it with dance and other movement-based practices? *Amber Gray*

Saturday 18th August 10-4:
Casuarina Beach and foreshore
Traditional Yolŋu dance and culture:
Learning and experiencing traditional

bungul/dance, and other nature based and cultural practices that surround the Yolŋu bungul practice.
Sylvia Nulpinditj

Sunday 19th August 10-4: Anula Hall
Reflection and integration. This day will include space for personal reflection on the movement experiences from day one and two, and discussion around applying ideas and practices introduced. *All facilitators*



Marian Chace Foundation
SUPPORTING THE DEVELOPMENT OF DANCE/MOVEMENT THERAPY
THROUGH RESEARCH, EDUCATION AND SCHOLARSHIP



Facilitators



Amber Gray, from New Mexico, USA, moves from a diverse landscape of experience. Her years of Haitian dance led her to the practice of Continuum which she has taught since 2007. As a human rights psychotherapist

she works with survivors of war, human rights abuses and historic trauma and is an international consultant on staff care and wellness programming. She is an award winning dance movement therapist, an animal rights activist, and a lover of all things wild. She co-developed Polyvagal-informed dance movement therapy with Dr. Stephen Porges. She teaches somatic and movement-based approaches to working with interpersonal trauma internationally, leads mindful movement retreats for survivors of trauma and those who work with survivors, and her favourite country to visit is Australia.



Sylvia Nulpinditj is an artist and Yolŋu leader who works for the Aboriginal Resource Development Service as a radio presenter, and also offers Indigenous cultural consultancy services. Sylvia is from the Galpu clan and is recognised as a traditional artist by a variety of clan groups in north Arnhem Land. She is particularly respected in the area of painting women for ceremony and especially young girls. Sylvia enjoys sharing and teaching culture. She hopes, through sharing, that there will be a greater understanding of importance of culture – and for others to embrace it. She is also experienced in filmmaking – known for writing and directing the films: 'Bulun Milkarrri' and 'Djurrpun (Evening Star)'.



Alexandra Jordan has worked as a dance movement therapist and child-focussed counsellor for refugee and asylum seeker families, with young

people with mild and high support needs, and mums and babies groups. She has contributed to therapeutic programs in Indigenous communities in Darwin, Tiwi Islands and Maningrida. Alex is currently working in private practice and offering community workshops focussing on embodiment/ mindfulness in the body. She has lived in NT for 14 years.



Nadine Lee is a Larrakia community member and renowned local artist with a love of dance and passion for healing and recovery for her fellow community members. Nadine was a key contributing member of the Larrakia Healing group

and author of the resource *Caring for Country, Caring for Each Other* (2016). Nadine has worked in diverse roles in the fields of health and the arts. Nadine's recent exhibitions have gained her significant acclaim and led to her receiving a traveling scholarship for Indigenous cultural workers by the National Museum of Australia and The Princes Trust Charities of Australia. Nadine recently toured internationally contributing to healing arts festivals in France and Spain.



Dr. Kim Dunphy is a Research Fellow in the Creative Arts Therapy Research Unit at the University of Melbourne. She is also a dance movement therapist

with interests in understanding how dance works to contribute to positive change across cultures and communities.

