



LEAD
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Emotion in Motion

Emotion is all about movement and action, and no matter what therapeutic approach is taken, emotion is seen as central to our experience in the world, and is therefore central to therapy, albeit in different ways. If emotion is core to a client's problematic experience, and core to therapy, then it is the creation of an environment where people feel safe to observe their emotions and explore the actions these emotions generate, that gives our clients an opportunity to make sense of their feelings and make choices about behaviour.

The path to healing involves both physical as the muscles begin to relax and emotional as feelings are released.

Do you want to add to your professional toolkit simple and evidence-based intervention techniques to help your clients cope better with life challenges and at the same time as a practitioner look after your personal well-being?

Then, this dynamic and experiential day of learning is for you!

Workshop 1 (Morning): When Trauma Gets Stuck in the Body!! How to heal stress and trauma? Facilitated by Jane Macnaught

This session will help you gain a deeper understanding of Polyvagal Theory to track trauma's impact on your client's nervous system, to help reduce symptoms and promote healing. You will explore vagal toning exercises to help reshape nervous systems (polyvagal theory), and skills in developing an authentic sense of safety, connection, and attunement. In addition, you will learn simple trauma sensitive yoga practices to support regulation of your nervous system - for your own well-being.

After a nourishing lunch, you will delve into 'Guided Imagery for stressful conditions', facilitated by Judy Lovas, Workshop Session 2 (Afternoon):

Imagine that you are on a warm beach; the sun is hitting your face and warms you up. A cool breeze blows past your face, cooling you from the warmth of the sun. As you imagine your body being warmed by the sun and cooled by the breeze, can you feel your emotions becoming less intense?

In this dynamic 2-hour workshop you will experience the art and science of guided imagery. You will be guided through practical activities that will add to your toolkit of resources to assist in reducing nervous system activation related to stress. Practices used will support the mind-body relaxation response to increase coping and regulation to reduce chronic conditions.



Date: Wednesday
7 December 2022

Time: 10:30am - 4:00pm

Venue:
LEAD Learning Centre
Suite 10, 197 Prospect
Highway, Seven Hills NSW
2147

Facilitator:
Jane Macnaught
Judy Lovas

Cost:
FREE for LEAD Members
Non-members - \$90+ GST

Contact:
LEAD (02) 9620 6172
Info@leadpda.org.au

Event Code: WS2407&09

Event Level:
Intermediate

**Places are limited so
please register early.**



Register on our website www.leadpda.org.au