

# Keynote: The Process of Change: The Body, Intention and Creativity in Private Practice

Saturday, March 29, 12:30 – 1:30PM EDT

## PRESENTATION DESCRIPTION

The Process of Change, as outlined by Peggy Hackney in Making Connections, speaks to an approach to movement repatterning. This concept and others can also be applied to the development and growth of a private practice. This keynote lecture will share the personal process, reflections, and insights of this presenter's experience building a group private practice over the past 20 years and how the body, intention, and creative process were integral to it. Participants will be encouraged to reflect on inner whispers, longing to be actualized, and their evolution as therapists.

## LEARNING OBJECTIVES

1. Participants will learn how to use intention and creative process as practices in developing and forming a private practice.
2. Participants will be able to identify various resources that support the creation and sustainment of a private practice..
3. Participants will learn to adapt movement observation theory, imagery, and creativity into a verbal psychotherapy practice.
4. Participants will begin to consider the evolution and intersectionality of their identity development as a dance/movement therapist and/or counselor throughout their career.

## CONTINUING EDUCATION

1.0 ADTA, 1.0 NBCC

## PRESENTER INFORMATION



**Stacey Hurst, LCPC, BC-DMT, GL-CMA** owns and operates Mind Body Connections PLLC [www.mbconnections.net](http://www.mbconnections.net), a group practice in the western suburbs recently expanding to the Ravenswood neighborhood of Chicago. She works with adolescents, adults and couples on a variety of mental health issues using her skills as a dance/movement therapist and counselor with additional training in the Internal Family Systems model and EMDR. Stacey is proud to have 5 dance/movement therapists, 1 art therapist, 1 Adlerian LMFT and an IFS clinician on her team of amazing clinicians. In addition to her private client work, Stacey taught in the Department of Creative Arts Therapies at Columbia College Chicago from 1998-2018 in both the Dance/Movement Therapy program and the Graduate Laban Certificate Movement Analysis Program. She is a frequent presenter at the American Dance Therapy Association national conference and enjoyed a guest lecturer/presenter position in the Tanter Dance Therapy Program in the Czech Republic. On a national level, Stacey served on the board of directors for the

American Dance Therapy Association for 8 years as both central region member-at-large and secretary and on the R-DMT panel of the Dance Movement Therapy Certification Board for another 6 years. In 2018 she co-founded the Embodied Education Institute of Chicago [www.eeichicago.com](http://www.eeichicago.com) and is proud to be offering an alternate route in the education of aspiring dance/movement therapists in Chicago.