

Inviting Awe into the Recovery Process

Tuesday, March 24, 8:15PM – 9:30PM EDT

PRESENTATION DESCRIPTION

This workshop focuses on understanding awe and its transformative potential through a dance/movement therapy lens. Drawing on Dacher Keltner's research on awe's physiological and psychological benefits, the presenter will guide participants in exploring how awe can be invited through DMT practices in the recovery process. Using movement, presence, and natural elements, participants will explore how to evoke awe in recovery-based settings to enhance connection, reduce stress, and promote hope.

LEARNING OBJECTIVES

1. Define awe and its physiological and psychological benefits, as explored in Dacher Keltner's research
2. Explore how movement, presence, and natural elements can be used to evoke awe experiences in recovery oriented settings
3. Identify ways to integrate awe into clinical or recovery oriented practices, using DMT principles such as attunement and collective effervescence.

CONTINUING EDUCATION

1.25 ADTA, 1.25 NBCC, 1.25 NYLCAT

PRESENTER INFORMATION



Melinda S. Malher, MA, LPCC, BC-DMT, C-SPT (she/her/they), holds a Master's in Expressive Therapies with an emphasis in dance/movement therapy. She has worked in special education, acute psychiatry, community mental health, adaptive dance and eating disorder recovery with a variety of clients. In recent years, her career has been focused in leadership roles including: clinical director, graduate educator, community organizer and ADTA board member. Melinda is an adjunct lecturer at California Institute of Integral Studies and University of San Francisco. Following trainings with Dr. Dacher Keltner, Melinda implemented integrating awe as intervention in the eating disorder recovery setting, outpatient services and in nature based services for youth. She lives in and loves the city of San Francisco, where there is always an adventure to be had.