

Reclaiming Body Ownership and Self-Growth During Times of Loss and Bereavement – A Movement Healing Protocol

Saturday, March 28, 2:00PM – 4:00PM EDT

PRESENTATION DESCRIPTION

In times of crisis and loss, working through the body helps process painful emotions, and encourages personal growth, via movement awareness, and body ownership. The current workshop introduces the Movement-Based Healing Protocol, designed to support coping with loss and bereavement. It aims to equip therapists with a practical tool for healing and growth by creating renewed narratives of the body and mind. The protocol is intended for patients who have experienced loss, bereavement, or other painful experiences. It consists of four stages that use movement awareness and bodily expressions aimed to provide self-comfort throughout the journey of healing and growth.

LEARNING OBJECTIVES

1. Outline the structure and components of a movement-based therapeutic protocol designed to support individuals experiencing grief and loss.
2. Classify movement-based categories embedded in the protocol and demonstrate ways to apply them within therapeutic processes addressing grief and loss.
3. Identify key principles for adapting the protocol to different populations and settings, with emphasis on clinical decision-making relevant to dance/movement therapists.

CONTINUING EDUCATION

2 ADTA, 2 NBCC

PRESENTER INFORMATION



Galit Zana Sternfeld, Ph.D, MA, R-DMT, is a dance-movement therapist, a certified supervisor, and the Head of the Department of Arts-Based Education at Oranim Academic College in northern Israel. She is also couples and family psychotherapist, and runs a private clinic for individuals and families. Dr. Zana-Sternfeld completed her postdoctoral studies. Her research focuses on body-minds narratives in two main contexts:)A(Their contribution to healing and growth following experiences of trauma and loss.)B(Their role in fostering personal and professional development through arts-based learning. She developed an intervention model for working with trauma and bereavement patients for healing and growth.