

Body Questions: Decision Making and Professional Identity in DMT

Saturday, March 28, 4:30PM – 6:30PM EDT

PRESENTATION DESCRIPTION

This workshop is based on a new book *Body Questions in Practice: Decision Making through Movement and the Arts* (Routledge). The book focuses on a multimedia approach to develop embodied skills and examines their role in decision-making for people undergoing or working with clients going through crucial life transitions. Participants will creatively map out and engage with the stages of a decision, enhancing their ability to articulate and visualize the decision-making process. The workshop will feature original composition from the book and interactive materials, with examples of the interdisciplinary collaborations involved in its publication.

LEARNING OBJECTIVES

1. Use decision making frameworks to reflect on their professional identity
2. Learn how to map and creatively engage with the stages of a decision
3. Apply the knowledge from the workshop to promoting visibility and advocacy for DMT

CONTINUING EDUCATION

2 ADTA, 2 NBCC

PRESENTER INFORMATION



Thania Acaron-Rios, Ph.D, DMT, YAHAT, Lecturer, author, performer, researcher and DMT from Puerto Rico based in Wales, UK. Acarón obtained her PhD on the role of dance in violence prevention and is Course Leader for the MA Arts, Health and Wellbeing at University of South Wales. Acarón directs The Body Hotel, offering international programs on wellbeing for healthcare staff, LGBTQ+ communities and embodied decision-making. As a certified clinical supervisor in the UK and US, she has taught in over 10 DMT programmes worldwide and published her first book: *Body Questions in Practice: Decision-Making through Movement and the Arts* (Routledge). Social media: @thebodyhotel Website/Links: www.linktr.ee/thebodyhotel