

# Keynote: Holding the Hard Conversations: Embodied Ethics for a Resilient Future

Saturday, March 28, 12:30PM – 1:30PM EDT

## PRESENTATION DESCRIPTION

Hard conversations aren't optional; they're an ethical responsibility. In this keynote, Selena Coburn introduces an embodied approach to conflict, rupture, and repair that supports therapists, educators, and leaders in responding with clarity and care. Participants will learn the HOLD (Embodied Ethics) Framework to recognize activation (including freeze and the "stomach drop"), work with power and positionality, practice consent-based dialogue, and engage repair as a resilience practice. With accessible micro-practices and reflection prompts designed for virtual participation, attendees will leave with a repeatable model for reducing harm and strengthening relationships across client work, supervision, classrooms, and professional communities.

## LEARNING OBJECTIVES

1. Identify at least three ethical risk points that commonly arise during "hard conversations" (e.g., avoidance, power dynamics, institutional pressure, burnout, unmanaged activation).
2. Apply the HOLD (Embodied Ethics) Framework to a real or anticipated rupture in a therapeutic, educational, or professional context.
3. Demonstrate at least two embodied ethics practices (e.g., orienting/pause, naming body data, consent check, repair step) to reduce harm and support accountability.

## CONTINUING EDUCATION

1 ADTA, 1 NBCC, 1 NYLCAT

## PRESENTER INFORMATION



**Selena Coburn, BC-DMT, LMHC, LCPC** is a board-certified dance/movement therapist, educator, and leader within the American Dance Therapy Association. She is a mental health and dance/movement therapist based in Great Falls, Montana, an Adjunct Professor at Lesley

University, and an Associate Professor at Great Falls College Montana State University. A descendant of Blackfeet, Klamath, Cree, and Pitt River tribes, Selena brings a deeply grounded, culturally responsive, and embodied approach to ethics, leadership, and clinical practice.

A former ADTA Standards & Ethics Committee Chair, Selena continues to serve on the committee and has been a guiding voice in ethical discourse within the field. She is the founder of the Native American Affinity Group within the ADTA Multicultural & Diversity Committee and was honored with the ADTA Leader of Tomorrow Award (2020). Her work centers decolonizing dance as therapy, culturally inclusive processing, and the integration of cultural healing practices—particularly in her work with adolescents in residential treatment settings.