



University of Wales
Trinity Saint David
LONDON

Dance Movement Psychotherapy Workshop: **the use of the body in increasing self-awareness,** **emotional regulation and wellbeing**

Date: 15th August, 2022

Venue: WH3, Winchester House

Time: 11am - 4pm

Open to all Cert HE Students

Programme Schedule:

11am - 11:30am Introduction and warm-up

11:30am - 12:30pm Dance Movement Therapy: using movement as a tool of communication.

12:30pm - 1:15pm Connecting with ourselves: body awareness and presence

1:15pm - 1:45pm Break

1:45pm - 2:45pm Exploring our needs creatively

2:45 pm - 3:45pm How the body and movement can change physical, mental and emotional states in a person

3:45 pm - 4:00pm Q&A session; debrief and closure

Facilitator: Silvia Cordoba

A Colombian professional Psychologist and Dance Movement Psychotherapist registered with the British Psychological Society (BPS) and the Association for Dance Movement Psychotherapy (ADMP) in the UK.



There is no dress code for the event. Just wear whatever makes you feel comfortable!

Please note that the lecture halls have limited capacity. Therefore, the workshops are offered on a first-come, first-served basis. If the lecture hall reaches its maximum capacity, you may not be allowed to enter.

If you have any enquiries, please contact:

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