

**Yael Schweitzer,
M.S.W., LCSW, BC-DMT**



Yael Schweitzer is a clinical social worker, LCSW, and a board certified Movement Therapist, BC-DMT. She has a private practice where she provides Mindfulness-Based Therapy. She teaches the Interpersonal Mindfulness Program in medical and educational settings where she incorporates mindful movement experiences. Since 2005, Yael leads an ongoing Creative Dance group based on Barbara Mettler's approach. To find out more about Yael's work visit www.yaelschweitzer.com

Mindfulness in Movement

Connecting to the Authentic Self, Connecting to Others

Saturday, November 16, 2013, 9 a.m.-12 p.m.

This experiential enrichment workshop, based on "Creative Dance," an approach founded by Barbara Mettler, is designed to cultivate awareness of the body and movement expression in a group setting.

Participants will explore the relationship between self-expression and group demands and find creative solutions to navigate between the two.

We will study "Creative Pause" – an alert and mindful stillness in between movement impulses – individually, in dyads, and with the whole class.

The workshop will include discussion about implementing elements from this movement approach in individual therapy, groups, and classes.

From this workshop participants will gain:

- Increased awareness of their own body movement expression and communication
- Better ability to read and respond to non-verbal cues of others (clients/students)
- Access to creative tools for communicating and forming group cohesion

Who should attend?

The workshop can benefit therapists and other healthcare professionals, teachers, students, and anyone in the community interested in gaining more insight into their body expression and non-verbal communication.

No experience in dance/movement necessary.

Noncredit or CEU 3 hours, \$30

Location Lewis & Clark College

Contact us for more information or to register.

Center for Community Engagement

Lewis & Clark Graduate School of Education and Counseling
0615 SW Palatine Hill Rd. MSC 85
Portland, OR 97219-7899

p: 503-768-6040

f: 503-768-6045

cce@lclark.edu

graduate.lclark.edu/programs/continuing_education

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