



Uncovering Unconscious Resistance: Navigating Change Through Movement

10:00 am – 5:30 pm

Amber Elizabeth Gray, LPCC, BC-DMT, NCC, MPH, MA
Sharon Weil, RSME

Whenever the desire or necessity to make a change arises, resistance to that change often arises. And if we look at change as “movement,” then resistance is a term that can describe the fear of the movement, or of change, itself. Resilience begins to build once resistance softens. Those of us who steward the therapeutic or healing process in order to facilitate change for our clients must also tend to our own relationship to change. As with our clients, therapists must also learn to find new ways of addressing and dissolving resistance within themselves. In this daylong master class, we will explore ways of using movement to navigate the movement of change. The day will unfold through working with both the qualities of resistance and resilience—and emergent themes related to both—including a combination of theories of change, group process, and body-based practices grounded in Continuum. Continuum is a movement-based practice that integrates breath, sound, and fluid movement that allows us to move through stagnation, fear, and old patterns of behavior. Participants will engage in a series of simple Continuum-based practices to soften resistance, invite ease into their work, and invite the courage and trust needed to promote resilience to flourish. By doing this, participants will learn simple somatic skills they can use in their clinical practices to support their clients through “stuck” places, opening new possibilities in the office and in their daily lives.

Eligible for 6.0 Clock/Credit Hours: NBCC, ATCB; ASWB, MFT; SWNYS, LCAT (New York State only)

Not eligible for APT Credits

Faculty Bio(s): Amber Elizabeth Gray, Sharon Weil