



Creative Movement Therapy Association of India (CMTAI)
Presents its
7th Annual International Conference (Virtual)

Movement & Other Arts Therapies: Encountering the New Normal
Pre-Conference Intensive Workshop

Psychomotor Therapy: Liljan Espenak's System from Diagnosis to Integration

By Nana Koch, Ed.D, BC-DMT, LCAT, NCC, LPC, CMA

Date: Friday, 4th December 2020

Time: 5:30 pm - 9:30 pm (IST)



The workshop will focus on Liljan Espenak's 3-part treatment system that is meant to facilitate integration, bodily freedom, and feelings of well-being. The concepts inherent in this psychomotor therapy approach are presented, including the principles that drive the work and the dance/movement and psychological/theoretical influences upon which Espenak's work is based. Throughout there will be discussion and experiences that relate to how the concepts apply to treatment in general and where possible to treatment in the time of COVID-19.

The session is open to creative arts therapists, facilitators, practitioners, allied professionals, and students of creative arts therapies.

Bio:

Nana studied with dance therapy pioneer Liljan Espenak in the year-long certification program at New York's Flower and Fifth Avenue Hospital/Mental Retardation Clinic. Based on Espenak's work, Nana teaches the specialized system she developed for patient treatment from diagnosis to an implemented treatment plan. She has taught courses and

workshops focused on this system at conferences and institutes in the United States and internationally in Japan, Costa Rica, Mainland China (Beijing, Shanghai, and Shenzhen), Hong Kong, India, and Australia. She also specializes in teaching courses on group processes in dance/movement therapy. Nana is currently a permanent visiting lecturer at St. Xavier's College in Mumbai.

Nana is Professor Emerita at New York's Long Island University, where she was the former chairperson of the Department of Health, Physical Education and Movement Science. Formerly, Nana was the coordinator of the Hunter College Dance/Movement Therapy Master's Program. She served as Chairperson of the American Dance Therapy Association (ADTA) Sub-Committee for Approval of Alternate Route Courses (SCAARC); she is a former chairperson of ADTA's Credentials Committee and member of the Approval Committee. In 2012, the ADTA honored her with their Excellence in Teaching award.

Nana's interviews of three dance/movement therapists formed the basis for much of the dialogue used in the film produced by the New York Chapter of ADTA: Moving Stories Portraits of Dance/Movement Therapy. She is the author of several articles/interviews appearing in the Journal of the American Dance Therapy Association.

In 2018 and 2019, Nana was awarded a grant from the Marian Chace Foundation to have subtitled into Spanish, Chinese, Japanese, and Korean eight of the most youtube viewed ADTA Talks. In 2019 she was the invited Marian Chace lecturer at the 54th annual conference of the American Dance Therapy Association.

Pre-conference Intensive Workshop Fees:

**All Amounts in Indian Rupees (INR)*

	Early Bird (till Oct 31st, 2020)	Regular
Members	Rs. 1500	Rs. 1800
Non Members	Rs. 1700	Rs. 2000
Students	Rs. 1500	Rs. 1800
International	Rs. 2200	Rs. 2500

Note: Registration for only the Preconference Intensive Workshop is not possible. If you would like to attend the pre-conference workshop, please choose the Pre-conference + Conference option.