



Creative Movement Therapy Association of India (CMTAI)
Presents its
8th Annual International Conference (Virtual)

**Building Resilience and Promoting Healing through Dance and Other
Therapies**
Pre-Conference Intensive Workshop

Creating Resiliency Through Dance

By Ilene A. Serlin, Ph.D, BC-DMT

Date: Friday, 3rd December 2021
Time: 8:30 am - 12:30 pm (IST)



In a world of increasing trauma, the word “resiliency” has taken on more importance. What is it, why is it important, and what does it have to do with dance therapy?

Resilience has been defined as the ability to bounce back from adversity. Resiliency makes the difference between being a trauma “victim” and trauma “survivor” or even trauma “thrivers.” What qualities create resiliency and can it be taught or cultivated?

In this workshop, we will explore the concept of resiliency through experiential exercises. Based on research done during the San Francisco earthquake and in Israel during terrorist attacks, this presenter has developed methods of cultivating the experience of resiliency in the body. Once resiliency is experienced in the body, it becomes easier to identify, name, and repeat it in life.

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

Bio:

Ilene A. Serlin, Ph.D, BC-DMT is a licensed psychologist and registered dance/movement therapist in practice in San Francisco and Marin county. She is the past president of the San Francisco Psychological Association, a Fellow of the American Psychological Association, Past-President of the Division of Humanistic Psychology. Ilene Serlin is Associated Distinguished Professor of Psychology at the California Institute of Integral Studies, has taught at Saybrook University, Lesley University, UCLA, the NY Gestalt Institute and the C.G. Jung Institute in Zurich. She is the editor of *Whole Person Healthcare* (2007, 3 vol., Praeger), co-editor of *Integrative Care for the Traumatized*, over 100 chapters and articles on body, art and psychotherapy, and is on the editorial boards of *PsycCritiques*, the *American Dance Therapy Journal*, the *Journal of Humanistic Psychology*, *International Journal: Creative Arts Education and Therapy*.

Arts & Health: An International Journal of Research, Policy and Practice, *Journal of Applied Arts and Health*, and *The Humanistic Psychologist*.

Pre-conference Intensive Workshop Fees:

**All Amounts in Indian Rupees (INR)*

	Early Bird (till Nov 10th, 2021)	Regular
Members	Rs. 1500	Rs. 1800
Non Members	Rs. 1800	Rs. 2100
Students	Rs. 1500	Rs. 1800
International	Rs. 2200	Rs. 2500

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