



Embodied Neurobiology

Kalila B. Homann, MA, LPC-S, ADTR is an advanced level dance movement and expressive arts therapist and licensed professional counselor whose work integrates the body, nonverbal communication, and creativity in the therapeutic process. Kalila offers continuing education for clinicians and teachers in expressive arts therapy and supervises dance therapy and psychotherapy interns. Ms. Homann presents nationally on various topics including Embodied Neurobiology, Clinical Applications and Program Development in the Expressive Arts.

Location

ClearSpring Studio in Austin Texas
18 Ceu's for LPC's and MSW's
Cost \$350
Enrollment limited to 25,
reserve your space now.

To Register

Complete form and send \$100 deposit to:
Kalila Homann
1310 South First St., Suite 200
Austin, Texas 78704

Name _____

Professional Affiliation _____

Address _____

Phone _____

Email _____

Recent advances in affective and physiological neurobiology have greatly enhanced our understanding of the mind's integral relationship to the body. This intensive training will use multisensory learning approaches to teach the structure and function of the brain, and movement to explore the psychobiology of states of mind, affect regulation, and intersubjectivity.

This training is for clinicians, educators, and movement professionals who are deeply curious about the interrelationship between brain and the body.

May 28-30, 2010

Friday and Saturday 9-5
and Sunday 9-3

Questions

Email kalila@themindbody.net
or call 512.441.8334x2

ClearSpring Studio
Austin, Texas

Day One Friday

The Body's Role in Navigating States of Mind

Morning

This session introduces body based regulation through deeply pleasurable restoration and gentle activation. The physiology of perception is experienced through interoceptive and exteroceptive sensing. We will consider Stephen Porges's theories of polyvagal regulation and social engagement and their applications in learning and psychotherapy.

Afternoon

Motion/Emotion – The Biology of Affect

Using movement to guide the learning process, we investigate the body's role in mood, affect, and expression. Theoretical exploration includes Antonio Damasio's concept of how the mind's experience of emotion is informed by somatic markers. We also learn how the body lives in the mind through the somatosensory cortex.



Day Two Saturday

The Dance of Relationship: Nonverbal Attunement

Morning

Mirror Neurons – I See You See Me

In this session, we learn how mirror neurons function in the physiology of intersubjectivity. Interactive movement and attunement help us experience the felt sense of being with another. Marco Iacobini's work informs our inquiry.

Afternoon

The Developing Mind

This overview of structure and function of the brain will cover sensory processing, emotion, explicit and implicit memory, and the right brain. We learn how these emerge in the neurobiological dance of developmental attachment relationships.

Day Three Sunday

Creativity, Self-Initiation and Reflective Function

Morning and Afternoon

The roots of creativity, inspiration, and self initiation live and breathe in the body. In this playful culminating day, we incorporate our learned experiences through engaging the right brain in movement, writing, and drawing. These methods encourage the flexible integration of states of mind and condense time and space to offer spontaneous insight into the complex concepts we have worked with.

Alan Schore and Daniel Pink's ideas are incorporated and applications to clinical practice, teaching, and supervision are considered.