

***Waking Up To Self© June 3-5, 2012***  
***A Portfolio of Resources for Expanding Awareness***  
***Workshop Descriptions & Faculty Bios***

**Sunday, June 3rd**

**10am-1pm -- A Careful Eye: Movement Observation & Planning**

**Instructor: Trisha Bauman, CMA, BMCP**

Learn how to observe movement from your own embodiment. Carefully selected observational skills will help you to develop strategies of differentiated movement instruction and interventions. Learn to help clients and groups to access a greater range of their embodied expressivity and action.

**2:15-4:30pm -- A Careful Eye: Making Choices for Movement Repatterning**

**Instructor: Trisha Bauman, CMA, BMCP**

Learn how to use observational cues to develop protocols for addressing different physiological and movement issues. Sourcing our deep observing, we will develop new skills for identifying how the body moves in space with shape and varying dynamics. In connection with our observing, we will develop the session protocols and accompanying hands-on skills that can best facilitate our client's evolving integration and dynamic embodiment.

**6-9pm -- Lecture: Introduction to Biodynamic Craniosacral Therapy**

**Speaker: Tera Judell, PhDc, MSW, BSCT**

An informative introduction to this specialized form of Craniosacral Therapy . . . a compassionate healing art that can be used by psychologists, midwives, chiropractors, and massage and physical therapists.

**Monday, June 4th**

**9:30am-6pm -- Biodynamic Craniosacral Therapy**

**Instructor: Tera Judell, PhDc, MSW, BSCT**

This is a rare opportunity to engage in hands-on training for a specialized form of Craniosacral Therapy. This form looks at the whole human perspective from the physical to the spiritual and from the embryo stage through to adulthood. It supports Martha Eddy's Dynamic Embodiment process of looking at the developmental as a foundation from which the range of adult expression grows.

**Tuesday June 5<sup>th</sup>**

**10 – 11 -- Developmental Movement Check in Group**

**11-12 – Professional Lab – Developmental Movement Therapy**

**Instructor: Dr. Martha Eddy**

Observe and interact with some of CKE's youngest clients during Infant Toddler Developmental Check-In. Up-to-date Neuro-Motor information is used to identify children's goals, support joyful socialization, and guide holistic parenting/child rearing tips. The "baby clinic" session will

be processed and expanded on directly after in Developmental Movement Professional Lab. During this professional lab, we invite you share the challenges you work with children or adults. Dr. Eddy will demonstrate how the developmental lens provides key evaluative information and some of her favorite strategies. The group will work together to integrate ideas from your own work with Eddy's developmental somatic model. Learn the impact of a neurodevelopmental movement perspective on learning, behavior and self-image. Dr. Eddy will demonstrate CKE methods of observation and intervention from her Dynamic Embodiment-Somatic Movement Therapy Training.

### **1-5pm -- Hands-on Sophistication: Integrate Fluidity into Your Practice (Movement & Touch through the Dynamic Embodiment Model)**

**Instructor: Trisha Bauman, CMA, BMCP**

Using principles of Dynamic Embodiment you will learn to apply Laban Movement Analysis and Body Mind Centering to take your hands-on skills to a whole new level. Learn how the rhythm and touch of cell, lymph, and synovial fluid can lighten your work and help your clients. Integrate this with an understanding of the power of muscles, the clarity of bones, and the life of the organs.

## *Faculty Bios*



**Martha Eddy**, RSMT, CMA, Ed.D., founder and director of the Center for Kinesthetic Education (CKE), brings to the fields of health, wellness and education, her strong belief in the power of movement and body awareness to enhance lives. With a doctorate from Teachers College, Columbia University she has become a sought-after expert in using body awareness and movement in therapeutic work schools and hospitals. This has led to her work in responding to trauma with Inner Resilience/Tides Center working with NYC school educators around Ground Zero just after the events of 9/11. She has also created a program for Cancer Survivors that has been featured on CNN, NY1 and CBS. Martha's practice draws on her thirty-five years of training and teaching in neuro-developmental movement therapy with occupational therapist, Bonnie Bainbridge Cohen, and physical therapist, Irmgard Bartenieff. Her practical application of this work provides a foundation for her own Dynamic Embodiment Somatic Movement Therapy Training, in partnership with SUNY-Empire State College graduate programs. She taught at Columbia University for ten years, consults with the NYC Department of Education, and is on the board of the National Dance Education Organization.



**Tera Judell**, PhDc, MSW, BCST is a recognized alternative health practitioner with more than 25 years of experience. She is passionately involved in and committed to the evolving field of energy medicine. Currently, Tera is in private practice in New York City and Santa Fe, New Mexico. Her practice includes talk therapy, bodywork and play therapy. She is a certified Prenatal and Perinatal Birth Therapist; a Registered Biodynamic Craniosacral Therapist with both the Craniosacral Therapy Association of North America and the Craniosacral Therapy Association of the United Kingdom; a Registered Polarity Practitioner with the American Polarity Therapy Association; a certified Phoenix Rising Yoga Therapist; a certified yoga teacher and a doula.



**Trisha Bauman** (RSMT, CMA and BMC Practitioner) is on the certificate faculties of the Laban/Bartenieff Institute of Movement Studies (NYC), the Edinburgh Certification Program in Laban Movement Studies and the Laban/Bartenieff and Somatic Studies International. She has also served on the guest faculty of EUROLAB in Germany. In addition to her practice and teaching of Body-Mind Centering and LMA/BF, her somatic work is influenced by her training with French movement theorist Hubert Godard, CranioSacral Biodynamics and the Alexander Technique.