

Embodied resourcing: The foundation for recovery and resilience

With Yeva Feldman, Co-Convener MA
Dance Movement Psychotherapy,
University of Roehampton



MONDAY 26 APRIL
6pm - 7pm (Zoom)

Resilience cannot simply be processed cognitively and emotionally. There is a need for an embodied experience of resilience which can lead us to greater integration and a sense of wholeness.

In this talk I will be focus on the use of embodied resources in promoting resilience working with individuals with profound early trauma. By physically experiencing and practising grounding and self-soothing, individuals with a lived experience of trauma were better able to tolerate bodily sensations and use their bodies as a source of information, strength, and support . This talk will be illustrated by a group vignette and opportunities to experience embodied resourcing.

Yeva Feldman co-convenes the MA Dance Movement Psychotherapy Programme at the University of Roehampton. She is a registered dance movement psychotherapist (ADMP UK), a Gestalt therapist (UKCP) and supervisor (UKCP) with over 20 years of clinical experience working with groups and individuals. She has contributed to several books, writing about her embodied relational approach working with individuals living with eating disorders, profound trauma and on supervision. She has presented at Confer and other research conferences in the UK and Europe. This talk is based on her chapter 'building resilience: developing embodied and relational resources in a Gestalt movement therapy group' in Chesner, A. & Iykou, s. (2020) Trauma in the creative and embodied therapies: When words are not enough.

Join Zoom Meeting

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