

A SEMINAR ON

“Minding the Body Moving: An Experiential Session of D/MT for Self”

Minding the Body Moving is based on the concept on Dance/Movement Psychotherapy. It is intended for participants who want to experience Dance/Movement Therapy (D/MT) or body-based work. D/MT, it is a treatment method by changing the internal state through external movement. The aim of the session is to foster communication by means of body action, nonverbal empathy and to enhance the relief of bodily and emotional blockages through self-expression and symbolic communication.

In this experiential session, there will be a short introduction to D/MT, experiential moving using the body and creative arts and open discussions. Come and learn about the D/MT profession and enjoy moving and integrating dance and psychology.

The Good News: Absolutely no dance experience necessary!

27 Sep (Sat) • 9am-12pm* • TCA College

Class Style: Movement Experiential, Journaling and Discussions

Number of Participants is Limited!

Requirements: Participants to wear comfortable clothing. An Indemnity form has to be completed by each participant.

Who should attend: Counselors, Teachers, Psychologists, Nurses, Psychiatrists, Social Workers, Family Therapist, and people who are interested in body-based work. The session will be a combination of experiential and discussions. Kindly wear comfortable clothes for movement.

***3 CPE hours are being applied for with Singapore Association for Counselling.**

Fee: \$30 per pax

Closing date for registration: 5 Sep

To register, please email to admin@tca.edu.sg or call TCA Registrar's Office at 6304 7602 for more information.

Checks are to be made payable to "TCA College" and mailed to TCA College 249 Paya Lebar Road, #03-11 Trinity@Paya Lebar Singapore 409046.



Lillian Thio-Kaplan is a Licensed Provincial Registered Psychotherapist (PACFA, ARCAP), Professional Dance/Movement Therapist (DTAA) and a pioneer in Dance/Movement Therapy from Singapore. She has her own private practice "iexpress2explore" in Australia. She is a consultant/accredited trainer and assessor for the education and health sector based in Australia, Singapore, Malaysia and Philippines. In her practice in Australia, she works with babies to school-aged children; provides training to health professionals in dementia care; a speaker to the corporate/charity sector for staff development and she runs natural essentials workshop. She has completed her research on dance/movement therapy with hearing-impaired children in Singapore and cochlea-implant children in Sydney.