

LISTENING WITH LOVE - MOVING WITH MUSIC

A Workshop for Health Professionals and Carers



Date: Friday 9th September
Time: 9.00am-4.00pm
Cost: \$90.00 (Morning tea and Lunch provided)
\$60.00 (Students and Concessions)
Venue: RAAFA WA Bullcreek
Alice Ross - King Centre
Bullcreek Drive, Bullcreek

Somewhere in the busy-ness of the day and our awareness on the tasks needing our attention, it is easy to lose sight of our own well-being and our own peace of mind. This workshop is an opportunity to reflect and consider some new ways of being and working.

This interactive and experiential workshop will explore how to:

- Create a state of mind and an attitude within ourselves that creates a climate of trust and genuine heartfelt connection.
- Develop centredness and a presence within ourselves to allow authentic communication and a compassionate way of being with others.
- Use movement, music and dance to enable people, living with Dementia, to express themselves, move together and feel a sense of belonging.



One of the greatest gifts we bring to others is our own experience of peace, centeredness and loving presence
(Trish Ellis)

Patricia (Trish) Ellis is a founding member of Attitudinal Healing International (AHI) and serves on the Board of Jampolsky Outreach Centre. Based in Hawaii, Trish runs training programmes in the U.S., Mexico, Canada, South America, Australia, China and India, sharing her experience of how to **'be with'** others and foster authentic communication. Trish holds a Bachelor of Science Degree from Excelsior College in New York, United States.



"Even if I can't speak it, I can always dance."
(Maeve Larken)

Maeve uses dance and expressive movement, therapeutically and creatively, to allow people living with Dementia to express who they are **'right now'**.

Maeve is a Dance and Movement Therapist and a Counsellor who has completed Intensive Training with Michael Verde, Founder of Memory Bridge.

For more information contact Trish Halvorsen Ph. 9364 1507, Mob. 0409 641 507

To register www.attitudinalhealingwa.org.au