



Erica Hornthal: Beyond Words - Using Movement to Support Authentic Relationships



Erica Hornthal is 'the therapist who moves you', helping you change your life by changing the way you move through it. She is a licensed clinical professional counsellor and dance/movement therapist, CEO of Chicago Dance Therapy.

TOP EMBODIMENT TIP: The body has answers for questions that the mind doesn't even know to ask, so allow space for the body to express itself.

Reframing how we Think About Movement in Therapy and Coaching: Movement is important to all therapeutic relationships!

- To reframe how you think about movement, start with yourself and how you move.
- It is important to consider the smallest movements as much as the larger actions, as movement is a means of expression in everything that we do.

Attuning with the Client's Body and Movement: Attune with where they are in their body.

- Pay attention to their body with your body - their breathing, stretching, and body shifts.
- Mirror the client's non-verbal communication.

Tips in Preparation for Meeting a Client: Improve your ability to listen deeply.

- Reflect with the whole body, ground and centre, practise diaphragmatic breathing for self regulation, notice bodily felt sensations and scan your body before the client arrives.

Movement Checklist During a Session: Invite the client to notice what is happening in the body.

- Create space to feel the emotions.
- Take stretch breaks.
- Find opportunities for grounding.

Interventions: Ask permission before introducing a movement intervention.

- Examples of interventions can be found in Erica's workbook.

Resources

- ❖ **Books:** *My Body Talks, and Body Awareness for Mental Health*
- ❖ **Website:** www.ericahornthal.com
- ❖ **Social:** www.facebook.com/EricaHornthal
- ❖ **References:** Stephen Porges: The Polyvagal Theory, Bodyfulness, by Christine Caldwell



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Dylan Newcomb: Founder & lead trainer of UZAZU Embodied Intelligence, master x3embodiment-based coach for helping professionals & cultural creatives, embodiment researcher, and former professional dancer.

UZAZU Embodied Intelligence gives you a clear, integrative model & method for understanding how STATES work: how to identify State Imbalances and how to rapidly shift & re-pattern them, using a set of simple postures & movement patterns. As a Helping Professional, UZAZU gives you a **comprehensive, highly adaptable, embodiment-based methodology** for effectively working with clients on almost any issue—in a way that easily integrates with and amplifies the potency of your existing skill sets.

UZAZU founder Dylan Newcomb is leading a 3-day live, online training this November 19-21, which will teach you all about embodied states and how to access and re-balance them—both for yourself and with your clients.

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UZAZU also offers a FREE Online Embodied Intelligence Self-Assessment, which you can complete in 10-15 minutes and gives you valuable insight into your own embodied states and patterns. **Visit [Uzazu.org](https://www.uzazu.org) for details!**