

Play in Motion: Embodied Pathways for Neurodivergent Expression and Regulation Workshop

Children and young people who are neurodivergent often communicate, process emotion, and regulate their nervous systems through their bodies rather than through verbal language alone. Movement, sensory awareness, rhythm, and embodied play can offer powerful pathways for expression, regulation, and connection. As a practitioner, you may feel uncertain about how to safely, respectfully, and neuro-affirmingly integrate body-based approaches into the playroom.

This 3-hour dynamic workshop explores how somatic and movement-based practices can be thoughtfully integrated into Play Therapy spaces and other creative therapies to support neurodivergent children and young people. Drawing on somatic therapy principles, trauma-informed practice, and neurodiversity-affirming frameworks, the workshop highlights the body as a resource, guide, and partner in therapeutic work.

Through experiential learning, reflective discussion, and practical demonstrations, participants will deepen their understanding of how embodied play can support regulation, agency, emotional expression, and relational safety, while honouring each child's unique sensory profile, communication style, and nervous system needs.

Presenter: Cathy Williams



Cathy Williams is a Community Facilitator & Trainer, specialising in Somatic Movement and Expressive Arts Therapy. Cathy has worked in the field of Community Development both within Australia and Internationally for 16 years, designing and implementing a number of grassroots community, youth and social justice programs focused on capacity building. She has facilitated programs for children, young people, at-risk marginalised groups and those with trauma experiences. Her approach is client-centred, trauma-informed, encouraging agency and creative self-discovery, equipping with tools and integration for expression and regulation. As Founder of 'Intuitive Self', her training and offerings support professionals to become more embodied practitioners, learning safe-enough practical application for weaving body-based healing, movement and creative art therapy into their client experiences and group work.

Presenter's Professional Affiliations

Community Facilitator & Trainer, specialising in Somatic Movement and Expressive Arts Therapy.

Founder of 'Intuitive Self'.

