

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

This 3-hour experiential workshop will include:

- Embodied practitioner awareness - Exploring the therapist's own body awareness, regulation, and presence as a foundation for neuroaffirming practice
- Somatic and movement therapy foundations - Introduction to key principles, language, and considerations when working with neurodivergent nervous systems
- Regulation and sensory awareness - Understanding regulation through sensation, movement, rhythm, and play rather than behavioural compliance
- Experiential somatic practices - Guided breath, body awareness, gentle movement, and creative movement experiences that participants can later adapt for clients
- Integrating movement into play therapy - Practical ideas for using movement games, embodied play themes, and creative movement to support expression, agency, and connection
- Clinical application and reflection - Case examples, lesson plan templates, group discussion, and collaborative exploration of how to tailor approaches to diverse ages, abilities, and settings

## 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.