



Photo by Julie Cervantes

MOVE TO MOVE BEYOND

Gibney has developed an innovative and effective program, Move to Move Beyond, that offers the transformative power of movement to survivors of gender-based violence and their families. Launched in 1999 in partnership with **Sanctuary for Families**, Move to Move Beyond provides an environment for positive physical expression and has vividly demonstrated that movement, physical awareness and creativity can play a remarkable role in healing trauma. The program has since expanded to include partners such as **Safe Horizon, Barrier Free Living, Henry Street Settlement, Community Health Action of Staten Island** among many other New York City organizations. Over 100 free Move to Move Beyond workshops are offered annually to individuals and families who are on journeys to healthier futures, and a virtual model of our Move to Move Beyond workshops were also created in response to COVID-19 and its impact on survivors. Gibney is continuing to offer this model as a way for each partner to determine the best way to support their communities.

Gibney Company and Community Actionists, teaching artists with a special focus on social justice, use specialized training in understanding gender-based violence and trauma to facilitate Move to Move Beyond workshops. This specialized facilitation centers clients and helps them find new ways of expression through the arts, supporting their quests to rebuild their lives.

In a recent evaluation, 82% of participants reported that the workshop helped them connect with others and gave them new ideas of things they can do to feel relaxed. The most common emotions reported at the beginning of the workshop were tired, stressed, and nervous/anxious. After the workshop, most clients reported feeling energized, confident, or relaxed.

Move to Move Beyond has received generous support from the Laurie M. Tisch Illumination Fund, the New York City Council, and the NYU Community Fund.



I FEEL LIKE I'M COMING ALIVE AGAIN.

- Move to Move Beyond participant



Photo by Julieta Cervantes

THE CENTRAL DYNAMIC OF AN ABUSIVE RELATIONSHIP IS ONE PERSON HAVING POWER AND CONTROL OVER SOMEONE ELSE. A COLLABORATIVE WORKSHOP ENVIRONMENT, PAIRED WITH OUR FOUR-PART PROGRAM MODEL, ENCOURAGES CHOICE, SELF-EXPRESSION, TRUST-BUILDING, AND SHARING:

1. **Look Inside:** Reflect. Movement and creativity foster reflection and self-awareness that can lead to greater self-confidence.
2. **Speak Through Movement:** Express. Movement and creativity encourage choice and decision-making. These activities help participants listen to their inner voices, express their feelings, choices and thoughts using their bodies.
3. **Work Together:** Collaborate. Moving and creating in a group is an enriching experience with valuable social and artistic rewards. Working together validates the experiences of every member of the group and helps to feel more connected to one another. .
4. **Take Care™:** Dancers share effective tools, which participants can easily practice on their own outside of the workshops, for stress reduction and self-care.

Move to Move Beyond Workshop for Adults

- Utilizing the above four-part progression, this 60-minute movement and self-care workshop is offered in both in-person and virtual models and is accessible to most bodies.
- Offered as a series of 6 or 8 workshops, everything is optional during the workshops.
- No dance or arts background is necessary as participants will be offered many variations to access the movement, meditation, and creative exercises in the way that feels best to them.
- Participants are encouraged to wear everyday clothing that is easy to move in.
- Staff members are highly recommended to participate as it encourages community building and makes the work more effective!

Move to Move Beyond Workshop for Children

- For children aged 3-13, this 45-minute in-person workshop uses dance and movement exercises as a way to enhance creativity, collaboration, and choice making.
- No dance background is necessary!
- A staff member from the partner organization is required to be present throughout the workshop for support.

To learn more or book a Move to Move Beyond Workshop, please contact Emily Tellier at emilyt@gibneydance.org.