

# MOVE TO MOVE BEYOND®

## HEALING THROUGH MOVEMENT



The MOVE TO MOVE BEYOND® program is an empirically-reviewed, evidence-based program 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, the Move to Move Beyond (MTMB) program 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 MTMB program has since expanded to include partners such as Safe Horizon, Barrier Free Living, Womankind, Henry Street Settlement, and Community Health Action of Staten Island, offering over 70 free workshops, both online and in-person, annually to individuals and families throughout New York City.

Community Actionists, professional dancers and teaching artists who facilitate the MTMB program, have extensive experience in trauma-informed practices as well as specialized training around gender-based violence. This specialized facilitation combined with a collaborative workshop environment and Gibney's unique four-part program model centers and supports clients by encouraging choice, self-expression, trust-building, and sharing.

### GIBNEY'S FOUR-PART MODEL:

- **LOOK INSIDE: REFLECT** - Movement and creativity foster reflection and self-awareness that can lead to creating new patterns.
- **WORK TOGETHER: COLLABORATE** - Moving and working together can validate the experiences of every member of the group and can help to feel more connected to one another.
- **SPEAK THROUGH MOVEMENT: EXPRESS** - Movement and creativity encourage choice and decision-making. These activities can help participants listen to their inner voices and express their feelings, choices and thoughts using their bodies.
- **TAKE CARE** - Activities and resources are shared to encourage participants to continue building a self-care practice on their own outside of the workshops.

“I FEEL LIKE I'M  
COMING ALIVE  
AGAIN

- MTMB Program Participant

”

“THIS WAS ONE  
OF A KIND,  
PLEASE  
CONTINUE IT,  
THIS WAS VITAL

- MTMB Program Participant

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## THE MOVE TO MOVE BEYOND PROGRAM FOR ADULTS

- Typically offered as a series of 6 or 8 workshops, each movement and self-care workshop is 45-60-minutes and offered in both in-person and virtual models
- Everything is optional during the workshops making it accessible to most bodies
- No dance or arts background is necessary
- 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!

## THE MOVE TO MOVE BEYOND PROGRAM 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.

The MTMB program has received generous support from the Laurie M. Tisch Illumination Fund, the New York City Council, and the NYU Community Fund.

Photos by Julieta Cervantes



## BOOK THE MOVE TO MOVE BEYOND® PROGRAM

For more information and to bring the MTMB program to your organization, please scan the QR code, visit [gibneydance.org/move-to-move-beyond/](https://gibneydance.org/move-to-move-beyond/) or contact emily tellier at [emilyt@gibneydance.org](mailto:emilyt@gibneydance.org).