

EMPOWERMENT

A thick, expressive orange brushstroke that starts from the right edge and curves upwards and to the left, ending near the top of the page.


THROUGH

MOVEMENT:

a therapy group for women

with Grace Valentine, MA, ADTR-DTRL, LPC
& Robyn Lending Halsten, MA, ADTR-DTRL

Wednesdays, 6:30 - 8 p.m.
fall 2009
\$30 / week

A large, intricate orange brushstroke graphic that forms two distinct spiral shapes, one on the left and one on the right, with a long, flowing line connecting them across the bottom of the page.

ENERGIZE. ENHANCE. EXPLORE.

www.hancockcenter.net • 608.251.0908



Please Post

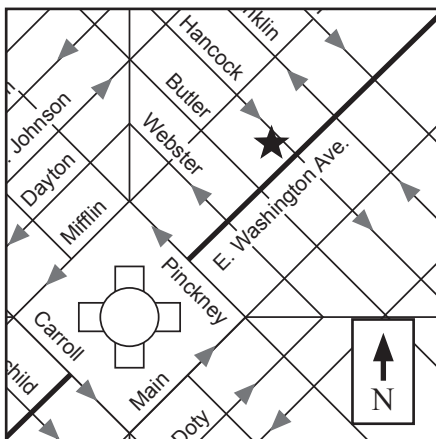
Please feel free to make additional copies for clients, colleagues, & friends.

ABOUT HANCOCK CENTER

Founded in 1983, Hancock Center for Dance/Movement Therapy is a dance/movement therapy center and community-wide educational resource, providing a unique service with the capacity and creative flexibility to provide therapy to people of any age or ability. Understanding the great need for these mental health services, we provide them regardless of a person's ability to pay.

We provide a broad range of movement-based therapy and related services to clients of all ages, including at-risk children, teens and adults with developmental issues, and survivors of abuse and trauma. Therapists are licensed by the State of Wisconsin to practice psychotherapy.

Hancock Center is a 501(c)(3) non-profit supporting agency of the Marian Chace Foundation, a United Way Partner Agency, and a member of the American Dance Therapy Association.



16 N. Hancock St., Madison, WI 53703

DANCE/MOVEMENT THERAPY & WELLNESS SERVICES

DANCE/MOVEMENT THERAPY FOR ADULTS, CHILDREN, AND FAMILIES

Dance/Movement therapists are available to see individuals at Hancock Center by appointment. Hourly sessions occur throughout the year. Our therapists are licensed by the state of Wisconsin to practice psychotherapy.

A CIRCLE OF CHILDREN: CREATIVE DANCE FOR KIDS

A Circle of Children is designed for children 5-8 years of age to join together in the joy of dance. The class will provide a creative process exploring the elements of dance and the inner experience of each child. We will delight in our dancing spirits! Ann Wingate, MA, ADTR-DTRL. Thursdays, 4 - 4:45 p.m., June 18 - Aug 13. \$108 / 9-week session.

HC DANCE CLUB: CREATIVE DANCE FOR TEENS WITH DEVELOPMENTAL ISSUES

A therapeutic class filled with fun, dance, and music, promoting self-esteem, positive body image, and successful peer relationships. Ann Wingate, MA, ADTR-DTRL. Wednesdays, 4:15 - 5:15 p.m., June 17 - Aug 12, \$135 / 9-week session.

EMPOWERMENT THROUGH MOVEMENT: A THERAPY GROUP FOR WOMEN

Empowerment offers a body-centered approach to exploring how we think, feel, and live in our bodies. Client centered issues include body awareness, safety and control, learning to play, setting limits, and healing. Grace Valentine, MA, ATDR-DTRL, LPC & Robyn Lending-Halsten, MA, ADTR-DTRL. Wednesdays, 6:30 - 8 p.m., New session starting in July. \$30 / week.

MOVEMENT & PSYCHOTHERAPY: A JUNGIAN APPROACH

For clients interested in working with dreams and creative/expressive movement in an exploration of the self. Deborah Thomas, PhD, DTRL, is currently in training with the Ontario Association of Jungian Analysis. Available by appointment.

GROUP LESSONS IN ALEXANDER TECHNIQUE

Learn skills of self-observation and tension release in everyday movement. Explore subtle movements to achieve greater body awareness and economy of effort. Alexander Technique may benefit performing artists, those with common physical problems including arthritis, and anyone desiring to improve the quality of their everyday movements. Deborah Thomas, PhD, DTRL.. Tuesdays, 7:30 - 9 pm, June 30 - Aug 4. \$120 / 6 week session. Also available by appointment., \$60 / session.

MOVEMENT AND PSYCHOTHERAPY: A JUNGIAN APPROACH

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