



Movement Therapy and Body Image

A Lecture by Virginia MacDonald, MA, LPC

November 4, 2003 at 7PM
New Haven Public Library

1. This lecture/presentation will provide an understanding of
 - The theory and practice of Dance/Movement Therapy
 - Body Image Dissatisfaction and Distortion
2. In addition to the lecture, Virginia will use experiential exercises to increase the participants' awareness and sensitivity to their own body image as well as the body image of others (including family, friends, clients and patients).

Participation in experiential exercises is voluntary; participants may choose to simply observe.

Virginia MacDonald is a Dance/Movement Therapist specializing in body image and eating disorders at the Hartford Hospital. Her clinical experience includes work with addictions and recovery, traumatic brain injuries and depression and anxiety disorders. Virginia holds a Bachelor of Fine Arts Degree from the University of Rhode Island and a Graduate Degree in Dance/Movement Therapy (Expressive Therapy) from Lesley College, Mass. In addition, Virginia teaches yoga in New Haven county.