

Reinhabiting the Body:
A Polyvagal-Informed Pathway to Restoration & Connection
Video Course
Amber Gray, PhD, MPH, LPCC, BC-DMT, NCC

Video Course
CPD hours: 6



Online video access remains available for 1 year or 3 years from the date you receive the video course, depending on the ticket type.

When words are not enough

Consider **Marisol** (not her real name), a refugee survivor whose therapy often stalled because the depth of her suffering lived beyond words. The roots of her pain were held in neurophysiological imprints, and her healing depended on gently bridging her verbal narrative with subtle shifts in her nervous system that allowed her story to move toward completion.

What she needed was not more language, but more space — a way to reinhabit her body gently, slowly, on her own terms.

Every clinician knows the moment when verbal understanding is present but nothing shifts — when the client can talk about their experience but cannot sense or feel it; when verbal processing becomes elegant narration rather than embodied change. These are the sessions where something deeper is asking to be met: the subtle rhythms, pauses, and tensions that reveal what the nervous system is still protecting.

You've hit the limit of what verbal work can reach.
The body is holding something that language cannot yet touch.

This is the threshold where the work of **Amber Gray — whose Polyvagal-informed movement frameworks have influenced clinicians across more than 30 international programmes** — offers a different way of listening and responding.

If you've ever felt your verbal interventions hitting an autonomic wall, this training offers a different entry point.

Movement as a primary language



This is the clinical crossroads where movement becomes essential — not as metaphor, not as “embodiment work” added at the end of a session, but as a primary language for what the nervous system holds when words fall short.

Amber Gray’s work sits precisely at this threshold.

Grounded in **Polyvagal Theory** and infused with sacred dance traditions, **Restorative Movement Psychotherapy offers a scientifically informed pathway into the non-verbal realm where breath, rhythm, and relational movement help clients reclaim what overwhelming experience has disrupted** — relative safety, connection, and the right to inhabit their bodies in the way they choose.

The hidden architecture of healing

But how do you actually work at this intersection — where words fail but the body speaks?

This is where Amber’s **Polyvagal-Informed Dance/Movement Psychotherapy (PVDMP®)** framework becomes essential. At its heart lies the recognition that movement becomes medicine not through imposing choreographed sequences, but by working with the body’s own innate intelligence.

Her approach bridges neuroscience with what our ancestors knew: that dance, movement, and ritual carry therapeutic technologies capable of restoring core rhythmicity where disruption has imposed rigidity.

It is exactly this crossing point — where verbal meaning and embodied experience diverge — that this training addresses. Through experiential practice and theoretical grounding, you will develop the capacity to work at this intersection: where breath becomes bridge, where rhythm restores regulation, where compassion is enacted rather than spoken.

What you will learn to do differently in practice

After attending this training with Amber Gray, you will be able to:

- **Attune to the body’s non-verbal cues** — recognising how patterns of collapse, hypervigilance, or dissociation appear in breath, rhythm, postural alignment, and defensive movement sequences, even when a client’s narrative may not reveal this.
- **Use Polyvagal-informed movement practices to support state-shifting** when language-based processing becomes too narrow a doorway — working with weight, yield, ground, and breath as somatic anchors that help clients move from bracing to belonging, from vigilance to relational readiness.
- **Work with sympathy, empathy, and compassion as embodied relational capacities** — recognising how these responses emerge through movement and breath, and how they support connection, soothing, and dignity.
- **Restore interoceptive awareness** in clients who have become strangers to their own bodies — guiding them to sense, feel, and inhabit their internal landscape with curiosity rather than fear, including contemplative, Continuum-inspired movement inquiry.
- **Enhance your own embodied resilience as a clinician** — developing practices that restore rhythm, fluidity, and vitality in your body so you can remain present without burning out.

What we will explore across two sessions

Session 1: Foundations of Restorative Movement Psychotherapy



- Core principles and clinical rationale of the PVDMP© framework
- Somatic anchors for state-shifting: weight, yield, ground, and belonging
- The autonomic nervous system as a dynamic system shaped by rhythm, breath, and relational cues
- Practices: Polyvagal-informed breathwork, state-shifting movement sequences, interoceptive sensing exercises

Session 2: Movement as medicine

- The spine as an organising centre of orientation, rhythm, and interoception
- Sympathy, empathy, and compassion as embodied responses, and how to recognise and cultivate self-compassion through movement and breath
- Compassion as embodied practice — not as sentiment, but as relational action
- Continuum-inspired contemplative movement inquiry to deepen sensation and restore ease (particularly for clinician self-care)
- Practices integrating movement, breath, and rhythm for resilience and regulation

Who this training is for

This training is for clinicians who recognise Marisol's story — not because they work with refugees specifically, but because they know what it is like when a client's words are not enough to tell their story.

It is **designed for psychotherapists, psychologists, counsellors, and somatic practitioners working with clients where verbal processing alone is insufficient** — where the body holds what language cannot yet reach.

No dance experience is required. What matters is a willingness to move with presence and curiosity about what the body already knows.

About Dr Amber Elizabeth Gray

Dr Amber Elizabeth Gray is a licensed psychotherapist, Board-Certified Dance/Movement Therapist, Continuum teacher, and lifelong human-rights activist with more than 25 years of global clinical experience.

She has brought dance/movement therapy and somatic psychology to survivors of torture, war, and human-rights violations in more than 30 international programmes. Her distinctive frameworks include **Polyvagal-Informed Dance/Movement Psychotherapy©** and **Restorative Movement Psychotherapy**, integrating movement, breath, rhythm, and embodied Polyvagal principles.

“Amber Gray is a passionate and compassionate trauma therapist whose treatment model transcends disciplines. She has brilliantly infused and integrated Polyvagal Theory with movement therapies. Her work has had profound impact on survivors of torture, war, and trauma.”

— Dr Stephen Porges

Why this training is different

Most somatic trainings teach techniques.

This training teaches you to listen differently — to what the body is already expressing, to what movement already knows, and to the intelligence that emerges when space is created for rhythm, breath, and relational presence.



This is not movement therapy as an add-on technique.

It is movement as the language the nervous system speaks when words fail — and as the bridge back to relative safety, connection, and embodied presence.

By the End of This Training, You Will Have...

- **A clearer clinical roadmap for working when verbal understanding is present but change has stalled** — giving you practical alternatives for clients who understand what has happened to them, yet remain physiologically stuck.
- **The confidence to incorporate movement respectfully** — not as an add-on technique, but as a clinically attuned way of meeting what the nervous system communicates beneath words.
- **A deeper, more regulated therapeutic presence** — grounded in your own embodied awareness, so you can stay steady in sessions that previously left you feeling drained, uncertain, or overwhelmed.
- **A nuanced understanding of relational compassion** — informed by Amber’s clinical use of sympathy, empathy, and compassion as embodied relational responses, helping you recognise when clients are reaching toward connection and when their systems are protecting against it.
- **A repertoire of experiential, Polyvagal-informed practices that you can begin integrating immediately** — adaptable for individual therapy, relational work, community settings, and for clients who struggle to access experience through language alone.
- **A renewed sense of clinical possibility** — especially for clients whose systems have been shaped by overwhelming experience, chronic stress, long-term dysregulation, or histories that words alone cannot reach.

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cpd@nscience.world

UK/Europe: +44(0)2070961722