



< E L B O W R O O M >
A U S T R A L I A

ELBOWROOM AUSTRALIA[®] is an 8 week trauma informed, movement and active-defence recovery group for women who have experienced family violence. Providing a safe and supportive environment, this evidence-based educational program increases body awareness, assertiveness skills and confidence in re-claiming the right to be safe.

ELBOWROOM teaches by replicating real life scenarios, assisting women to detect verbal, emotional and physical violations and develop communication and physical skills to assert boundaries.

FACILITATORS

Our team consists of a Psychologist and Martial Arts Professional who work together to provide an emotionally supportive and physically safe environment in which to enhance awareness, skills and a sense of personal agency.

FAMILY VIOLENCE

ELBOWROOM has been developed specifically for women who have been exposed to violence by those known to them. It offers opportunities to understand trauma and engage in active-defence drills to assert physical and verbal boundaries in a way that was previously unsafe. The program is committed to providing a space to heal by focusing on people's defensive body movement and the strength of a calm mind.

COMMITMENT TO SAFETY

ELBOWROOM is committed to serving our community to reduce incidences of violence and provide a safe space to recover. Assessment procedures ensure participants are group ready. Pre and post psychological tests assist in evaluating outcomes.

TRAUMA INFORMED

ELBOWROOM modules are informed by current trauma research and self defence programs. Neurobiology, somatic psychotherapy and cognitive behaviour exposure therapy are embedded in the program. These evidence-based approaches are known to reduce symptoms of PTSD. Improvement comes from neurological remapping; enhancing awareness, insight and articulation of the felt sense, cognitions and emotions; attuning to peri-personal space and asserting boundaries.

BIOGRAPHY



The founder of ELBOWROOM AUSTRALIA®, Jennifer Dawson, is a Registered Psychologist with a Melbourne based private practice. She has extensive experience working with survivors of interpersonal trauma and holds a 2nd Dan WGKA black belt. Jennifer has worked across a range of initiatives in both government and non-profit sectors. She has a particular interest in culturally sensitive practice, interpersonal trauma and its impact, utilising evidence based research to assist in recovery and enhancing strengths to rebuild healthy lives.

COURSE OUTCOMES

UNDERSTANDING

Human rights
Warning signs of family violence
Assertiveness
Nervous system responses
Procedural tendencies and trauma
Trauma informed CBT
Attachment theory

BENEFITS

Confidence, strength and resilience building
Attuning to personal space and boundaries
Mindful awareness of body sensations as warning signs
Regulation of arousal through grounding, alignment and containment exercises
Attuning with defensive impulses that get stuck with trauma
Processing trauma by allowing the body to act in a way that was previously unsafe
Experimenting with verbal and physical responses to intrusion of boundaries
Active defence responses to realistic scenarios

ELBOWROOM AUSTRALIA® PROGRAM INCLUDES

8 Weeks x 2 hour module
Facilitator fee and insurance
Program management and implementation
Intake and assessment
External clinical supervision
Venue hire
Materials and equipment
Evaluative report

