

Biography

Being trained in Trauma Healing (Somatic Experiencing, Integral Somatic Psychology, Full Embodiment), Contemporary Dance (PhD), Sociology (MA,BA), Psychology, Intermodal Expressive Art Therapy, Body Therapies, and Meditation, I work in the fields of health, education, culture and arts.

Invested in building safe, inclusive, and collaborative creative environments I also give workshops, hold trainings and conferences, and facilitate group therapy sessions around the world beside the private individual sessions I offer at my studios in Miribel-Lyon or Galata-Istanbul or as online sessions. In years I have worked with many populations with different needs, primarily with children & youth and women groups.

The prospect of all my work is to mediate people to relate to their own self and accompany them in their physical, mental, and emotional processes towards wellbeing. The methods I have learned and the experiences I have accumulated in years ground my work in holding space for the creative potential and the life force of each individual to unfold. For me each encounter is a dance on the transitive line between art and life – towards building resilience and capacity to contain polarities in our being!

For more detailed information about me you can visit - <http://defneerdur.com/about/>