



## Rainbowdance<sup>®</sup> Basic Credentialing Training at Hanna Institute

**R**ainbowdance<sup>®</sup> is a playful, structured activity of repetitive song, movement, and gesture. Led by a trained facilitator, it encourages self-esteem, self-regulation, and social empathy. Rainbowdance provides children with the opportunity for one-on-one bonding (often lacking for infants and toddlers who attend full-time day care), while also providing healthy relationship-building among a peer group. For vulnerable populations, this can be the experience that steers them away from violent behaviors. The sequence of stories and improvisations has been developed as a continuum from toddlers to 3rd graders, addressing the unique challenges of each developmental age group. This evidence-informed social-emotional learning tool was created by Dicki Johnson Macy, ED.M., LMHC, BC-DMT, after years of working with these vulnerable populations.

This training is appropriate for a variety of early education and therapy providers, including teachers, early intervention specialists, childcare providers, mental health clinicians, occupational therapists, and expressive art therapists.

### Why Train in Rainbowdance<sup>®</sup>?

Children enter the world with diverse upbringings and abilities, but they all seek safety and connection. Through the consistent, harmonious activities of Rainbowdance, we support the development of resilient, happy children. In our trainings, you will be able to help your clients and children:

- Develop attachment and relationship building
- Increase self-esteem
- Decrease sense of isolation and increase natural abilities to affiliate and cooperate with peers
- Increase trust in peers and in the natural environment
- Increase self-regulation
- Discourage development of targeted aggression (bullying)
- Increase coordination of body movements
- Increase repertoire of positive communication and problem solving tools (gestural, vocal, physical)
- Develop respect, gentleness, humility, and trust
- Increase sense of safety and stability



## Instructors

Dicki Johnson Macy, M.Ed., BC-DMT, LMHC, Director  
Nina Saraceno, BCF Endorsed Rainbowdance Practitioner  
assisted by: Nick Dalton, Assistant Director, Hanna Institute

## Workshop participants receive:

- All training handouts including the Rainbowdance© Music
- Certificate of Completion for the Basic Rainbowdance© Training
- Use of licensed material to conduct one 6 month Rainbowdance© program at your facility, with
- Supervision and technical assistance provided by Rainbowdance© staff
- Eligibility to attend the Rainbowdance© Advanced Training and become a Licensed Rainbowdance© Provider

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*Each time I engage with kids in a Rainbowdance group, even when there are challenging experiences, I come away feeling as though I've offered something kind, healing, and lasting to the children. I recommend this training for anyone who engages in therapeutic and educational work with infants and older children from all walks of life!*

Rachel Assaf, R-DMT, MA / Former intern and current employee of Boston Children's Foundation

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## RainbowDance© Basic Credentialing Training

### Dates

November 16, 17

February 8, 9

March 15, 16

April 19, 20

May 10, 11

June 28, 29

### Schedule

Thursday 9:00am-6:00pm

Friday 9:00am-6:00pm

Breakfast and snacks included, both days.

Please dress comfortably.

### Location

HANNA INSTITUTE at Hanna Boys Center  
17000 Arnold Drive, Sonoma, CA 95476-0100

### Price

\$315.00 or \$130.00 with valid student ID

Ask about our sliding scale

### Register

[hannainstitute.org](http://hannainstitute.org) or 707.933.2563

Questions? Contact Nick Dalton at this phone number or [ndalton@hannacenter.org](mailto:ndalton@hannacenter.org).

Rainbowdance© is a program of the Boston Children's Foundation, a 501(c)3 organization.