



**BCF**  
Boston Children's Foundation  
Home of Rainbowdance

**Rainbowdance**®

[rainbowdance.org/](http://rainbowdance.org/)

**Toddler Attunement Program  
Preschool Movement Poetry Program  
BASIC CREDENTIALING TRAINING  
Dicki Johnson Macy, M.Ed., ADTR, LMHC, Director**

**January 6, 7, & 8, 2010 - Wheelock College (Boston, MA)**

**REGISTRATION DEADLINE IS DECEMBER 15, 2009**

**Rainbowdance**® is a parent/teacher friendly intervention, which encourages self esteem, self regulation and social empathy through the use of repetitive gesture, song, and movement. As the number of infants and toddlers attending full time day care programs increases, the opportunity for dyadic relationship building decreases.

**Rainbowdance**® provides children with the opportunity to experience the attachment to the peer group necessary for healthy relationship building, minimizing an orientation toward peer violence.

The sequence of stories and improvisations has been developed as a continuum for toddlers, preschoolers, and pre-kindergarten children transitioning to elementary schools. Sequences address the unique challenges of each developmental age group.

**By participating in the **Rainbowdance**® Basic Credentialing Workshop, attendees will be able to help preschool children in the following areas:**

- ❖ Develop attachment and relationship building
- ❖ Increase mastery and competency in the exploration of environment
- ❖ Decrease sense of isolation and increase natural abilities to affiliate with peers
- ❖ Increase trust in peers and in the natural environment
- ❖ Reduce impulsivity, increase self regulation
- ❖ Encourage healthy play (generalized aggression/discharge of energy with peers)
- ❖ Discourage development of targeted aggression (bullying)
- ❖ Increase coordination of body movements with music and peers (attunement)
- ❖ Begin to experience cooperation (turn taking, working together as a group)
- ❖ Increase attention span and tolerance for sustained stillness
- ❖ Increase repertoire of positive communication and problem solving tools (gestural, vocal, physical) to develop respect, cooperation, gentleness, humility, and trust
- ❖ Increase sense of safety and stability

Training Site: Wheelock College (Boston, MA)

***Please dress comfortably.***

January 6, 2:00 p.m. – 5:00 p.m. (snacks included)

January 7, 9:00 a.m. – 4:00 p.m. (breakfast & snacks included)

January 8, 9:00 a.m. – 4:00 p.m. (breakfast & snacks included)

Workshop participants will receive:

- All training handouts including the **Rainbowdance**® Music CD
- A Certificate of Completion for the Basic **Rainbowdance**® Training
- Use of licensed material to conduct one 16-week **Rainbowdance**® program at your facility, with supervision and technical assistance provided by **Rainbowdance**® staff
- Eligible to attend the **Rainbowdance**® Advanced Training and become a Licensed **Rainbowdance**® Provider

Training Cost: \$295.00 *or* \$115.00 with valid student ID

**For information on the training please contact Ben Hoell at 857-350-4400 or email [BHOELL@BCF-NET.ORG](mailto:BHOELL@BCF-NET.ORG)**

For more information on **Rainbowdance**®, please call 617-699-1804 or email Dicki at [dickijmacy@comcast.net](mailto:dickijmacy@comcast.net) or visit [www.rainbowdance.org](http://www.rainbowdance.org)

**Rainbowdance**® is a program of the Boston Childrens Foundation.  
The Boston Childrens Foundation is a 501(c)3 organization.



**RAINBOWDANCE**® BASIC CREDENTIALING TRAINING  
January 6, 7, & 8, 2010

**Registration Form**

Name:

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Position/Title:

Organization Name:

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Address:

City:

State:

Zip:

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Day Phone:

Email:

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Registration Fee: \$295 *or* \$115 with valid student ID.  
Please make checks payable to: **Boston Childrens Foundation**

Please Mail your check and completed Registration form to:  
**Boston Childrens Foundation**  
**Basic Rainbowdance**® Training  
36 Gloucester St.  
Boston, MA 02115

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**Questions?** Call Ben Hoell at 857-350-4400 or email [BHOELL@BCF-NET.ORG](mailto:BHOELL@BCF-NET.ORG)