



In the journey to the unconscious, movement can contain what is beyond the reach of thought and language.

במסע אל הלא מודע התנועה יכולה להכיל את מה שמעבר להשיג של
המחשבה והשפה

Yifat Shalem-Zafari

This workshop invites us to consider the movement as a journey to the depths of our unconscious. To embark on this journey, we will use repetitive movement patterns as safe structures. The feeling of security is necessary when we break down the movement into its components. I defined the space between the movement components in 2021 as 'Zero Moments'.

The familiar elements of the movement will serve as anchors when we separate from consciousness and surrender to the body and its movement. In this journey into the unconscious, we will meet expression of an inner state which repeatedly shapes itself into images. These images indirectly reveal parts of the shadow that seek to bring to light that which has been kept out of consciousness. It will help us stay in the cyclical nature of the experience and provide the potential for reprocessing.

I would like to observe the spaces that open between the movement components in that journey, as a transformative space where beneficial changes can occur; to explore the images as witnesses to the trauma processing; to examine the inability to know as a means of direct contact with the traumatic event; to use the liminal quality of the gap that emerges in the fracture as a space for change in its creative-emotional context and as a connection to inner resilience; and to dwell in spaces of conscious emptiness which could serve as a container for unconscious matters.



'Repair requires transformation', as the central concept of the art of Kintsugi (Japanese) proclaims, and 'Zero Moments' are the transformative moments too in body movements and the memorized experience of the mind.

Biography

Yifat Shalem-Zafari, PhD., DMT., Jungian analyst candidate at the Israeli Institute for Jungian Psychology. Lecturer with extensive experience in the Master's degree Program in DMT. (A full-time lecturer at the Ono Academic College). She coordinated the field of artistic therapy at the Jerusalem Center for Mental Health and, in collaboration with colleagues, established the first unit for victims of sexual abuse.

Supervisor at the Israeli Association for Creative Arts Therapies. Member of YAHAT's Academics Committee. Movement artist and researcher. Runs a private clinic and a studio for Authentic Movement and improvisation. Her scholarly articles were published in Israel and abroad.

Recent Publications and Presentations:

Shalem-Zafari, Y. (2025) **"Lunar Hope" – Women create poetics in movement and writing inspired by the miraculous power of the moon.** In V. Silberberg (Ed.), *Soft Iron: Women and Femininity in Israel*, (eg 12/12) (pp. 162-187). Epublish [Hebrew]

Shalem-Zafari, Y. (2023). **'Ground zero moments' – The transformative moments in movement and in the experience of the mind.** In E.S. Engelhard (Ed.), *Dance Movement Therapy and Sexual Abuse: Assessment and Intervention Based on Body-Mind Approaches*. (eg 12/9) (pp.131-144) Taylor & Francis Routledge.

Shalem-Zafari, Y. & Zilbertal, D. (2025, September). **The Choreography of Old Age— Gaining Wider Perspective and a Deeper Appreciation of the Meaning of Life Through Movement.** (Presentation). *Visibility, Vitality and Vision of Dance Movement Therapy in an Unpredictable World*. 5th EADMT International Conference. Vilnius, Lithuania.

Shalem-Zafari, Y. (2025, June). **Ground Zero Moments** (Keynote Lecture). **Where the soul has cracked, there is a place for the song of the whales to gather** (workshop). Space For Art Therapies Sixth International Conference of the Czech Association of Art Therapists *Light and Shadow*. Czech Republic.