



## Embodying Peace

**EMBODYING PEACE®:**  
**PHYSICAL APPROACHES TO CONFLICT AND VIOLENCE**  
Staff Development offered by Martha H. Eddy, Ed.D. and CKE staff  
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The focus of Embody Peace trainings is to guide adults or children in the practical implementation of peaceful behavior even in times of stress.

Eddy is an expert in a specific educational arena -- the teaching of conflict resolution and community building through understanding body language and using physical activities. The physical activities selected are based in research on best practices in education and can include exercises for perceptual alertness, body awareness, cooperative strategies, non-verbal communication, embodied discipline, and problem-solving and emotional expression through the creative arts (e.g., movement and drama) for children or educators. Her expertise also extends to adaptive needs, stress reduction, trauma relief and grief counseling. Eddy has developed different curricula for handling conflict and violence on the playground, in the classroom, in creative arts settings, or in public spaces. She has found that when skills are learned and practiced experientially they are more available to be used in challenging times. Several other members of the CKE staff are also trained to lead workshops on these subjects.

CKE offers the following staff development workshops (also offered as graduate level courses):

- (1) Moving Toward Peace – classroom activities that teach conflict resolution through games and movement
- (2) Using Movement and Dance For Conflict Resolution and Community Building – dance, physical education and recess related activities

The costs of the various programs vary based on the length of the session, the size of the group, and the resources of the organization. Dr. Eddy has a New York City Department of Education vendor listing.

Martha Eddy, Ed.D., CMA, RSMT, completed her doctoral studies at Teachers College, Columbia University by doing ethnographic research on the use of physical activity in anti-violence programs for youth. Eddy offers staff development and direct services to children independently and through the Center for Kinesthetic Education. She has worked since 1991 with Educators for Social Responsibility National and NYC Metro Resolving Conflict Creatively Program, Project Renewal (September 11<sup>th</sup> Programming), and the International Center for Cooperation and Conflict Resolution (Peaceful Kids ECSEL). Dr. Eddy is currently on the faculty of SUNY- Empire State College and taught for ten years at Teachers College, Columbia University. She lectures nationally and internationally. She is the founder and director of the Center for Kinesthetic Education in NYC where she also maintains a private practice.

