

Social Action Post Conference Event

Join CHAA (Community Health for Asian Americans) staff and clients on a journey through the arts to transform hegemonic bodies into critical bodies through *conscientization*, a term used by Freire to describe the process of raising awareness of the body and the larger forces that surround it, revealing structures that impact it and reinterpreting it by grounding it in personal and communal experience. Through an expressive arts experience, contemplate your body and the things in the world around you. After sharing your personal process and witnessing others experiences engage in conversation and in the creation of a group poster.

CHAA is a non-profit based in the San Francisco Bay Area, established in 1996, that serves historically underserved Asian, South Asian and Pacific Islander communities. CHAA offers a continuum of services that include behavioral health, wellness and prevention programs, youth development and family support. As a community-based organization, CHAA believes health and wellness are vital to community development and social justice. CHAA employs community-based participatory research and popular education to honor and nurture authentic leadership, promoting community, family and consumer wellness, voice and choice.

CHAA staff members are from the communities they serve, and bring their cultural and language skills, knowledge and commitment to this important work. CHAA's multidisciplinary team of over 50 includes psychologists, psychiatrists, social workers, therapists, support counselors, wraparound teams, prevention specialists, youth development specialists, public health professionals, outreach specialists and a cultural anthropologist. CHAA staff speaks 21 Asian, South Asian and Pacific Islander languages and dialects, including: Bangla, Burmese, Cantonese, Hindi, Hokkien, Japanese, Kapampangan, Khmer (Cambodian), Khmu, Lao, Malay, Mandarin, Mien, Mongolian, Nepali, Rakhing, Tagalog, Thai, Tibetan, Tongan, and Vietnamese, as well as Spanish.

Legacy of Images: A Supervisory Workshop

The legacy of expressive arts therapy is passed on to the next generation through the supervisory process. In multi-arts based supervision, we explore the power and potentials of images and the arts and how they reveal and unfold a client's process. Expressive arts therapy supervision is a unique weaving of clinical, arts and archetypal perspectives that help to deepen a therapist's practice. Participants in this workshop will take in an expressive arts therapy group supervisory process, using art-making and images to help understand one's clients, their issues, the co-transference and deeper levels of existence and relationship and the arts themselves.

Kate T. Donohue, Ph.D., REAT is a licensed psychologist and a registered expressive arts therapist who has maintained a private practice for 35 years. She has also been supervising and teaching for 32

years nationally and internationally. Kate co-founded the EXA program at CIIS as well as co-founder of IEATA.

Law and Ethics in Action: An Experiential Workshop

This class meets BBS requirements

What does ethical behavior mean to you? How do you make decisions when the law is unclear? What are the subtleties of ethical behavior and the personal values we bring to the ethical decision-making process? In this workshop we will explore these questions and others, as we bring ethical and legal dilemmas to life through action methods drawn from psychodrama and sociodrama. Using ritual, we will honor the moral/ ethical complexities of our work.

Sylvia Israel, LMFT, RDT/BCT, TEP (MFC31245), Certified Psychodrama Trainer, Educator and Practitioner (TEP) Registered Drama Therapist and Board Certified Trainer (RDT/BCT), is the Founder /Director of *IMAGINE!* Center for Creativity and Healing, Founder/Past-Director of Bay Area Playback Theatre and Founding Member of Bay Area Moreno Institute. She teaches at the CA Institute of Integral Studies (CIIS) and maintains a private practice in San Francisco and Marin.

An Equine Facilitated Psychotherapy Sampler

This workshop will provide an introductory experience into the field of equine facilitated psychotherapy and blend these practices with expressive arts. Participants will work with horses on the ground (unmounted), addressing various themes such as: dealing with change, self-knowledge, finding your passion, healthy relationships, non-verbal communication, emotional congruence, individual and group safety, personal and professional goal-setting, self-confidence and leadership styles. Art practices will be engaged with the equine experience. The workshop will take place at DreamPower Horsemanship in Gilroy, CA. Participants should wear comfortable clothing and shoes suitable for an outdoor barn setting. No prior horse experience is necessary.

Martha McNiel is a Licensed Marriage and Family Therapist, PATH International Registered Therapeutic Riding Instructor and the 2011 PATH Intl. Equine Facilitated Psychotherapy and Learning Professional of the Year. **Lisa Renae Nelson** is a Licensed Marriage and Family Therapist, PATH Intl. Therapeutic Riding Instructor In Training and a professional photographer. **Aleksandra Szymanska** is a psychologist (licensed in Poland), PATH Intl. Registered Therapeutic Riding Instructor and working on her Master's in Fine Arts in Painting. All three presenters work at DreamPower Horsemanship in Gilroy, CA.

Body Tales: Rafting the Wilds - From Personal Shadow to Community Treasure

Body Tales® is a creative and healing practice that integrates movement, voice, imagery and personal storytelling. This somatic journey offers clear structures and ground rules; inviting empathetic, whole body intelligence and learning, and strengthening kinship and belonging with the larger earth. In this experiential session we will focus with specific body places, sensations and systems (such as jaw, neck and throat; belly; lungs and breathing; back of the heart) - communing with our embodied stories, challenges and resources. In small groups, participants explore and share their own Body Tales – creating warmly shared Movement Theater from, and for, our real lives.

Olivia Corson, MA Culture & Spirituality, BFA Dance, is the founder of Body Tales®. A pioneering SF Movement Theater artist, teacher and somatic educator, she has taught and performed extensively for over 30 years. Olivia powerfully infuses the work with her passion for the Earth, and for the movement and stories that renew and sustain us.