



**ieata**

**International Expressive Arts Therapy Association**

## **2013 Pre-Conference Sessions**

### **Body and Imagination in Motion and in Metaphor: a movement centered approach in Expressive Arts Therapy**

In this workshop with Daria Halprin, participants will explore the bridge between the artistic and therapeutic potency of the expressive body. An approach linking movement/dance with visual arts and narrative will be discussed and engaged with as a way to catalyze creative encounters and inspire embodied change. Personal and collective themes relevant in our lives will emerge through Life/Art encounters, questions and dialogues.

Participants may expect to move, draw, write, witness, be witnessed, and engage in improvisational performance.

*Daria Halprin, MA, REAT, RSMT: dancer, poet, teacher, author, co-founded the Tamalpa Institute. She directs training programs in movement/dance and expressive arts education and therapy and has taught internationally including at CIIS, JFK, European Graduate School. Published writings include The Expressive Body in Life, Art and Therapy; Body Ensouled, Enacted and Entranced. [www.dariahalprin.org](http://www.dariahalprin.org)*

### **Taking It to the Streets: Expressive Arts and Social Responsibility**

Expressive Arts needs to be able to respond to the winds of change in the larger social world. What is calling to us as citizens of the world and how can we use the expressive arts in our response to this call? What is our aesthetic responsibility to the world? We will try to find answers to these questions through reflection and artistic exploration, using different modalities including writing, movement, music-making and theatre. The workshop will involve both individual exploration and group art-making. We will end with a collective performance that may be presented publically.

*Ellen G. Levine, MSW, Ph.D., ATR-BC, REAT is co-founder of ISIS CANADA, Senior Staff Social Worker at the Hincks-Dellcrest Centre for Children's Mental Health in Toronto, Professor and Core Faculty at the European Graduate School in Switzerland; author, co-author and editor of a number of books, including Tending the Fire: Studies in Art, Therapy and Creativity, Principles and Practice of Expressive Arts Therapy: Toward a Therapeutic Aesthetics and Art in Action: Expressive Arts Therapy and Social Change.*

**Stephen K. Levine, Ph.D., D.S.Sc. REAT**, is a founder of IEATA, co-founder of ISIS Canada, Dean of the Doctoral Program in Expressive Arts at The European Graduate School; author and editor of many books, including *Poiesis: The Language of Psychology and the Speech of the Soul*; *Trauma, Tragedy, Therapy: The Arts and Human Suffering*; and, with Paolo Knill and Ellen Levine, *Principles and Practice of Expressive Arts Therapy*.

### **Thriving in the Winds of Change: Attending to Emergent Processes**

The Appalachian Expressive Arts Collective and allied community offer an experiential workshop to explore ways in which participants and the expressive arts can flourish as training and practices change and evolve. We will present an artistic introduction and invite creative, transformational experiences to happen within a collaborative format. Our process will be to engage with unanticipated outcomes as emergent ideas and applications unfold. Participants will share in a selection of practices, including visual art, music, dreams, movement, story, poetry, improvisation, and performance to discover personal and professional ways of responding to change.

**Sally Atkins** - Professor, psychotherapist, poet, ritualist, Founding Coordinator of the Expressive Arts Therapy Program and the Appalachian Expressive Arts Collective, member of Gypsy Harvest Annex Improvisational Performing Ensemble, author of numerous professional works in the field of expressive arts. Core faculty member of the European Graduate School.

**Harold McKinney** - Music professor at Appalachian State University for over 30 years, teaching music improvisation, philosophy of music, and expressive arts. Trombonist and founding member of "King Street Brass" and post-modern improvisation ensemble, "Gypsy Harvest Annex," he has performed nationally and internationally and was Visiting Artist at the European Graduate School.

**Joan Woodworth** - Professor Emerita of Psychology and member of the Expressive Arts Collective at Appalachian State University. Her professional work and interests are in the areas of expressive arts in creativity, dreamwork, and ecopsychology (the study of the relationship between humans and the "other than human" world).

**Jay Wentworth** - Interdisciplinary Studies professor at Appalachian State with degrees in philosophy, theology, English and dramatic literature and a post-doctoral certificate in Gestalt Therapy. Recipient of numerous teaching awards and staff psychotherapist at The Country Place (Jungian treatment center); a published poet, interested in poetry and therapy, mythology, and issues of integration.

**Liz Rose** - Music professor at Appalachian State University, teaching music therapy and music education courses. She has a special interest in exploring sustainable art through performance. She is a member of Gypsy Harvest Annex Improvisational Performing Ensemble.

**Marianne Adams** - Appalachian State University Chair of Theatre and Dance; MFA in Choreography and Dance Performance and MA in Clinical Psychology. A therapeutic movement specialist in mental health settings, certified instructor in Pilates, GYROKINESIS® and GYROTONIC®, and Visiting Artist at the European Graduate School. She teaches dance, bodywork, and expressive arts.

**Rob Falvo** - Professor of percussion and Expressive Arts Collective member at Appalachian State University with a D.M.A. from Manhattan School of Music. As a percussionist and teaching member of Alexander Technique International, he has performed and given workshops in percussion and clinics Alexander Technique nationally and internationally.

**Cathy McKinney** - Professor and coordinator of music therapy at Appalachian State University. Teaching responsibilities include music therapy in mental health, clinical improvisation, and the Bonny Method of Guided Imagery and Music (GIM). Research interests in psychological and physiological effects of GIM.

**Karen Caldwell** - Professor in the Department of Human Development and Psychological Counseling at Appalachian State University where she enjoys teaching mind-body skills to graduate students. Her recent research efforts have focused on the development of mindfulness in college students participating in tai chi classes.

**Thomas McLaughlin** - Teaches writing-based courses in literary theory, cultural studies, and creative practice at Appalachian State University. He has also been a visiting faculty member at the European Graduate School. He is currently working on a book on reading as an embodied practice.

**Jena Leake** - Assistant professor and Program Coordinator for Expressive Arts Therapy at Appalachian State University. She specializes in expressive arts work with women and was formerly the founder/director of The Art Life Studio in Charlottesville, VA. She is forever re-imagining her life through art.

### ***Temenos in the Tenderloin: Sustaining Communities through Expressive Arts Therapy***

CIIS's Expressive Arts Therapy faculty and students are engaged in a highly innovative long-term, whole-systems based reciprocal partnership with Glide Memorial Church's Family, Youth and Childcare Center in San Francisco's Tenderloin district, designed to support the needs of Glide's service users and staff for desperately needed resources while providing opportunities for students to develop their expressive arts therapy skills with

underserved populations. Participants will be introduced to the foundational theories and principles informing the partnership; hear from both students and Glide staff about the work; see videos from our work and experientially learn a range of arts activities that we have successfully used in our work with staff, children and families.

***Shoshana Simons PhD, RDT*** chairs the MA Program in Expressive Arts Therapy at CIIS. She has over 25 years of experience integrating creative arts into the fields of psychotherapy, education, community & systems change work in the UK and USA. Her writing about the Glide/EXA partnership is to be published in the forthcoming book 'The Soul of Dramatherapy.'

### **Honoring Global Diversity: Person-Centered Expressive Arts for a Changing World**

Since the Person-Centered Expressive Therapy training first began in 1984, the values and methods have spread worldwide. Programs now exist in Japan, Korea, Hong Kong, and Argentina. We are developing deep connections and understanding of other cultures and how they contribute to our values and methods. Together we create the winds of change that help us shift from confrontational thinking to collaborative work for human rights and peace. In this workshop we will use movement, music, art, journal writing and drama to journey and explore our diverse world and how person-centered expressive arts is creating positive change

***Nina "Anin" Utigaard, MFT, REAT*** is one of the four founding IEATA ECCs and was faculty with the Person-Centered Expressive Therapy Institute for over 10 years. She combines creativity and person-centered therapy in her private practice, and works with clients of all ages. Anin has shared her approach in workshops nationally and internationally.

***Natalie Rogers, Ph.D., REAT***, received the first Lifetime Achievement award from IEATA. Author of three books: *Emerging Woman*, *The Creative Connection: Expressive Arts as Healing*, and *The Creative Connection for Groups: Person-Centered Expressive Arts for Healing and Social Change..* She brings the person-centered values to her work nationally and internationally.

***Maria Gonzalez-Blue, MA, REAT, REACE*** is an Expressive Arts Therapist and Educator facilitating personal and spiritual growth. She teaches Person-Centered Expressive Arts Therapy at California Institute for Integral Studies in San Francisco and taught in Mexico, Argentina and Guatemala. The strength of her work is supported by a 25-year relationship with Huichol Shamans from Mexico.

***Graciela Bottini Ph.D., REAT*** is the co-founder of PCETI-Argentina with Maria Gonzalez-Blue. She is a pioneer in Expressive Arts Therapy from PCA in Argentina and co-founder of IPA Argentina (Children's Rights to Play). She is currently Co-Chair of IEATA's International Committee and has been an active member of IEATA since it began.

**Fiona Man-yan Chang, M Soc Sc, REAT, RSW** is Founder of Person-centered Expressive Arts Therapy Training Program at the University of Hong Kong (HKU). She received Outstanding Staff Award of Hospital Authority and Distinguished Social Work Alumni Award of HKU. She wrote chapters on PCEA for internationally and locally published books.

**Kyoko Ono, Ph.D., REAT** is a Registered Expressive Arts Therapist and licensed clinical psychologist. She is the founder of the Expressive Arts Therapy Institute and the Person-Centered Expressive Arts Therapy training program in Japan. She has taught Person-Centered Expressive Therapy for over 20 years in Japan and is author of two books.

### **A Touch Drawing Centered Approach to Expressive Arts Therapy**

Touch Drawing is a simple but profound way of creating images. Touch paper that is placed over paint and see the impressions on the underside of the page. Drawings emerge with surprising speed, allowing a full series to be created during a session. Each drawing is an imprint of the body and psyche, and acts as a stepping-stone on an inner journey. The direct transmission of somatic sensation and fluidity of movement from one drawing to the next, amplifies the transformational process. In this all-day workshop, Touch Drawing is integrated with dance/movement, vocalizing, and writing/journaling. It is presented as a unique approach to multi-modal Expressive Arts Therapy.

**Deborah Koff-Chapin BFA** has been developing Touch Drawing since 1974, teaching at universities, conferences and retreat centers internationally. She is author of *Drawing Out Your Soul*, *The Touch Drawing Facilitator Workbook*, educational media and *SoulCards 1&2*. Founding director of The Center for Touch Drawing and served on the board of IEATA.

**Jack S. Weller** is one of IEATA's four founding Executive Co-chairs. Received Shining Star award in 2007, was founding director of both Arts & Consciousness M.A. program at John F. Kennedy University and Expressive Arts Therapy program at California Institute of Integral Studies, and has practiced Touch Drawing for 25 years.

### **Healing the Wounds of History Through the Arts**

The presenter will demonstrate his approach to working with intercultural conflict transformation, collective trauma and peacebuilding. Through experiential exercises integrated with didactic explanations of his model, he will guide participants through an embodied exploration of the following questions: How do cultures emotionally integrate a legacy of perpetration or victimization? How do we prevent the rage, guilt and shame of one generation

from haunting a people for generations to come? The expressive arts can provide a bridge between personal and collective experience and help people master complex feelings, heal deep wounds and put ghosts of history to rest.

*Armand Volkas, MFT, RDT/BCT, Clinical Director, Living Arts Counseling Center, Associate Professor, CIIS, Artistic Director, Living Arts Playback Theatre Ensemble, Founder and Director, Healing the Wounds of History Institute. He has developed innovative programs using drama therapy and the expressive arts in peacebuilding, intercultural conflict transformation and in healing collective trauma.*