

THE 14TH INTERNATIONAL CONFERENCE

January 14-16, 2022



Rejuvenation

WORKSHOP DESCRIPTIONS

DAY 1: Jan 14, 2022

Block 1

Eastern Standard Time 12:30 - 14:00
Central European Time 18:30 - 20:00
China Standard Time (Jan 15) 01:30 - 03:00

The Role of Expressive Arts Therapies in Documenting Historic Memory: Outsider Art, Art Brut, Folk Art and Craft as Alchemical Archive

Presenter: Kim Anderson, MSW, LCSW, ATR-BC, REAT

The role of expressive arts therapies in social, economic and Environmental Justice have long been intertwined. Artists from a variety of disciplines have been depicting injustices for thousands of years as a way to purge personal discomfort, a means of illuminating oppression and by forging a pathway to liberation from the cycles and systems of injustice by the act of creation rather than annihilation. Some examples are notably found in outsider art, folk art and craft as well as in fables, folk tales, song, dance and dramatic representations. This presentation will trace these examples, encourage discussion of others, and will invite participants to create a singular expressive arts piece which will become a part of a communal/community holistic representation of a significant date in history.

"Dreamscaping Joy from Loss through Prescriptive Memory-Making and Dyadic Creativity"

Presenter: Nancy Gershman

When working with a client's memory, how do we locate the fleeting, joyful bits so often overshadowed by loss that no new insights can emerge? In this master class, the memory artist and clinical social worker who developed Dreamscaping will introduce her novel technique for arriving at the memory our client needs in order to move from isolation to re-integration in the world. This playful

THE 14TH INTERNATIONAL CONFERENCE

January 14-16, 2022



Rejuvenation

approach begins with excavating a client's most precious memories—then joining the client there to figure out ways to enhance or build a new (prescriptive) memory from lived experience so that it becomes the place where healing can happen. By workshop's end, therapists will get an excellent sense of what it takes to be an assured memory artist in mental health care, capable of leading your client to new sources of courage and humor based on their personally-developed imagery.

Maternal Creativity in Covid-19 Pandemic

Presenter: Elahe Rahimian, Master of Clinical Psychology, AT

This proposal is written to expand my personal experience as an art therapist, psychologist, and most importantly, mother of three children: a 12 year-old with Autism, a 4-year old boy, and a 2-year-old toddler. As we live in Iran in a very different culture, for my family, quarantine and stay-at-home order had different consequences. The Covid19 pandemic somehow allowed some people, including my family, to find inner treasure through suffering. As stated in the Holy Quran, God says: "After the storm comes the calm." Due to sanction restrictions, corona mortality, and economic problems, families experience much stress in my country. In addition to these challenges, being a mother was difficult during the pandemic. Therefore, I decided to use my professional experience daily, and I started to implement the art therapy skills at home. In our culture, the mother plays a vital role in the family. Here are examples of my activities during the pandemic and my attempt to be a creative mother, art therapist, and psychologist. As my husband had been exposed to Covid-19 two times, he was quarantined in a separate room. This situation made my children feel scared and anxious. I used some expressive art therapy exercises during this period. These exercises have helped me to reduce the anxiety and fears of my children. Exercise 1: Expressing fears with painting; Exercise 2: use the quarantine calendar; Exercise 3: digital connection; Exercise 4: I created a social story and made a book.

THE 14TH INTERNATIONAL CONFERENCE

January 14-16, 2022



Rejuvenation

Expressive Introspection, the Art of Survival

Presenter: Miriam Zimms, CZT and Expressive Arts Facilitator

What happens, if we are open, and the opportunity arises for us to personally experience the healing power of the arts through a life change? What if we allow the healing arts to enter our life for a fully expressive introspective experience in Mind (will), Body (energy), and Spirit (internal light/faith) (MBS) care? This presentation and intermodal class will take attendees on a journey answering those questions of how the expressive arts is a powerful intermodal tool for self-introspection through self-expression in MBS during or after significant loss and trauma. More specifically, it will provide an expressive arts technique on how to find balance in life both as a facilitator and student. Because we often lead with one of three MBS areas taking charge over the others, we often lose our life balance. As a disabled artist and facilitator, I have developed a MBS process that can be used by both facilitators or as a self-practice to find balance in these three areas. Attendees will also learn how to communicate before/during classes with students with disabilities (limited energy or physical limitations) to find the balance of fully letting go so that when they are in your class, they fully let go to trust the process, but not deplete themselves for the daily life they lead, especially when they are already energy or physically compromised. This interactive presentation will be both a "Ted Talk/Power Story" and Expressive Arts Intermodal class in one.

Poetic Medicine Circle: Changing Lives One Poem at A Time

Presenters: Susan O'Connell, REACE, MATP, MTP;

Terri Goslin-Jones, Ph.D., REACE

What is a Poetic Medicine Circle? A Poetic Medicine Circle is a catalyst for exploration and transformation and a resource for rejuvenating individual and community resiliency. Objective: This workshop offers a poetic medicine approach that weaves poetry, creative expression, reflection, and writing inviting exploration, discovery, self-awareness, and self-care. Through the intermodal process, we deepen into our authenticity as we access, embody, and give voice to our creative potential. Overview: Our offering of poetic medicine woven with creative expression can be engaged as a practice to rejuvenate and cultivate self-awareness, understanding, and self-care, which strengthens

THE 14TH INTERNATIONAL CONFERENCE

January 14-16, 2022



Rejuvenation

resilience across the lifespan. We will engage poetic medicine and other forms of creative expression intermodally, inviting deep listening and reflection while opening to self-care. Creative expression opens us to multi-dimensional perspectives regarding our lived experience. It adds richness to our lives by initiating our poetic and creative aesthetic awareness. In our poetic medicine circle, we will explore ways poetry and creative expression can be profound and nourishing in our fast-paced world.

Coming Home to Ourselves: Rituals of Renewal

Presenter: Jena Leake, REAT

Living in these challenging times requires courage, creativity and compassion for ourselves and each other. In this intermodal expressive arts workshop, we practice the art of self-care and caring for our communities. Through writing, movement, poetry, visual art-making, and mindfulness practices, we will shape artful ways for creating small rituals of renewal in everyday life. As we attune to our bodies, breath and imagination, we will create a sacred space for honoring the full range of emotions that arrive when we listen from the he(art) of our lived experience. Creating from this embodied place awakens our soulful capacity to live authentically and intentionally as we continue to navigate these unprecedented times. Please bring a candle, journal and drawing materials.

Expressive Movement: Tai Chi in Healthcare

Presenter: Delores Dalrymple Gullledge, Ph.D, FT-R, CCR

The ancient art of Tai Chi is experiencing a revival in our noisy world. Low impact intentional movement helps align the body, mind and heart into focused calm. Repetitive motion with mindful breathing captures intrusive thoughts. Tai Chi is evidence based and used in complementary integrative health care within some whole health systems of care. Tai Chi improves balance, mobility, flexibility, relaxation, posture, focus, mood and vitality. Tai Chi is generally thought to be safe. It requires no special equipment and can be adapted to meet the needs of almost everyone. Learning how to regulate breathing stimulates the body's natural relaxation system quieting the fight-or flight response. It usually has a positive effect on general health and well-being, stress reduction, chronic

THE 14TH INTERNATIONAL CONFERENCE

January 14-16, 2022



Rejuvenation

pain, cognitive function and many other health conditions. This presentation will include testimonials of Tai Chi participants. It will also include a snapshot of how Tai Chi is being utilized in a major health care system to benefit veterans. Conference participants will have the opportunity to engage in experiential Tai Chi practice.

Expressive Art With Spiritual Direction: Listening In Color

Presenter: Victoria Knight, Spiritual Director

Listening is the most valuable skill in Spiritual Direction. Expressive art brought into spiritual direction is an amazing way to listen in color to the soul's experience. It is prayer made visible. In this presentation I will share a little of my own experience with expressive art in spiritual direction. Why I believe expressive art is a needed and valuable gift to bring into spiritual direction. Expressive Art is both rejuvenating and revitalizing to the soul and the world of spiritual direction. I will include a guided prayer and expressive art experience.

Block 2

Eastern Standard Time	16:15 - 17:45
Central European Time	22:15 - 23:45
China Standard Time	(Jan 15) 05:15 - 06:45

Cultivating Self-Compassion and Enhancing Resilience through Focusing-Oriented Expressive Arts (FOAT®)

Presenter: Laury Rappaport, Ph.D., MFT, REAT, ATR-BC

Focusing-Oriented Expressive Arts (FOAT®) is a mindfulness and body-based approach to the expressive arts that cultivates self-compassion and enhances resilience. This workshop will provide a brief overview of FOAT® and present two of its main approaches: 1). the Focusing Attitude and 2). expressing a felt sense through the arts. The Focusing Attitude teaches how to be "curious and friendly to all of one's inner experiences" whether uplifting or painful and difficult. This inner attitude brings a safe holding space within that carries with it a life enhancing energy. Over time, the Focusing

THE 14TH INTERNATIONAL CONFERENCE

January 14-16, 2022



Rejuvenation

Attitude evolves into greater self-compassion. The workshop will also include an experiential exercise on the Focusing Attitude that teaches how to access a felt sense; symbolize it as an image, gesture, sound, word or phrase; and express it through the arts. A brief example will also be included. This workshop highlights how FOAT® accesses our inner wisdom and creativity, enhances self-compassion and naturally unfolds steps toward growth and healing.

Embodied Presence for Clinical Interactions: An EXA Exploration

Presenter: Pamela Krueger, Clinical Program Administrator, MA, LMFTA, MFA, JD

As EXA practitioners, how are we uniquely equipped to establish a source of presence that allows for enacted engagement in every client interaction? Can we draw upon the resources grown from our own histories of trauma and lesser wounds, symbolically, to infuse self-sustenance into every moment of our work supporting others? How does the way that we show up as EXA practitioners affect those we interact with? If we are true to our phenomenological roots and our lens of aesthetic responsibility turned on ourselves, we may find that we can develop the third in our orientation to therapeutic presence. Come and learn through experiencing. This interactive presentation will be grounded in EXA process, drawing upon an arts-based research expressive arts paper for its foundational knowledge, and will allow for individual and collective exploration.

Inside - Outside: What Does it Matter?

Presenter: Barbara Davis, MSW, MFA, EXAT, LCSW

This workshop will explore the concepts of Proprioception, Interoception and Exteroception through the expressive arts. We will utilize the breath, guided imagery, movement, sound and art making to better understand Interoception, Proprioception and Exteroception which have become key elements in our evolving understanding of the healing of trauma. There will be a brief didactic presentation centered around defining these terms and a discussion about how we can help our clients who struggle with knowing their own experience. The workshop will include brief somatic and sensory based activities to help demonstrate how the expressive arts can be utilized to further our

THE 14TH INTERNATIONAL CONFERENCE

January 14-16, 2022



Rejuvenation

understanding of these concepts and facilitate access to these important senses. Participants will be asked to have simple art supplies on hand.

Gently ACT: Managing Chronic Pain Through Expressive Art Therapy

Presenter: Darcie Davis-Gage, Division Chair, Associate Professor, LMHC

Acceptance and Commitment Therapy (ACT) has been shown to be an effective approach to managing chronic pain. This approach focuses on increasing psychological flexibility through teaching emotional, cognitive, and social interventions through the use of a variety of expressive arts. Expressive arts have been shown through research to be an effective coping mechanism when managing chronic pain. This presentation will outline a counseling group for individuals dealing with chronic pain and will include descriptions of expressive art interventions designed to increase mindfulness, identifying values, and examining unhelpful thoughts to assist group members in managing chronic pain.

Reclaiming Stillness: Artful Ways for Navigating Anxiety and Cultivating Resiliency During the Covid-19 Pandemic

Presenter: Maria Luisa Diaz De Leon Zuloaga, MA, REAT, RSME/T

"Stillness is where creativity and solutions are found." ~ Meister Eckhart

Public measures to contain and prevent the spread of COVID-19 turned our lives outside-in: from social distancing and mask wearing, to limiting reunions with friends and family; there has been an interruption to the flow of interactions and mobility that many people had grown familiar with. While our intellect can understand the need for all social distance related measures, our nervous systems were experiencing disorientation as the measures took away the ways we experience co-regulation. Anxiety, reactivity, despair and confusion became pervasive. Reclaiming Stillness™ is a 4-class series where I facilitate somatic movement and creative inquiries to embody radical presence, develop practices of self regulation and creative expression to navigate anxiety and unearth the body's resiliency. In this embodied expressive arts session so participants will: Deconstruct anxiety

THE 14TH INTERNATIONAL CONFERENCE

January 14-16, 2022



Rejuvenation

using somatic movement and expressive arts; Utilize a hands-on-breath repertoire to explore and identify resources needed to restore their nervous system; and Experience stillness of a breath dance as a personal resource for self-regulation and rejuvenation. This session features the Tamalpa Life/Art methodology: somatic movement, drawing, creative writing, improvisation, and ritual.

Aesthetic Nourishment: An Arts Based Approach to Self Care

Presenter: Lucia de Urioste Bejarano, MA Expressive Arts Therapist

This session is an invitation to explore our experiences as aesthetic beings in the world and its connection to the therapeutic work. Aesthetic nourishment is proposed as an arts based approach to self-care that challenges the notion of “helping the others”, shifting the conversation to explore selfcare based on collaborative and creative therapeutic relationships. This session is an invitation to notice, explore and generate aesthetic nourishment within the everyday work, proposing aesthetic nourishment as a generative possibility in maintaining aliveness and sustainability in the therapeutic work. If you decide to join please consider that this session will invite you to be curious, to engage in self inquiry and self research, curiosity and play. Only a pen and a paper needed to participate, but please bring any other arts materials that you would like to have available.

Express Yourself Playshop

Presenter: Mandy Morris, Transformation Life Coach

Do you find yourself taking Life too seriously (It's easy to do) and would love to play and Dream again like you did as a child? Perhaps you secretly long to be more Creative? Do you know that Einstein said “Creativity is Intelligence having Fun?” I love this quote. So let's do it ! Let's have some fun together. Let's Express Ourselves in a supportive , safe capsule. I invite you to be perfectly imperfect and join me in an interactive multimodal adventure where Creative Play meets transformation. Absolutely no experience necessary, just a willingness to say YES to yourself. During the Workshop we will explore some Intuitive drawing/painting, Journaling, and even throw in a few Drama games just for the Joy of it. I will also be sharing 3 Keys to Create a Life you Love. As a Transformational Life

THE 14TH INTERNATIONAL CONFERENCE

January 14-16, 2022



Rejuvenation

coach coming from a Creative Background, this is my sweet spot and I feel grateful for the opportunity to share this offering with you.

Block 3

Eastern Standard Time 18:00 - 19:30
Central European Time (Jan 15) 00:00 - 01:30
China Standard Time (Jan 15) 07:00 - 08:30

Arts-Based Research with Expressive Arts: The Challenges of Engaging in Non-linear Research in a Linear Setting

Presenter: Coby Lyons, Ph.D; Expressive Arts Therapeutic Facilitator (Certificate)

In this presentation, I will discuss the joys and challenges of engaging in Arts-Based Research (ABR) in an academic setting. In my doctoral research, I am exploring the transformative potential of a clay-based, process-oriented workshop. My investigation incorporates multiple modes of creative expression for data analysis and depiction. In my presentation, I will offer a brief summary of ABR, how I am applying this specifically in my inquiry, and reflect on how this research supports the field of the expressive healing arts facilitation. I will also discuss how engaging in the Expressive Arts for ABR can be transformative not only for research participants, but the researcher themselves.

Caring for The Caregiver: Intermodal Expressive Arts to Support Healthcare Workers' Well-Being

Presenters: Suraya Keating, MFT, REAT, RDT

Nicole Koethner, MA, MFT

This presentation introduces participants to some of the key components of an online Expressive Arts-based Wellness Project at a County Hospital in California providing practices from expressive arts, mindfulness and yoga to reduce stress and promote well-being amidst healthcare workers amidst demanding work responsibilities. Using a blend of slide presentations and experiential activities, we will demonstrate how we incorporated resourcing activities for 20 minute online staff

THE 14TH INTERNATIONAL CONFERENCE

January 14-16, 2022



Rejuvenation

groups and created videos and worksheets to enhance wellness practices. Challenges and obstacles as well as benefits of engaging staff during work hours will be discussed, as will challenges and benefits of utilizing a very brief 20 minute group format. Participants will be led through a flow of multi-modal arts exercises as well as simple yoga and breathing practices that are reflective of what we utilized with hospital staff for this project. A majority of the activities focus on tools for coping with burnout, compassion fatigue, grief, anxiety, depression and other responses to the pandemic amidst health care providers. Space for reflection discussion around how this approach could be incorporated or adapted for other healthcare facilities or in other settings in which staff are in need of support and resourcing.

Focusing Oriented Expressive Arts (FOAT®) Source of Strength

Presenters: Doreen Meister, LMFT, Certified FOAT® Practitioner and Trainer

Grace Brillantes-Evangelista, Ph.D, Clinical Psych, Professor, Certified FOAT® Practitioner and Trainer

We will introduce participants to the embodied mindfulness practice of FOAT® and facilitate the process of accessing the body's wisdom. They will be invited to become aware of something in their lives that is or has been a source of strength or support. This felt sense is then expressed creatively through visual art, writing, gesture, movement or sound. The FOAT® Source of Strength can be carried forward and applied in the participant's current life circumstance.

Aesthetics & Anti-Oppression for Online Education

Presenter: Amy Morrison, PhD, LMHC, ATR-BC

This presentation explores how aesthetic experiences created through interrelated arts in an online setting contributes to an anti-oppressive environment. The presentation includes clarification of the presenter's positionality, how the presenter is approaching online learning, and how expressive arts are incorporated into aesthetic experiences that lead to an anti-oppressive class experience. Participants will be invited to engage in expressive art experiences that are offered in online classes, as well as to bring awareness to their own sense of aesthetics in their daily lives. The focus of this

THE 14TH INTERNATIONAL CONFERENCE

January 14-16, 2022



Rejuvenation

presentation is education, however materials provided can be applied to any setting where people work together in a group, such as business, consulting, team meetings, and counseling.

Engaging with Intersectional Identity Using Expressive Arts

Presenter: Jennifer Powe Runde, MFT, REAT

Now more than ever, it's important for us to be recognizing, including, and integrating the intersectional identity of our clients into our therapeutic work. Similarly, we need to be mindful and intentional in acknowledging and centering our own intersectional identities, and how our identities show up in the therapeutic relationship. In this workshop, we will explore the layers and intersections of our own identities while engaging in hands-on expressive arts directives to be used both personally and with clients. Using simple materials that are accessible and readily available, we will engage in three expressive arts directives using drawing, writing, and somatic awareness to explore identity.

Arts and Health: Interdisciplinary Dialogues

Presenter: Pamela Jiménez, MA

We want to share the last 2 years of the project Arts and Health: interdisciplinary dialogues. This is a project from the Theater School of the Universidad Nacional in Costa Rica. It has developed projects in health and hospital settings, of our Costa Rican public health system. And in this last year we have to adapt our in person methodologies to virtual settings. The proposal is to share this transition.

The Body Sings

Presenter: Topaz Weis, REACE

Explore ways to express yourself with an embodied voice in this playfully transformative session combining the use of breath-work, vocalizing, movement, and improvisation. Participants will learn to embody sound, gain awareness of how breath integrates with the body to support the voice and have an opportunity to identify and express harmony and discord in the body.

THE 14TH INTERNATIONAL CONFERENCE

January 14-16, 2022



Rejuvenation

Day 2: Jan 15, 2022

Block 1

Eastern Standard Time 05:45 - 07:15

Central European Time 11:45 - 13:15

China Standard Time 18:45 - 20:15

Buddhist Psychology Intersects with Dance Movement Therapy

Presenters: Anubha Doshi, Psychologist, Expressive Arts Therapist, Mindfulness Based Practitioner

Tripura Kashyap, Dance Educator & Movement Therapist

This presentation serves to highlight the potential role of the Brahmaviharas intersecting with dance movement therapy, in building resilience and coping skills, to enhance well-being in unpredictable times such as the COVID -19 pandemic. Mindful movement, embodiment, body scan, gratitude rituals, movement props are used to address the 4 brahmaviharas - Loving-kindness (metta), Compassion (karuna), Sympathetic Joy (mudita), Equanimity (upekkha). An 8 hour experiential intervention was facilitated with 20-24 participants and feedback was collected using qualitative methods including open ended questionnaire and verbal reflections. The results revealed that dance movement therapy and expressive arts helped the embodiment and concretization of the meditative practices.

Jungian Archetypes in Astrology and Creative Processing with the Astrological Houses

Presenter: Courtney Taylor, PhD, LMHC, REAT

The purpose of this presentation is to review the Jungian Archetypes relating to astrology with a brief history of how Carl Jung identified Astrology as a helpful tool with the healing process. The presenter will review basic archetypes, for example, discuss the houses system and how to identify with their own natal chart and for others as guidance. Additionally, this presentation will focus on creative

THE 14TH INTERNATIONAL CONFERENCE

January 14-16, 2022



Rejuvenation

prompts and will primarily focus on the archetype Chiron. This extensive background of this archetype and how to use and perceive it with a natal chart will allow others to engage with how they may want to creatively process it. This will include the opportunity to create writing, drawing, poetry, or movement to process and understand their Chiron placement in Astrology while additionally breaking up in dyads to further process and explore. Participants from this presentation will (a) have a brief understanding of the 12 houses relating to astrology and the structure general structure, (b) learn how to look up their natal chart, and (c) learn tools and strategies for creatively processing archetypes presented a natal chart with the lens of Jungian literature.

Refreshing Discoveries

Presenters: Tamara Knapp, MA, NCC, REACE, MHC Intern

Kathleen Horne, MA, LMHC(S), REACE, REAT

Refreshing Discoveries is an opportunity to bathe in the refreshing stream of creativity that runs through you. You will be invited to tune in through meditation, become aware of images that are waiting to emerge, explore creating those images with simple art materials, and let the images speak – in words, in movement, in sound. Through the process by expert facilitators, you will be invited to discover refreshment and renewal as you consult your own inner knowing and are guided through a simple, nourishing expressive arts experience. You will be invited to share the gifts that your images bring, connect within and in community, witness yourself and others' gifts.. During the workshop, you will pause, allow space for yourself and your soul to breathe. You will be amazed at what you find is waiting to be discovered in the wellspring of your creativity.

The Artful Researcher: Using Creativity in Qualitative Data Analysis

Presenter: Walker Ladd, PhD Core Faculty, Department of Research, Saybrook University

This presentation highlights the use of creative arts in qualitative research data analysis. Through personal examples, I share how I use painting, digital art, story, and poetry tools for data analysis in interpretive phenomenological research regarding the lived experiences of people with perinatal

THE 14TH INTERNATIONAL CONFERENCE

January 14-16, 2022



Rejuvenation

mood and anxiety disorders. I share exercises for establishing creative expression in conducting research.

Unleash the Creative Power to Tell the Untold - Use of EXAT in a 26-session Group With Adults Having Chronic Depression

Presenters: Ka Man Ava Lam, MSW, RSW, EXAT

Even Wong, PsyD, MSW, RSW, EXAT

1. To illustrate the step-by-step use of expressive arts in working with adults with chronic depression; 2. To explore the practice wisdom and rationale in using EXA in enhancing the emotion wellness, self esteem as well as mutual support at a group setting; 3. To share experiences of Person-Centered EXA approach and how it affects the group as a whole. This presentation will share the experiences of the first of its kind use of expressive arts therapy (EXAT) in a 26-session group in Hong Kong for adults who have different chronic forms of depression. Chronic forms of depression are usually under recognised and under treated, which are known to account for approximately 1/3 of all depressions. These people are often misunderstood as having a lack of willpower. Thus, they are usually hesitant to share their feelings, particularly in Eastern culture, where face is an important aspect. Using EXAT, however, helps the clients to open up their feelings, thoughts and experiences, and effectively help the group to bring their trust and mutual support to the next level. The presenters will illustrate through case studies, the application of EXAT, the goal and consideration for a longer group. The step-by-step use of EXAT on designing the session based on member's need, use of clients' strength and contribution to navigate the group, rationales behind together with the practice wisdom in using different modalities to enhance the emotional wellness for the clients will be presented. Besides, the potential applications into other settings and in other cultures will be discussed as well.

THE 14TH INTERNATIONAL CONFERENCE

January 14-16, 2022



Rejuvenation

Block 2

Eastern Standard Time 09:30 - 11:00
Central European Time 15:30 - 17:00
China Standard Time 22:30 - (Jan 16) 00:00

Unlock the Power of Your Heart

Presenter: Wonhee Kang, CAPT

HeartMath provides a research-supported approach to reducing stress and improving cognitive and emotional capacities in children, adolescents and adults. Daniel J. Siegel, M.D. Stress and anxiety have a major impact on the health and well-being of your clients. What if you could teach them simple techniques that could help them connect with their heart to manage stress and learn to regulate their emotions? The HeartMath Solution offers three types of information: concepts, tools and techniques, and biomedical, psychological, and social science research. The combination of these elements provides a comprehensive system for unlocking innate potential and achieving rapid personal, interpersonal and social advancement. Heartmath Institute's research they've been able to prove through science, the theory is that the heart links us to a higher intelligence through an intuitive domain where spirit and humanness merge. Neurocardiologists and other scientists are just beginning to map the pathways and understand the mechanics of how the heart communicates with the brain. The HeartMath technology offers a step-by-step methodology and is being successfully implemented by many thousands of people including healthcare institutions, government agencies, and educational systems.

Sensory-Focused Expressive Arts Therapy for Adults with Disabilities

Presenter: Carlyn Waller-Wicks, MMT, MT-BC, REAT

Expressive arts therapy experiences can uniquely address sensory integration needs for adults with intellectual and developmental disabilities. Intermodal transfer and layering of multiple arts experiences can provide for meaningful ways to promote kinesthetic exploration, safe boundaries for channeling creative energy, and integration of sensory processing needs. From my experience

THE 14TH INTERNATIONAL CONFERENCE

January 14-16, 2022



Rejuvenation

working in a residential facility for adults with I/DD, I provide examples of applications and adaptations of how expressive arts therapy can be used as an immersive, aesthetic experience. Group experiences and individual work will be represented ranging from using drumming, music improvisation, singing, art making, expressive movement, and collaboration with other creative arts therapists to provide layered arts experiences. Learning objectives include being able to identify sensory processing needs for the disability community, understanding how various art forms used in expressive arts therapy can work together to address those sensory needs, and ways to adapt arts experiences for autonomy, body awareness, and as a healthy outlet for expression.

Expressive Arts Therapists In Cyberspace

Presenters: Eve Lyons, LMHC, REAT

Sarah Watts, LMHC

How have expressive arts therapists adapted during the pandemic to doing our work on telehealth? It hasn't always been easy! Sarah Watts, LMHC and Eve Lyons, LMHC, REAT are two outpatient clinicians in the Boston area who will talk about their work during this time. Presentation will include case studies as well as experiential exercises. Sarah will focus on how she has been able to incorporate play and art with her child clients and Eve will focus on her work with adults during this time. The systemic impact of the pandemic - and the "leveling of the playing field that having access to Zoom has been for marginalized clients will be addressed.

ExpresArte Sin Fronteras: Expressive Therapies Supervision for Professionals Working with Migrant Families on the Mexican Border

Presenter: Marianela Soto-Hurtado, Ed.M., Certificate in Expressive Therapies, LMHC MA

For the past year, from July 2020 to July 2021, I have provided weekly online training & supervision in expressive therapies to a group of social workers & psychologists working with migrant families in a large shelter on the Mexican border. The shelter houses up to 900 individuals, mostly families with children crossing Central America. They are escaping severe gang violence including personal

THE 14TH INTERNATIONAL CONFERENCE

January 14-16, 2022



Rejuvenation

threats, the taking of their homes & killing of their members. Thus, they are expressing much trauma. We have created expressive therapy groups for mothers, mothers and babies, fathers, and children of various ages. The groups function twice a week. Moreover, we transformed the whole shelter to address the trauma, for example, via soothing music played throughout the day, dance and relaxation groups that function daily, and weekly celebrations. Each group has its curriculum based on the needs of that group. Arts activities typically address relaxation, emotional expression and vocabulary, grief work, problem-solving and conflict-resolution, and attachment. Materials used include musical instruments, simple toys, outside toys, art materials, YouTube videos for different ages of children and for parents, to name a few. The presentation would include PowerPoints, pictures and videos of the different group activities with children's faces blurred, readings, and handouts of the presentation that attendees can fill out. The readings will include an article that I & my Mexican colleagues have written and that will be published in the Journal of Applied Arts & Health.

Healing and Balance: Five Elements

Presenters: Pui Wah (Meko) Ng

Vanice Chan, RSW, REAT

The concept of Five Elements (Wuxing) is suggested by ancient Chinese philosophers, and it refers to five types of important elements making up essential materials in the universe. Five Elements consist of fire, water, wood, metal and earth, and can affect the destiny of human being and the universe. Through the experiential art-making process and sharing (connecting with those five elements from nature), the participants can explore the inter-being relationship with the universe. Healing exists and balance within strikes. The presenters will share the concept of Five Elements and different materials, and introduce how we understand the balance among them with Chinese philosophy. (Please bring any materials from nature, that you connect them with association of fire, water, wood, metal and earth. E.g. Chili can be associated with fire, soil/clay can be associated with earth. Please also bring along some simple art materials with you, like drawing paper and pastels).

THE 14TH INTERNATIONAL CONFERENCE

January 14-16, 2022



Rejuvenation

Reengaging the Four Modes of Existence During the Existential Crisis of COVID-19 through Tea-based Online Expressive Arts Therapy

Presenter: Man Kit (Aleck) Kwong, AThR, AVPT

The COVID-19 pandemic is an existential crisis for all mankind as people suffer from anxiety and despair due to the alienation in four modes of existence, namely Umwelt (the natural world), Mitwelt (the world with other people), Eigenwelt (one's own world), and Überwelt (the spiritual world). Such modes of existence can, however, provide constructive potentials when engaged directly or creatively. This echoes with the Chinese idiom and wisdom that the other side of crisis is opportunity. Tea, which has similarities with watercolour but is more natural and easily accessible, serves as the core art material in the creative process. Expressive arts therapy tells us to let go of knowledge and control and become more flexible, so as long as the clients have the materials for artistic expression and their confidentiality and safety are ensured, psychotherapy can still be offered through online means. This presentation includes experience of participants from Hong Kong, Taiwan, and Malaysia who voluntarily joined a one-off online workshop, giving a clearer picture of the therapeutic process and changes. The relevance of tea to the four modes of being is discussed, and the ways in which the framework can be implemented is explored.

We Are All Wonder: Healing School Bullying and Inclusion Campus Education by Visual Art and Cinema Therapy

Presenter: Ka Lok Sobel Chan, Dr.

It is a reflective and original study of my professional practice on the topic of school bullying and inclusion campus by visual art and cinema therapy in City University of Hong Kong. I choose the American movie "Wonder" as the major text for explaining why it is not equal and kind to bully and isolate some classmates who may be underprivileged in terms of appearance, class, race and academic performance, etc. the presentation would further explore some critical issues: 1) The effectiveness of the therapeutic function of visual art and cinema therapy in teenagers' mental health. 2) The hidden difference between the bullying in school and the movie and visual art presented.

THE 14TH INTERNATIONAL CONFERENCE

January 14-16, 2022



Rejuvenation

Therefore, what potential aspects we should clarify to the clients. 3) How to follow up the counseling of teenagers with the aid of school counselors or social workers or educational psychologists when handling students who are really facing the issues of bullying. Finally, we also need to consider and solve the critical dilemma of school policy of zero intolerance and school reputation based on the first priority of teenagers' mental health.

Block 3

Eastern Standard Time 11:15 - 12:45
Central European Time 17:15 - 19:45
China Standard Time (Jan 16) 00:15 - 01:45

Considerations of Utilizing Artistic Expressions in Work and Self-Care

Presenter: Tara Muma, MA Student in Clinical Mental Health Counseling

Various art forms can be utilized within the therapeutic space, as a means to monetary gain (i.e. a business) and for personal enjoyment or self-care. There are consequences, both negative and positive, to utilizing arts within and across spaces. How can mental health providers ensure they are utilizing the arts in a genuine, authentic way, that is helpful to clients and helpful to self? This presentation will provide items to consider with regards to art form within therapeutic practice, monetary gain and self-care, with the goal of enabling participants to better care for themselves and help reduce compassion fatigue and burnout. Current research regarding the topic will be summarized and participants will be asked to participate in an engaging experience as a part of the presentation.

Singing Through Grief

Presenter: Hazal Selcuk, LMFT, REAT, RDT, RSMT

The presentation will share the process of using the arts (lyric writing, composing, arranging, singing and video making) through the process of dealing with grief. It will explore the process of grief and art making as a tool to go through loss, and to hold the questions around life and death. The presentation

THE 14TH INTERNATIONAL CONFERENCE

January 14-16, 2022



Rejuvenation

will share finished musical work and further explore the possibility of reconnection and rejuvenation that the grief process can offer.

Allies and Collaborators: Building Relationships Through Social Action

Presenters: Melody Gamba, LMHC, BC-DMT

Ebony Nichols, BC-DMT, CAT-LP

This workshop will explore and embody personal identity and authentic relationship building as the foundation to working from a collaborator mindset for social change and action. We invite participants to lean into the discomfort of examining their own cognitive dissonance and shift closer to the anti-oppressive collaborator that they aspire to be. Resources and tools to continue self-reflective and self-education practices will be shared to empower participants to continue the work and conversation beyond the workshop space.

Introduction to FOAT® and SoulCollage® for Growth and Transformation

Presenters: Lynn Pollock, MA, LMHC, REAT

Marise Lariviere, LMFT, ATR

This is an introductory workshop combining FOAT® and SoulCollage® - two creative and insightful approaches to inner exploration. In this workshop, participants will be introduced to FOAT® as a gentle and curious way to explore their inner experience and access the felt sense. Then they will learn the fun and powerful artistic process of SoulCollage® that uses images as a means of expressing their inner wisdom. Blending FOAT® with SoulCollage® fosters a profound experience, allowing our body to guide us to deeper self-knowledge. To give participants a taste of this powerful medium, we will briefly review the basics of FOAT® and SoulCollage®, create a card or two, and engage in an intermodal experience to deepen insight and self-discovery. Open to people who are new to FOAT® as well as those with previous FOAT® experience!

THE 14TH INTERNATIONAL CONFERENCE

January 14-16, 2022



Rejuvenation

Learn to Heal-- Heal to Learn: English Language Learning in Color

Presenter: Elfrieda Lepp-Kaethler, Ph.D., Expressive Arts Diploma

The therapeutic power of the arts has wide-reaching potential for English language teachers and learners. English Language Learners (ELLs) face challenges not only of learning a new language, but also negotiating unfamiliar cultural contexts, dealing with academic or workplace content, and navigating personal and family struggles. Many learners of English carry memories of traumatic experiences or may still be living in trauma contexts such as refugee camps. Research in expressive arts indicates important links between language, images, sensory-motor experiences, memory and trauma-recovery. In this workshop participants are given a glimpse into the process of developing English Language Curriculum based on a trauma-informed approach, drawing from Expressive Arts and peacebuilding principles, to foster hope and resilience. The methodology behind "Learn to Heal, Heal to Learn" is twofold: utilizing methods of trauma-informed instruction to improve learning outcomes while simultaneously creating a safe space to heal psychologically, which in turn improves learning capabilities. Incorporating peacebuilding projects into the curriculum encourages learners to not only learn how to heal on a personal level but also on a community level. The curriculum development is ongoing and currently being piloted in refugee communities.

Rejuvenation through Radical Acceptance

Presenters: Cynthia Tawasha Diwan, LMFT

Melissa Craven LMFT

Artists know that creativity can thrive within constraints. Together, we have been in a period of global change with limitations on how we interact and pressure to adapt. In this experiential workshop, we will introduce the practice of radical acceptance, a concept from Dialectical Behavior Therapy. Radical acceptance is a process of transforming suffering into ordinary and workable pain. When we are not busy fighting reality, we have more energy and emotional peace. It is in this liminal space we can find the beginnings of rejuvenation. Participants will explore a current stressor through an intermodal process, including somatic awareness, drawing, and language arts. Learning objectives include:

THE 14TH INTERNATIONAL CONFERENCE

January 14-16, 2022



Rejuvenation

identifying an unchangeable truth we are refusing to accept, increasing psychological flexibility, and practicing several techniques of radical acceptance. This workshop will be part didactic and mostly experiential as we blend the evidence-based, therapeutic approaches of EXA and DBT. We will introduce DBT skills in a way that brings them alive- as our method of teaching them to patients at UCSF is guided by the daring and playful spirit of EXA.

Beg, Borrow and Steal - Where Do the ARTS in Expressive Arts Therapy Come From?

Presenter: Karen Estrella, PhD, REAT, LMHC

"Nothing is completely original – all creative work builds on what came before" (Kleon, 2012a).

Expressive arts therapists, like artists, work with art that has come before. Art materials, processes, products, and practices all take place within a cultural landscape. Do we know the cultural roots of our work? What questions do we ask ourselves when preparing an arts-based experience for our clients related to cultural art practices, particularly when those practices represent a cross-cultural experience for our clients? How do we think about and understand the art we build upon when taken within a cultural context? This workshop will explore essential questions of multicultural competency, humility and appropriation within the field of expressive arts therapy. The presenter will explore the concepts of cultural humility, cultural exchange, and cultural appropriation with an eye towards exploring participants' awareness of their own cultural identity, experience, and community. The presenter will offer examples from teaching expressive arts therapy in cross-cultural contexts, and of bringing cross-cultural arts traditional practices to those outside of the original culture.

THE 14TH INTERNATIONAL CONFERENCE

January 14-16, 2022



Rejuvenation

Day 3: Jan 16, 2022

Block 1

Eastern Standard Time (Jan 15) 22:45 - (Jan 16) 00:15

Central European Time 04:45 - 06:15

China Standard Time 11:45 - 13:15

Elemental Movements for Rejuvenation

Presenter: Nicole Koethner, MA, MFT

Elemental Movements for Rejuvenation In this experiential workshop we will rejuvenate through connecting with the movements and energies of the basic elements of water, fire, air, earth and space. These energies will be explored through movement, visual arts, writing and sound in an intermodal transfer. We will look at what energies we want to cultivate more to help us in moving forward with stories in our lives that don't serve us anymore and being present with the grief of our losses in these times. The elements are resources that support our human story and help us move beyond the story that keeps us stuck and imbalanced. The essential movements of our souls are opened up through the connection with the elemental energies that connect us all thus creating a greater response-ability in all kinds of life situations. This workshop will explore the application to trauma-informed, transpersonal grief-work with clients and also serves as a guide for rejuvenating self-care practices for health-care providers.

Engaging in Creativity as a Means of Self-reflection on a Lived Experience

Presenter: Carol Wiggs, PhD, RN, CNM, AHN-BC

Using the lens of holistic inquiry, I contend that Martha Rogers and other theorists gave us a foundation to explore how a person interacts with their lived experience of life transition. Using narrative story and nursing philosophy this presentation will explore the experience of persons as they encounter their own life transitions through an experience of self-reflective art. As a component of self-reflection art making can become a visual representation of an internal concept. The concept

THE 14TH INTERNATIONAL CONFERENCE

January 14-16, 2022



Rejuvenation

of helicy, as described in Rogers' Science of Unitary Human Beings, models the constant interchange of energy with the self. Through the intertwining of shared energy with the creative process the author describes a journey of self-reflection while translating a lived experience into a creative art project depicting the seasonal change to late midlife. It is in the contemplation of art that the viewer may also experience the helicy of life transition as they engage in a reflective activity through art expression.

Selfie as Self-Exploration: Unmasking Our Identity through Movement and Cell Phone Photography

Presenter: Adriana Marchione, REAT

Focusing on the medium of photography through the immediacy of the smartphone, this workshop will examine the use of the 'selfie' in relationship to virtual reality i.e. internet, social media, cell phones. Through this lens, participants will explore how we can 'unmask' in our art making and life in order to connect more deeply to the truth about ourselves and others. Modern culture is rampant with addiction, depression, loneliness that often results in extreme isolation. In addition to genetic and developmental factors, these issues are amplified by the dissociation from our bodies, nature and community. Working with portrait photography, in addition to movement and words, we will listen to the felt sense and imagination to reveal personal authenticity and common ground. During the session people will be taking photographs with their smartphones to work with self-portrait, portraits of others and abstract images to express story and emotions. We will also work with poetry and movement in breakout rooms and the group at large to access collective experience within our worlds today. I will also have a power point presentation to share during the presentation for further reflections. This presentation could apply to all ages and types of groups since this topic is relevant to anyone who lives in our digital age.

THE 14TH INTERNATIONAL CONFERENCE

January 14-16, 2022



Rejuvenation

Tools for Creative Online Connection

Presenter: Merav Berger, PhD Candidate

This workshop is an experiential offering of tips and TECHniques to bring creative and expressive arts-based group processes online. Explore a “salad bar” of ways to translate in-person directives, activities, lessons, or meeting agendas into an online format that supports safe, meaningful, and connected experiences for clients and colleagues. By the end of the workshop, participants will be able to facilitate a variety of creative online sessions with a wide range of populations.

Born Again (and again): An Action Research on Helping Filipino Seminary Students Navigate Changes in Their Spirituality Through Spiritual Direction and Expressive Arts Group Process

Presenter: Therese Jose

Despite Evangelical Christianity being widely known as a faith tradition that emphasizes single transformation through conversion, a number of theories for spiritual development have emerged, showing that there may be much more to faith journeys than a single transformative event. The transformations that may ensue can be somewhat tumultuous, and using the lens of Relational Spirituality (RS) and Filipino Psychology, five Filipino seminary students from Asian Theological Seminary underwent an intervention program that utilized spiritual direction and group process, in which expressive arts is key, in order to assist them in navigating the changes in their spirituality. Case studies of three of the five participants are presented in this paper in order to preserve the essence of their individual stories and better show their development. This research’s findings may be beneficial in providing further insight into the faith development of individuals as they navigate changes in their spirituality, and how they may be supported during this time.

THE 14TH INTERNATIONAL CONFERENCE

January 14-16, 2022



Rejuvenation

Partner Journaling: Accessing the Language of the HeART

Presenters: Katrina Plato, Ph.D

Christine Sita Dave, LCMHC, REAT

Christine Dave and Katrina Plato share a form of expressive arts that offers rejuvenation in this covid era. Using automatic writing and aesthetic response drawings as a means of language, the two have developed a deep, inner connective spiritual writing process. Their presentation chronicles the evolution of a writing and drawing language that began over three years ago in person and evolved to a sustaining online connection meeting twice a month following the new moon and full moon cycles. Presenters will give examples of similar creative writing relationships. After sharing examples, and their own journey through words and images, participants will be put into break-out rooms to play with the technique.

Using the Expressive Arts to Enable Emotional Wellness in Underserved Communities Globally

Presenters: Manju Jain, MS Counseling, REAT

Aslam Khader, B Tech Hons

In this experiential workshop the facilitators will take participants through a representative multimodal process that combines the expressive arts process with positive psychology, open art studio essentials, healing traditions as taught by Capacitar International, all underpinned by neuroscience. This workshop represents some of the work of the IEATA Creative Wellness Service Initiative (CWSI), a free program which is open to all IEATA members. CWSI uses the expressive arts to promote social change globally. This initiative will nurture and empower the harmed, unserved, and unfortunate populations around the world by building their emotional resilience so they can focus their energies on building a better life for themselves, and through that a better world. At its heart the initiative envisions a world where emotional health is a birthright and every human being has access to spaces and places where they can be seen, heard, held, and loved unconditionally. For all members who are interested in becoming a part of this initiative, working in their communities and serving the underprivileged.

THE 14TH INTERNATIONAL CONFERENCE

January 14-16, 2022



Rejuvenation

Block 2

Eastern Standard Time 02:30 - 04:00

Central European Time 08:30 - 10:00

China Standard Time 15:30 - 17:00

Grief Through the Creative Lens

Presenter: Claudia Coenen, CGC, MTP, FT

Grief affects us in five realms of being - the emotional, cognitive, physical, social and spiritual realms. Responding to grief by using creative process offers the possibility of deeper insight and transformative growth, even in the midst of pain and sadness. The creative lens fosters a multi-dimensional approach to grief, which helps in discovering meaning within the devastation of loss. By tapping into sensory responses and various forms of expression using color, shape, writing, nature and movement, creativity leads us back to wholeness after the shattering of grief. Expressive modalities generate different paths through the alien landscape of loss. The creative lens can be as simple as following a metaphor, scribbling, assembling bits of paper or moving with your feelings. Participants will be introduced to current grief models in use today and how they can be applied creatively in grief work. We will explore the use of imagery, journaling and energy drawing, and share our own ways of expressing emotion and thoughts. The Karuna Cards, Soul Cards and activities from The Creative Toolkit for Working with Grief and Bereavement will be demonstrated and experienced.

Therapeutic Presence and Self Care for Therapists in Telehealth Practice

Presenter: Avantika Malhaustra, M.A, REAT

Over the last year and a half, Covid-19 has changed our lives, as we knew it - physically, socially, emotionally and spiritually. While movement was restricted and fear of the disease plagued the air, our therapy rooms and art studios became virtual spaces and this brought with it the challenge of blurred boundaries and working from home. As the world opens up again and we transition to a new

THE 14TH INTERNATIONAL CONFERENCE

January 14-16, 2022



Rejuvenation

normal, teletherapy is here to stay and gives an opportunity to impact global clients, students, access networks and resources beyond borders. This session will focus on the changing context of many therapists from in-person to virtual sessions where non-verbal cues and kinaesthetic empathy has been compromised and the demand for emotional attentiveness has increased. The impact of this has been significant on the mental health of professionals experiencing similar psychosocial challenges as their clients, and despite that, offering their care and support to others. During this workshop the participants will explore 1) Self care as creative medicine through an intermodal expressive arts experiential process. 2) The presenter will share her clinical experience and relevant research on building psychological safety, embodying presence, authenticity and self-care in online practice.

The New Virtual World of Expressive Arts Therapy: What does it look like? How can it help?

Presenter: Nina (Anin) Utigaard, MFT, REAT, Co-Founder IEATA

Offering Expressive Arts processes online has its challenges. Before COVID hit, Anin had to use Telehealth due to cancer treatment and needing to distance herself from others, so when COVID did hit, she already had a year and a half to practice this new way of offering EXA in her sessions with clients. Using the Person-Centered approach with Expressive Arts Therapy, she will provide a bag full of tricks, techniques, and tools she now uses with her online clients. Online expressive arts processes are clearly different from in-person processes, and yet they can still provide profound insight, release, and alternative ways for our clients to share and explore their personal challenges. In fact, there are some advantages to working virtually. We will review some of those as well. This workshop will offer some hands-on expressive arts experiences for the attendee, as well as, guidance as to ways to offer drama, movement, visual art, music, and writing in your sessions to address an array of issues. It's a whole new world!

THE 14TH INTERNATIONAL CONFERENCE

January 14-16, 2022



Rejuvenation

Image as Apothecary

Presenter: Jane Dalton, Associate Professor of Art Education

Image as Apothecary Visual Journaling as an Expressive Art Practice Each of us is born with an innate capacity for creativity and self-expression. Your images are as individualized as you are and become guides along the path to support and sustain you in authentic self-expression. Together your inner artist and inner healer will awaken creative self-expression as you explore color, mark and image as a tool for health and well-being. Through a visual journal practice you cultivate a creative way to express and record experiences, feelings, and emotional reactions both visually and verbally. Mindfulness practices along with mandala making, spontaneous collage, and expressive drawing and painting will free the imagination as you follow the creative thread of your own intuition. Become inspired to develop a personal on-going visual journal practice for personal growth to cultivate joy and balance.

Looking at Virginia Woolf's "A Sketch of the Past" With an Expressive Arts Phenomenological Framework: A Blueprint for Healing Trauma Through Autobiographical Writing

Presenter: Hannah Behrens, MFA, CAGS Graduate EGS

The purpose of this essay is to explore the potentials of self-healing through autobiographical writing, using Virginia Woolf's memoir, "A Sketch of the Past," as a source text, and to introduce Expressive Arts Therapy and Phenomenology as a model for how autobiographical writing can be used as method for healing trauma. Virginia Woolf originally wrote 'A Sketch of the Past,' over a period of months between 1939, intended to share with her colleagues The Bloomsbury Group Memoir Club. The essay reveals details of the author's writing process, focused on the phenomenon she names as, "Moments of Being," describing the intensity of emotions and hyper awareness she felt at key moments of trauma and revelation. Woolf's ability to articulate these key experiences during the course of her lifetime opens a fascinating study of the writer's experience, and the vulnerability of the psyche, as well as the power of self-healing and self-revelation, in relation to narratives of family and

THE 14TH INTERNATIONAL CONFERENCE

January 14-16, 2022



Rejuvenation

personal trauma. The way Woolf tells her story reaches toward her readers as observational witnesses, and through this act of sharing, may drive other witnesses and those who have experienced trauma, to come forward with their own experience; thus 'A Sketch of the Past' can be seen as a blueprint for personal or communal healing. The phenomenological framework of Expressive Arts Therapy offers an entry point toward using literary models and creative writing methodologies to explore an avenue for healing narrative traumatic experiences.

ReInterpreting Life Events Through Hebraic Culture

Presenter: Olive Swan, Professional Feminine Counselor

Using Hebraic Language, Culture, & Lifestyle, participants will explore how to reframe their lives and look at experiences in a different way. Stories for drama, visual imagery, & journaling will be some, if not most, of the Intermodal Arts expressed in this session.

Block 3

Eastern Standard Time 04:15 - 05:45

Central European Time 10:15 - 11:45

China Standard Time 15:15 - 18:45

The Person-centred Creative Arts Approach (in Counselling Education)

Presenter: Ariane Agostini, Associate Professor

This presentation will explore Liesl Silverstone's Person Centred approach to art therapy. Central to the person-centred approach is the belief that 'the client knows best' and that they can reach their own potential when met in a climate of unconditional positive regard, congruence and empathy. Bringing the person-centred approach to working with images is key, for two reasons, firstly by going at a clients pace it enables a safer process. Secondly when clients are able to lead and direct the therapeutic process themselves they generally make better progress, often much faster. Supporting clients in becoming more self-directed and owning their power is a major aim of this approach. However, due to our familial, educational and cultural conditioning many of us resist becoming

THE 14TH INTERNATIONAL CONFERENCE

January 14-16, 2022



Rejuvenation

autonomous. The presentation will offer a discussion of the way in which the Association for Person Centred Creative Arts (APCCA) trains counsellors, coaches, educators and social workers in person centred creative art therapy skills, enabling students to experience for themselves the challenges and successes in becoming person-centred. We will explore how students' own experience of the person centred approach deepens as they work with image. An experiential and demo will be part of the session.

Exploring Desire Through Somatic Practices as a Way to Reclaim Our Life Force

Presenter: Brinda Sarah Jacob-Janvrin, Expressive Arts Therapist

"Recognizing the power of the erotic within our lives can give us the energy to pursue genuine change within our world" - A. Lorde The invitation of this presentation is to drop our thoughts, ideas and judgements around desire and instead experience desire as sensation, as energy, as arousal or an awakening. The body is central to our explorations and Authentic Movement is the language used to access layers of sensation, feelings, memories and images. Our journey to begin to reclaim our erotic sovereignty, allows us to find our voices and live our authentic lives with discernment, joy, compassion and pleasure. We move away from the patriarchal notion of either/or towards the more feminine approach of yes, and. There is nothing more life affirming than taking ownership of one's desire and what better time to reclaim our life force, our libido and our divine creative spark? In this highly charged polarised world we live in, what safer place to inhabit than within the depths of who we are. I believe this work is a powerful antidote to all the madness around us. We live in a world that privileges Logos over Eros, Power over Love, and Mind over Body, and reclaiming our desire is an important form of activism. Time and care will be taken to ensure a safe container within the online platform to allow this work to unfold. We will take plenty of pauses to allow us to engage our bodies with care and safety, and trauma informed somatic practices will be shared to deal with any overwhelm should it take place. I would like to request that entry of participants is limited once the presentation begins in order to continue keeping the space safe.

THE 14TH INTERNATIONAL CONFERENCE

January 14-16, 2022



Rejuvenation

Into the More – Exploring the Transformative Potential of Expressive Avenues

Presenter: Freda Blob, M.Psych., M.Ed., cert. FOT/FOAT®, cert. GD®P

Art making is not about who is me. It is about releasing creative life energy into something bigger. To express this experience we use different modalities or avenues. The avenue most favoured may indicate the most transformative potential or shifting power. We ask: What does such favoured avenue hold for a person's growth and healing process? The workshop will introduce into the experiential concept of the avenues (Gene Gendlin) and its application in Focusing Oriented Expressive Arts Therapy FOAT® (Laury Rappaport). You will learn about the body sense as the juncture between the modalities and explore how the body sense is leading from one expressive avenue into the other. Being with how you work on one avenue - the favoured one -, you get insight in the essential of each avenue. New experiences of vastness, synchronicity and unity will show up very naturally.

A FOAT® based exercise on the avenues is guiding you through this process. Please keep at hand any art materials you have access to and like to use. A free space of minimum two square meters is recommended for movement and/or dance.

Exploring Your Ecological Self

Presenters: Kathleen Horne, LMHC(S), REACE, REAT

Tamara Knapp MA, REACE, NCC, MHC Intern, K-12 Art Teacher

Explore the concept of your Ecological Self, through an integrated expressive arts process. What is your relationship to the natural world? How has your ecological awareness been shaped and developed over time? Through this gentle and powerful process, listen deeply for any messages that are emerging. By developing an awareness of our ecological self, we begin to heal the split and live the connection with increased consciousness and intention. Adapted from Kathleen Horne's Art as a Healing Practice body of work. This session will include: An introduction to the theme, a nature-based practice, a guided meditation, art-making, movement, writing, small group sharing. You will be encouraged to distill your experience into a "nugget of wisdom" to take, as a practice, and a commitment, into your life. Through this simple yet profound process, you will deeply experience the

THE 14TH INTERNATIONAL CONFERENCE

January 14-16, 2022



Rejuvenation

essential reciprocal relationship between yourself and the natural world. You will remember yourself as part of the more-than-human world, and experience the truth of these words: "I am within all of life and all of life is within me."

Exploring Our Stories Coming Into Breakthroughs

Presenter: Jennie Kristel, MA, REAT, APTT

These pandemic times have been a mix for many of us. We will explore ways in which we are able to experience a breakthrough of coming out – Coming out of our shell, coming into our lives finding a new way to express ourselves, despite adverse conditions. In what way have we come out to find our authentic voice? We will co-create our workshop using sociometry, expressive arts and elements of the "Listening Hour" (a form of structured story sharing created by Jonathan Fox) to explore our stories of being Coming Out/Coming through creative embodied structured witnessing.

Rejuvenate the Artist Within

Presenter: Mateusz Wiszniewski

The Artist Within needs to recharge, rejuvenate, rest and get inspiration. During this workshop we will combine an intermodal approach (drawing, creative writing, sound healing and movement), with guided imagery, breathing and sound healing in order to recharge, rejuvenate and inspire "The Artist Within," the part of us that is creative, spontaneous, sensitive, inspired and passionate. Creative expression gives joy and aliveness and we can use that energy to recharge ourselves and be even more inspired and creative.

THE 14TH INTERNATIONAL CONFERENCE

January 14-16, 2022



PERFORMANCE EVENTS

Day 1: Jan 14, 2022



VOCES: Art and Healing

VOCES: Arts and Healing is a group of expressive arts therapists dedicated to addressing the growing humanitarian crisis with migrant children and families. We believe that the arts can be a powerful tool to give voice to and address the short- and long-term effects of trauma. We are working toward supporting the mental health of marginalized communities, addressing the complex needs of children and families currently experiencing detention, custody, incarceration and confinement through arts-based trauma informed therapeutic experiences.



“The Blue Owl” by Theresa Foster

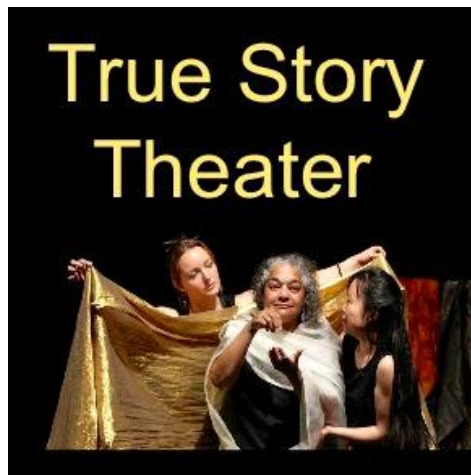
This video presentation will showcase a short play, The Blue Owl, written by Theresa Foster. In the story, an artist’s inner critical voice affects her self-confidence, self-trust, and ability to complete her work. Through her use of creative engagement--visual art, movement, dialoguing, and vocalizing--she discovers ways to channel inspiration that help her respond imaginatively and compassionately to the challenges. Ultimately, she experiences insight, understanding, and healing as she transforms her relationship with her inner critic. The play was originally written as the culmination of a student-designed six-week Final Project on transformative storytelling for the Certificate Program in Intermodal Expressive Arts from Expressive Arts Florida Institute. This performance will be presented for entertainment purposes and there will be time available for questions and sharing with the playwright-performer.

THE 14TH INTERNATIONAL CONFERENCE

January 14-16, 2022

Rejuvenation

Day 2: Jan 15, 2022



True Story Theater

Come experience a powerful and fun interactive multi-modal Playback Theatre performance. Theme: Stories of REJUVENATION for therapists in a challenging time in the world. What happens in Playback Theatre: Volunteer participants share what's important in their lives. Then on the spot, actors then portray the heart of what they heard using music, movement, and dialogue. From this simple interaction, people laugh, cry, share fresh insights, and bond. Playback Theatre events create a respectful atmosphere where every voice can be heard and any story told — however ordinary or extraordinary, difficult or joyful.

Playback is practiced in over 70 countries to help people bridge differences and build community. If you've heard of Playback but never experienced it, now is your chance! And if you've seen Playback live, this is your chance to see how Playback is now being offered around the world in an online format. About our group: For over 20 years, True Story Theater has worked with religious communities, teen leaders, cancer survivors, activists, philanthropists, unhoused veterans, business leaders, and many others. We are a member of the Playback North America network and International Playback Theatre network. We bring movement-based and singing-based elements into our dramatic work to make it more multi-modal.

THE 14TH INTERNATIONAL CONFERENCE

January 14-16, 2022

Rejuvenation

Day 2: Jan 15, 2022



Ryan Chan, Guitar Soloist

Chan Yuk Fan, Ryan studied classical guitar with Adam Marec and obtained Master's degree in music performance at Ján Albrecht Music and Art Academy in Banská Štiavnica, Slovakia. Chan holds a Licentiate diploma of the London College of Music (LLCM) in music composition. He has been giving concerts including his compositions in Hong Kong, Belgium, Czech Republic, England, France, Germany, Hungary, Italy, Luxembourg, Slovakia and Sweden. Chan was the member of the Prague Chamber Guitar Orchestra (PKKO). He composed and arranged music for PKKO and for other guitar ensembles in Prague. He also toured with the guitar orchestra and

performed in concerts at various festivals in Europe.

Chan is the founder of the Slovak Chamber Guitar Orchestra. He brought the orchestral group to play concerts at the 6th Solarino International Guitar Festival in July 2019, Prague in August 2020 and in various cities in Slovakia. Chan's works were included in the repertoire of this guitar orchestra.

As a composer, Chan has, since 2018, been collaborating with Viola Grosse, German Fine Artist who focuses mainly on painting nature and landscapes. Chan composed music for her paintings and was invited to perform at her exhibitions in Germany and Slovakia. In addition, Chan was invited as a composer to perform his own works in the composer festival "Crosscurrent and Nodes" in Örebro, Sweden in June 2019.

Based in London, Chan is now active in teaching and giving concerts in different venues. The music he will be presenting is based on the artwork of his friend and German artist, Viola Grosse:

<https://www.viola-grosse.de/>

REGISTER TODAY!