

IEATA CREATIVE WELLNESS SERVICE INITIATIVE GUIDE TRAINING

Introduction

The purpose of the IEATA Creative Wellness Service Initiative (CWSI) Guide program is to give IEATA members the opportunity to work with non-governmental organizations (NGOs) in their communities. While satisfying their need to participate in social service, the Guide program also provides members an opportunity to get hours that count towards your REACE registration. The IEATA CWSI Guide program is being offered to expressive arts facilitators, expressive arts therapists, and any IEATA member with expressive arts specialization (and maybe who is working towards a REACE). The only other requirement is that you identify and recruit NGOs where you can deliver the Wellness workshops to the clients of the NGO so you can become a CWSI Guide.

The completely free (no-cost) IEATA Creative Wellness Service Initiative will offer life-affirming expressive arts processes to the underserved, empower facilitators in the NGO's, provide service opportunities for IEATA members, and further IEATA's reach as a global organization.

As a CWSI Guide you will work with NGOs and other organizations in your community that are working for social justice, education, or addressing any form of oppression, to provide simple yet effective emotional health services to their clients. As a CWSI Guide you will be trained and supported so that you can provide these emotional wellness workshops in your community. We offer this Guide training at no cost. The initiative endeavors to provide every child, youth, and adult an opportunity for healing through free expression and nonjudgmental witnessing - two very basic human rights. In this way the initiative supports IEATA's mission *"...to encourage the creative spirit. Our inclusive, culturally diverse organization supports expressive arts therapists, artists, educators, consultants and others using integrative, multimodal arts processes for personal and community growth and transformation."*

The IEATA CWSI workshops are based on healing traditions, the expressive arts, positive psychology, and neuroscience advances to enable free expression in safe environments. During the Guide training, you will experience the workshops first hand during phase 1. These workshops allow guides to become aware of, and familiar with, the design of the workshops and facilitation skills required to deliver these workshops.

IEATA Creative Wellness Service Guide Training Description

IEATA Service Guides (and NGO staff) are trained in 3 phases.

Phase 1 consists of 5 workshops of 90-mins duration each, facilitated by Ambassador(s) or the IEATA Social Action Co-Chairs

Phase 2 consists of around 5 workshops of 90-mins duration each, facilitated by the participants in pairs or as sole facilitators, with the rest of the cohort and the trainers as participants

Phase 3 consists of 15 hours of workshops facilitated by each participant with their NGO clients, with continued support provided by a trainer.

Graduating from Phase 1 to Phase 2

In Phase 1 all participants must attend at least 4 workshops. Despite the commitment that all the participants have expressed to attend all the workshops, circumstances can make it hard for some participants to attend all workshops for various reasons, including last minute personal or other emergencies. You must attend at least 4 workshops in phase 1 to be able to graduate to phase 2 of the training. Those participants who have missed more than 1 workshop in Phase 1, **will not** be allowed to graduate to Phase 2. These participants will need to join a training session at a later date from the beginning.

Graduating from Phase 2 to Phase 3

In Phase 2 each participant will be facilitating (or co-facilitating) at least 1 workshop. All participants are expected to attend all workshops in Phase 2. Participants can miss a maximum of one session in Phase 2 due to unforeseen circumstances. Please note that those participants who miss one session in Phase 2 are required to do an additional 1.5 hours of facilitation in Phase 3 to complete their training.

Flying the coop – Completing Wellness Training

To complete the training program, participants will need to facilitate at least 15 hours of workshops with their clients using the workshop design that they have experienced and practiced in Phase 1 and Phase 2 respectively. Each participant will send IEATA an audio or video recording of at least one workshop that they have facilitated with their clients. In addition, there are some forms that the participants will complete, as well as feedback that the participant has received from their clients for the workshops they have conducted. All required forms are in the training manual that all participants will receive after successfully completing Phase 1.

Once IEATA receives the required materials from the participant, there will be a final short interview with each participant to complete the training and provide them a certificate that qualifies them as an IEATA Creative Wellness Guide (CWG).

Continuing Support and Training

After the successful conclusion of Phase 3, the newly appointed Creative Wellness Guides will be admitted to the online group for qualified Creative Wellness Guides. The CWG community can be a resource for them as well as they can be resources for others in the CWG community to collectively advance the mission of IEATA to promote emotional wellbeing for all using the multimodal expressive arts process.

IEATA Social Action Co-Chairs and Ambassadors will facilitate regular online sessions where Ambassadors and Guides will continue to be engaged, supported, provided new tools and approaches to wellness, and updated as the initiative progresses.

Benefit to the IEATA Wellness Guides

CWSI Guides are able to count all the hours that they are training towards the training requirements for their REACE application (15 hours of training in Phase 1 & 2 towards the 200 hour requirement). Guides can also count all the hours that they deliver these workshops to NGO clients towards their REACE hours. In addition to the above benefits, once you successfully complete phase 1 & 2 above and deliver 5 workshops to at least one NGO in your region, you will become a CWSI Guide and will be listed on the IEATA Website joining an elite set of members devoted to social action.

We look forward to you joining us in our mission for universal access to emotional health by enabling free expression in safe environments available to vulnerable members of your community.

Contact Information

Manju Jain & Aslam Khader

Social Action Committee Co-Chairs

socialaction@ieata.org

Other Emails : manjukhader@yahoo.com; aslampdx@gmail.com