

PARALLEL SESSIONS

ONLINE DAY 1

JUL 14, 2023 (Fri) 1:30-3:00pm EDT / JUL 15, 2023 (Sat) 1:30-3:00am Taiwan Time

Images, Poetry & the Spirit [English]

"Images, Poetry & the Spirit" presents a slideshow of nature photographs as sources of inspiration and/or jumping off points for illuminating poetry writing. The presentation opens with a simple, participatory sacred song and dance called "Tis a Gift to be Simple." "Tis a Gift to be Simple," like Tao, trusts in the creative process of bowing & bending to what emerges as a path to revealing the universe in a drop of golden sun. While the dance was created as an in-person, sacred circle dance, the wisdom and exhilaration of the spirit can be experienced with everyone doing the movements individually in place or from sitting. This is followed by a contemplative slideshow of nature photographs and time to both write and share poetry. "Images, Poetry & the Spirit" has been offered via zoom to unhoused guests, in-person to participants in the Peter Alford Prevention and Healthy Living Center and soon through zoom to an international community sponsored by the British Haiku Society with the focus on haiku.

Keywords:

The flow of ecstasy & contemplation through singing, dancing, nature photographs & poetry

Presenter:

Dr. Maryam Mermey

Dr. Maryam Mermey is a life-long expressive arts therapist, teacher and artist who offers international trainings in expressive arts therapy. Maryam started an Expressive Arts Program at the Peter Alford Prevention and Healthy Living Center at MaineGeneral Health in Augusta, Maine, which includes Healing Glass Mandalas, Painting Glass Mandalas and Glass Jewelry Making among a wide range of other healing expressive arts classes. She helped to support the Maine Dartmouth Family Medicine Residents during Covid through the offering of healing expressive arts classes. Dr. Maryam also offers expressive arts therapy classes in Morning Glory Arts studio and in her local high school. She integrates her background serving as a Sufi minister (cheraga) and member of the Sufi Healing Order of the West into her offerings in the spirit that "The true religion, to the Sufi, is the sea of truth, and all different faiths are as its waves." - Hazarat Inayat Khan. Currently, she's a member of the Oxford Haiku Group and publishes haiku with the "Blithe Spirit" and "Presence" Journals. Maryam also collaborates with her husband, Akiba, in the creation of PhotoPoems or PhotoHaiku, which they share through publications and exhibits throughout Maine in the US. An unframed version of their most recent Essences PhotoPoem exhibit may be seen online at:

www.thetransformativearts.com/photopoems-exhibit

The Golden Alchemy of Poetry and Dreams [English]

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 this Poetic Medicine Circle, we will explore our dreams through intermodal expressive arts to access our dreamlife and to embody our creativity. As we engage with a dreamscape, we enter a reciprocal relationship with the dream; one which responds to care, presence, playfulness, curiosity, openness, and respect. Dreams (waking, sleeping, longings, fantasies) can help us remember our depth and breadth, and serve as lifelong guides and doorways to our heart. In this poetry circle, we hope to create a fertile ground for encounters with the numinous, the possibility of integration, and movement towards greater wholeness and self-understanding.

Keywords:

poetry, dreams, intermodal expressive arts

Presenters:

Susan O'Connell, MATP, MTP, REACE, PPM

Susan O'Connell, MTP, MATP, REACE, PMP offers a poetic medicine series through the Institute of Poetic Medicine titled Opening the Mystic Heart through Poetry. She has offered poetry circles through Saybrook University, IEATA, Haden Institute, The Arts and Healing Resiliency Center, and in individual spiritual companionship. She served as graduate faculty at Sofia University teaching classes in integrated expressive arts, spiritual perspectives across cultures/lifespans, and ecopsychology. Susan is a life-long learner honoring paths that invite compassion, healing, insight, and transformation. Susan's interests lie at the intersection of poetry and creative expression, the mystic heart, and care of the earth and wild beings. She is a published author, poet, photographer. www.Wildreciprocity.com

Terri Goslin-Jones, PhD, REACE, PPP

Terri Goslin-Jones, PhD, REACE, PMP serves as Psychology/Creativity Studies faculty at Saybrook University. She is co-author of Weaving Ourselves Whole, A Guide to forming a Transformational Expressive Arts Circle. She believes that every person has a creative, unique spirit, and that expressive arts is a process that helps us meet life's challenges and experience growth with an awakened and compassionate heart. Terri is a contemplative creative, mindfulness, and expressive arts practitioner, and she leads poetry circles as a graduate of the Poetic Medicine Institute. She has a passion for exploring humanistic/transpersonal psychology, world religions, and multi-cultural worldviews. Her creativity is expressed through family life, expressive arts, gardening, poetry, physical fitness, photography, spirituality, and international travel. www.terrigoslin-jones.com

A Touch of AI Illumination into Emotional Expression [English]

Expressive arts therapy is a process that involves using various art forms to explore emotions, enhance communication, and promote personal growth (Ganim & Fox, 2015). McNiff (1998) stresses the importance of encouraging clients to embrace spontaneity and exploration in their artwork. AI technologies, such as DALLE-2, have gained popularity in expressive art therapy as a potential tool to enhance the creative process. DALLE-2 is an AI system developed by OpenAI that can generate high-quality images from textual descriptions. This presentation focuses on integrating DALLE-2 into the multimodal practice of expressive arts therapy. Ethical and client-centered principles will be addressed in an open discussion using Zoom chat. The collaborative chat conversation will be uploaded into DALLE-2 for a visual representation of the conversation. Overall, integrating AI and expressive art therapy offers exciting possibilities for enhancing the therapeutic process, guided by ethical and client-centered principles (Rogers, 2001) promoting emotional expression, and communication, while ensuring that the use of AI technologies remains guided by ethical principles.

Keywords:

Creative therapeutic process, integration of AI, client-centered principles

Presenter:

Carolyn Daniels, PhD, LCSW, CT

Dr. Carolyn Daniels, PhD, CT, LCSW, MSW is a full-time Instructor at Barry University's School of Social Work. Dr. Carolyn Daniels is a Licensed Clinical Social Worker with over 30 years of experience in various areas of social work practice, which includes schools, health care institutions, dual-diagnosis inpatient treatment programs with adolescents, child protection, community mental health, and hospice work. She is a SAMHSA-certified trauma trainer and expert in trauma-informed care with a special focus on death, dying, and bereavement. Her research area of interest involves the constructs of grief and trauma-informed care in healthcare social work with a focus on the mental health needs of professional caregivers and transdisciplinary team dynamics. She is passionate about connecting the neuroscience of the brain while teaching in a culturally responsive manner that integrates group dynamics. She holds a certificate in thanatology, which naturally connects her to the impact of traumatic grief. She has recently enrolled as a student pursuing her registered expressive arts therapist certification with the goal to inform her practice as well as her students.

The Creative High Film Experience: Using Cinema to Explore Substance Use Disorder through the Artist's Journey [English]

Creativity moves us and helps us to make sense of the world. Expressive arts therapist Adriana Marchione and film collaborator Dianne Griffin reflect on the medium of the documentary investigating who we are, exploring how the arts support recovery from substance use disorders. Accessing a contemplative and expressive arts approach, this event will include introspection and experiential engagement in response to viewing clips from The Creative High documentary (www.thecreativehigh.com). The film features nine artists in recovery from addiction who are transformed by creativity in their search for identity and freedom. Through this presentation, we will inquire into our own addictive tendencies as related to substance use disorder and recovery advocacy. Through this lens, we will discuss how the arts can open us up to our true selves inspired by the artists in the film, and actively engage personal material using mindfulness practices and the arts (i.e. drawing, movement and writing exercises). Creative work can provide an alternative approach to healing that is respectful of all recovery paths and orientations. The arts allow people with addictions the opportunity to feel empowered and rejuvenate themselves, in addition to incorporating new tools to enliven their recovery.

Keywords:

Film, Addiction, Identity

Presenters:

Adriana Marchione, MA, REAT, RSMT

Adriana Marchione MA, REAT, RSMT has been involved in the arts for over thirty years as an award-winning filmmaker, dancer, photographer and is internationally recognized in her work as a movement-based expressive arts therapist and educator. Since 2002, Adriana has mentored thousands of students as faculty member of the renowned Tamalpa Institute, WHEAT Institute in Canada, and through her thriving business 'Art Cures' where she coaches clients and teaches courses. She has presented her creative healing approach with a special focus on addiction and grief at festivals, conferences, and treatment centers including South by Southwest and the National Council on Alcoholism. Her films include *When the Fall Comes* (2014) based on her own life story encountering intimate grief and loss, which was translated into French and Korean and streamed through the popular educational service Kanopy. Her latest film, *The Creative High* (2021), a feature documentary featuring artists in recovery from addiction has screened at film festivals around the country. The documentary has received numerous awards including the Jury Prize for Excellence in American Profiles from San Francisco Indie Fest and Best Documentary for Women in Film at the Austin Indie Fest. www.adrianamarchione.com

Dianne Griffin, Documentary Filmmaker

Dianne Griffin is an award-winning international filmmaker based in San Francisco, California. Dianne's documentary work is a doorway into how she looks at the world which has been deeply influenced by Zen Buddhism and a recovery practice. Her films have screened at film festivals worldwide, broadcast on PBS and distributed theatrically and on streaming platforms. Dianne's documentary *Painted Nails*, follows a Vietnamese salon owner's life-changing journey, premiering to standing ovations and sold-out shows. Traveling the world, she has created documentaries for organizations such as the United Nations, including *White Hotel*, shot in Eritrea, East Africa. Actively involved in the documentary community, Dianne teaches filmmaking including crowd-funding and social media marketing. She has juried the United Nations Association Film Festival at Stanford University for over 20 years. Dianne draws inspiration from the people around her, creating intimate connections and telling stories of dignity, suffering and compassion, which move us to act. www.diannegriffin.com / www.digallmedia.org / www.paintednailsmovie.com

Somatic-Based Emotion Regulation Techniques (SERT) 身體取向情緒調節技法 [Mandarin]

SERT是由動作心理治療 (Movement Psychotherapy)、身體心理治療學 (Body Psychotherapy) 及內在孩童療癒 (Inner Child Healing) 的原理及技術發展出來。主要透過身體不同部份, 配合特別設計的動作、微動作、聲音、意象、呼吸等練習, 去解開身體的肌肉盔甲, 溶化藏於身體及神經系統的緊張壓力能量, 這是一個帶有調節壓力情緒的方法, 身心會變得更放鬆、敏銳、喜悅及扎根大地。

內容:

1. 腦神經科學對有效身體 - 情緒調適的研究
2. 身體取向情緒調節技法的理論及基本原則
3. 學習安全有效的方法調節情緒壓力

Keywords:

身體取向情緒調適、動作心理治療、身體心理治療

Presenter:

Kwong Wo Simon Sng, Reg Dance Therapist(BTD), Reg Clinical & Somatic Practitioner (USABP), Cert Ego State Therapist, SEP

- 生命原點~表達性及身體心理治療中心創辦人及臨床顧問
- 德國註冊舞動治療師、美國身體心理治療協會註冊臨床及身體治療師、身體經驗創傷治療師、認證自我狀態治療師、NGH催眠治療導師、資深註冊社工、解除原始制約導師、輔導學碩士 (優異)
- 著《生命原點~一個治療師與身心靈的親密對話》一書
- 三十多年臨床經驗、2009年獲「世界自然醫學高層論壇」頒受「優秀自然醫學專家獎」
- 曾為七十多間機構帶領工作坊或員工培訓及研討會發表多篇論文

There is a Crack in Everything: Perfectionism, Urgency, and Defensiveness in Our Bodies, Minds, and Spirits [English]

Launching off of the article entitled White Supremacy Culture, written by Tema Okun and Kenneth Jones in 1999, Sarah-Luella Baker will lead participants through a provocative exploration of perfectionism, urgency, and defensiveness within the three bodies - physical, mental, and emotional. Using approaches from her training in the Tamalpa Life/Art Process, as well as her decades-long explorations into anti-bias and emergent learning, somatics, and art-making, Sarah-Lu will offer participants a chance to shed light on areas of personal and collective culture that may be hidden, assumed, ignored, or possessed - in order to make personal and collective cracks in the living culture of white supremacy. Our aim will be to move these energies and to feel and discuss what comes up. Not to fix anything at the moment - but to begin or continue a process of understanding ourselves within this culture. Not to make sense of the problem, but to inhabit the sensation of the questions. Participants will be guided through movement, breath, sound, writing, and drawing experiences within an open and supported score.

Keywords:

Creating definitive cracks in the veneer of supremacy culture

Presenter:

Sarah-Lu Baker, MFA

Sarah-Luella Baker is a multi-dimensional artist, astrologer, mother, educator, and healer. Her work is developed from a wild and ritualized dedication to art-as-life, and her thematic matter springs from research in the fields of ancestry and parenting; education; social justice; the living/breathing world; and community/relationship. She cannot choose one medium, so she flows in and out of many - movement, sound and voice, drawing, photographic process, and painting. Sarah-Lu's artistic work has been shown, witnessed and experienced in theaters, educational settings, flower shops, sidewalks, parks and outdoor areas, publications, and online galleries throughout the US. She is currently in her second year of training at the Tamalpa Institute. Thus, her educational offerings are rooted in the work of the Tamalpa Life/Arts Process, in addition to evolutionary astrology, emergent and constructivist education, animism, and untamed art. She holds a BFA in Modern Dance from the University of Utah, and an MFA in Dramatic Arts/Choreography from UC Davis. She lives in Portland, Oregon with her family.

Nature and Awe as Guides for Creative Inquiry [English]

During this session participants will be invited to be curious and connect with their sense of nature and awe as a starting point to naturally answer questions and inquiries we hold. Participants will be guided to explore with contemplative photography and intermodal transmission in order to follow shapes of attraction and follow the unfolding of a way of knowing and unearthing anchored in the creative process. The process will aim to lead us to reflections about allowing answers to emerge, nature as a guide and decentering as a practice of wondering to create space for surprises.

Keywords:

Nature-based, creative inquiry, awe

Presenters:

Lucia de Urioste Bejarano, MA, CAGS, RCC

Lucia de Urioste B. (CAGS, MA, RCC) holds a Master and a Certificate of Advanced Graduate Study in Expressive Arts, a specialization in Systemic Therapy and various trainings in trauma informed body-centered approaches. Originally from La Paz, Bolivia, she has been working with children, youth, women, families and communities since 2008, both in community based agencies and private practice. Her work with populations who have experienced violence, complex trauma and high-risk situations is guided by our innate ability to heal, the strength of community that comes from our identity, culture and heritage and the healing guidance of the arts.

Pamela Krueger, REAT, CAGS, MA, MFA, LMFTA

Pamela Krueger, REAT, CAGS (Certificate of Advanced Graduate Studies in Expressive Arts Therapy, Consulting, & Education), MA (Counseling Psychology, Concentration in Expressive Arts Therapy), MFA (Creative Writing), LMFTA is an expressive arts therapist at a Seattle nonprofit that provides fee-free counseling to peoples whose lives are impacted by cancer who also have limited insurance resources and/or come from underserved communities. Her work with people who have often experienced medicalized trauma is guided by the many ways people encounter healing and cope with grief through engagement in arts, and she approaches each encounter by honoring each person's knowledge of themselves.

PARALLEL SESSIONS

ONLINE DAY 1

JUL 14, 2023 (Fri) 4:30-6:00pm EDT / JUL 15, 2023 (Sat) 4:30-6:00am Taiwan Time

Bowl of Light: Using Narrative and Clay Work to Explore Resilience [English]

The Bowl of Light is an Expressive Arts Therapy creative healing intervention that incorporates narrative, clay work, and movement to address generational trauma and discover resilience. "Every child is born with a bowl of light that guides them through life. When adversities happen, they drop into the bowl like stones blocking out the light. When the bowl is emptied the light is still there. It was never extinguished." Individuals listen to the story, create their own bowl of light and stones from clay, then paint the bowl with light inside. They process this experiential activity through personal narrative and movement.

Keywords:

Generational Trauma Creative Healing Resilience

Presenter:

Alice Palen, Licensed Professional Counselor, REAT

Alice Palen, M.Ed., LPC, REAT has the good fortune to be a Registered Expressive Arts Therapist as well as a Licensed Professional Counselor. For the last twenty-three years she has worked in the counseling field. Starting as a Career Counselor working with immigrants, welfare recipients, and college students, She has developed a career in Trauma Informed Expressive Arts Therapy. Currently she serves the Alaska Native Unangax (Aleut) people through the Aleutian Pribilof Islands Association where she provides individual and group therapy, and presents in workshops for community well-being. Her professional focus includes the Expressive Therapies Continuum, Positive Psychology, Polyvagal Theory, and Grief and Loss.

Emerge: An Invitation to Listen Deeply through Expressive Arts Practice [English]

The Bowl of Light is an Expressive Arts Therapy creative healing intervention that incorporates narrative, clay work, Consulting your own inner wisdom through your creativity brings you closest to an authentic pathway forward. It is a soulful way to make sense of the place where you are and emerge out of uncertainty or the unknown to something new, a place to start. It might be a moment of uncertainty or a period of your life, but you have the well of wonder and wisdom within you as an ever-flowing resource. Engaging with the expressive arts process provides a fertile journey and the light to carry on this journey as you prepare to meet that which you have been seeking. It is waiting for you and ready to emerge. In this experiential workshop, you will be guided gently through modalities of meditation, art, movement, sound, and writing to something new. Your discovery will offer a pathway forward as you witness and share with others and delight in your own creations.

Keywords:

Engage, Listen, Discover, Emerge

Presenters:

Tamara Teeter Knapp, MA, NCC, MHC Intern, REACE

Tamara Teeter Knapp, MA, NCC, REACE, MHC Intern, and Certified K-12 Art teacher is Co-Founder and Core Faculty of Expressive Arts Florida Institute in Sarasota, Florida. She holds a Master's in Mental Health Counseling from Antioch University and a Bachelor's in Art and Psychology from University of Alaska Anchorage. She received Waldorf teacher training at Rudolf Steiner College and a certificate in Art and Healing from Ringling College of Art. She has 25+ years' experience educating others through the arts, providing training in the field of expressive arts and integrating arts in education and therapy. She serves as Co-Chair on the REACE Professional Standards Committee for IEATA. Tamara has a passion for creating handmade books and loves painting, movement, and being in nature. Through her own arts practice, she is committed to developing her intuition and living her most authentic life. As a clinician utilizing expressive arts therapy, Tamara continues to develop her interest in body-based intermodal processes that integrate theories in neuroscience and creative modalities. The focus of her work is to help others to discover the healing and transformative power of their own creativity, cultivate hope, and restore wellness by honoring the fullness of who they are.

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

Kathleen Horne, LMHC(S), REACE, REAT is Co-Founder and Core Faculty at Expressive Arts Florida Institute. She is on the Board of IEATA, and her background includes supervising a sexual abuse treatment program, and an Expressive Arts therapy practice. Kathleen has a BA in Psychology from University of British Columbia, an MA in Rehabilitation Counselling from University of South Florida,, an Expressive Arts Therapy Certificate from California Institute of Integral Studies and a Certificate in Eco-Psychology from The Retreat at Pacifica. She is inspired by wild places, diverse cultural landscapes, deep inner listening, and by witnessing the wisdom of the expressive arts ripple out through the lives of her students.

Building Connections: Expressive Arts Therapy Groups for Children and Young Adults with Autism [English]

This workshop explores the development of expressive arts programs for children and young adults with autism. The expressive arts offer an opportunity for clients with autism to build the capacity to meet new challenges, practice social skills, and build relationships within a safe and inclusive space. The presenter will identify specific characteristics and functions of an effective group leader and the benefits, limitations, and contraindications of art materials used. Examples will be provided, and lessons learned from the field will be discussed.

Keywords:

autism, inclusive, expressive arts groups

Presenter:

Nicole Randick, Ed.D, ATR-BC, REAT, LPC, NCC

Dr. Randick is the Coordinator for the Expressive Arts Program at Adler Graduate School in Minnetonka, MN, USA. She has over 20 years of experience working as an art therapist, mental health counselor, school counselor, and supervisor. She is well-published, has contributed to several book chapters, and has been published in the American Art Therapy Association Journal and the Professional School Counseling Journal. She has spent most of her career working with children and young adults with different abilities. Some of her accomplishments include developing positive school programming for youth, developing personalized expressive arts therapy groups, training school personnel in student mental health issues, and mentoring new counselors.

Sounding from Centre [English]

Get grounded, open your voice, and free your expression through the ancient practice of vocal toning. Many people feel that they are blocked in their vocal expression due to negative conditioning and a harsh inner critic. When we offer ourselves compassion in a safe space, and sing and sound in a way that is present, playful, and expressive, we not only open our voice, we open pathways for more joy. Recent research published in the Journal of Music Therapy has shown that vocal toning leads participants into a state of joyful, meditative, relaxation. The long, held sounds of toning are soothing and calming for the nervous system. This gentle sounding helps us to find our voice, and flow naturally into expressive improvisational singing. The session will also include a grounding visualization, connecting with the breath, and vocal play. Heidi will accompany the sounding with singing bowls and vocal looping. Sounding from centre is a way to expand our expressive palette, tune into our embodied awareness, move stuck energy, and give voice to our inner world. It has many intermodal applications which will be discussed in the workshop as well.

<https://doi.org/10.1093/jmt/thy003>

Keywords:

singing, improvisation, toning

Presenter:

Heidi McCurdy, BFA, ExAT, MEd

Heidi McCurdy is an award-winning singer/songwriter, sound healer, voice coach, and Expressive Arts Therapist. Through in-person and online programs, Heidi is passionate about helping others to free their voice and creative expression. When teaching singing, sound healing, or expressive arts, Heidi creates a safe and accepting space for expression with her singing bowls, shruti box, frame drum, and vocal looper. Students appreciate the safety she creates in her groups which emphasize self-compassion and exploration in a “mistake-free zone”. She holds a Master’s Degree in Arts Education, certification in Expressive Arts Therapy, and extensive training in circle-singing and vocal improvisation methods with mentor Rhiannon and innovator/collaborator Laurel Murphy. As well as her private practice, Heidi has worked with organizations such as the PODIUM National Choral Conference (2021), the BC Play Therapy Association Conference (2018), Sarah McLachlan School of Music (2012-16), Songroots Singing Camp (2017-18), and the Naramata Retreat Centre (2019-23). She recently served on the faculty at Langara College in Vancouver, BC, for 3 years, teaching a course on Expressive Voice & Music.

Attunement to Individual and Collective Rhythms [English]

In this workshop we will explore the different kinds of rhythmic energies that might be guiding our mind/body connections. Rhythm can be found in all the arts and is present in all aspects of life. Rhythm can help to promote individual and communal resonance restoring a sense of harmony and balance with ourselves and our relationships. When inner rhythms and imagery are fixed in habitual patterns, the results are stuck ways of thinking and being. When internal rhythms and imagery shift toward balance and well-being, there is a possibility to bring about meaningful change in one’s life. As we attune to individual and collective rhythms, we can begin to understand how to find new creative ways to change habitual patterns of behavior. Being rhythmically attuned to these tension patterns, how tension is built and released in breathing patterns, movement, sound, art making, and poetry is an important aspect of health and well-being. In this workshop, guided exercises that use breath, sound, movement and art making will be used to attune to deeper energies in order to awaken to the ever present interdependency that we collectively live within in order to help restore a sense of personal spiritual alignment, with the hope of affecting our collective humanity.

Keywords:

rhythmic attunement, resonance, harmony

Presenter:

Mitchell Kossak, Professor, Coordinator Expressive Arts Therapy, Lesley University

Mitchell Kossak, Ph.D., LMHC, REAT is a Professor and former director in the Expressive Therapies program at Lesley University, Cambridge, Massachusetts. He is a licensed clinical counselor and registered expressive arts therapist and has presented his work and research on rhythmic attunement, improvisation, psychospiritual and community-based approaches to working with trauma at conferences nationally and internationally. He is the past ECC for the International Expressive Arts Therapy Association and recipient of the Shining Star, lifetime achievement award in 2017. He is the Associate Editor of the International Journal of Applied Arts and Health and author of *Attunement in Expressive Arts Therapy: Toward an Understanding of Embodied Empathy*. In 2019 he helped to create *Voces Arts and Healing*, to work with asylum seekers in Juarez Mexico. He is also a professional musician, performing for the past 35 years in the Boston area.

Finding Joy as an Act of Resistance [English]

Finding Joy can be hard in an often strife-ridden and adversarial world. One might even experience a sense of guilt in experiencing Joy. Audre Lourde (1978) stated, "Joy can be considered resistance because it's a form of "energy for change,". When we feel Joy, we are able to widen the "Circle of Capacity"(Malchiodi, 2023) and embrace the world as it is and not become stuck in the negativity. And Joy is necessary for Self-care. Burnout, stress, loss, and grief can have physiological, emotional, and spiritual repercussions, including dampening the Polyvagal nervous system. Research is showing that experiencing positivity boosts the immune system and fosters a sense of wellbeing that can support us in making better decisions and having a "longer view" of the world. In this workshop, we will explore ways to create and experience Joy, as well as note what makes joy disappear. We will explore our needs, wants, and desires, and notice ways we try to please others at the expense of taking care of Self. Come prepared to have some meaningful artistic and expressive understandings with visual art, movement, and collaborative poetry as we find ways to experience and empower our voices with Joy without guilt!

Keywords:

Resistance, Resilience, Self-Care, Joy

Presenter:

Jennie Kristel, MA, REAT, APTT, RMT

Jennie Kristel, MA, REAT, APTT, RMT is an expressive arts therapist, supervisor, and Reiki Teacher in private practice. She is an international trainer of both Playback Theatre and Expressive Arts Therapy, an artist, and an adjunct instructor at Lesley University. She has written on using the arts in therapy and published chapters and articles about using the arts in the community, postpartum care, and grief. She currently works with people and groups using the expressive arts to support healing from intergenerational and ancestral trauma. She is the 2023 ASGPP Diversity Award winner with Michael Watson.

Honoring Bhumi Devi (Mother Earth): Earth Dirt Ritual to Offer Gratitude [English]

We honor Bhumi Devi-Hindu Earth Goddess with an earth dirt ritual. We explore how many ways the earth supports our souls. We visualize the embodiment of mother earth. We connect and imagine our ancestors connected to the dirt of the earth. We discover how the earth has held our vibrations of existence. We express our gratitude to mother earth through a simple ritual. We offer a gesture of honoring mother earth through a movement offering.

Keywords:

Mother Earth ritual to honor and express gratitude

Presenter:

Christine Dave, MA, Licensed Clinical Mental Health Counselor, REAT

Christine Sita Dave has earned a Master's Degree in Community Counseling from Appalachian State University, located in Boone, North Carolina, USA, along with graduate certificates in Addictions Counseling and Expressive Arts Therapy. She is a Licensed Clinical Mental Health Counselor in North Carolina, USA, a Registered Expressive Arts Therapist from IEATA, and a Nonprofit Founder of EDGE - www.educationforgirlsempowerment.org. EDGE's mission is to educate, equip and empower rural village girls at a school in Odisha, India, to live their own productive lives. She is the regional coordinator for IEATA India and the IEATA International Regional Co-Chair for Africa, Asia, Australia/New Zealand, Europe, and the Middle East regions. Christine's spiritual and creative practices are Sanskrit chanting, meditation, food making and sharing, rituals, ceremonies, natural world connections, heart journaling, spontaneous drawing, and inner art making. She loves engaging in creative discoveries with her grandchildren.

PARALLEL SESSIONS

ONSITE DAY 1

JUL 15, 2023 (Sat) 11:00am-12:30pm Taiwan Time

An Arts-Based Empowerment Program for Special Education Needs Children and Their Teachers in the Program [English]

The session will present research findings of the three-year arts-based empowerment program for children with special educational needs and their teachers on its efficacy to emotional, social, conduct, behavioral improvement, competence, and self-worth. It was a 27-week program of expressive arts-based workshops designed and facilitated by a collaborative team of art therapists and expressive arts therapists. The findings carry significant implications and discussion of its application in education settings in the future. Participants will be able to: understand the research methods and findings of the three-year art-based empowerment programme for children with special education needs and their teachers and what are the positive outcomes; look at its impact through children self-assessment and parents and teachers' perspective; and obtain shared experience and knowledge on the implication and application of arts-based empowerment programme for children with special education needs in their own education or community settings.

Keywords:

Expressive-arts for children

Presenters:

Professor Rainbow Tin Hung Ho, PhD, BC-DMT, AThR, REAT, RSMT, CGP, CMA

Prof. Rainbow T. H. Ho, is currently the Professor at the Department of Social Work and Social Administration and the Director of the Centre on Behavioral Health at the University of Hong Kong (HKU). She established the Master of Expressive Arts Therapy program at the University of Hong Kong in 2013 and has been the Director of it till now. Prof. Ho holds degrees in Biology, Anatomy, Social Work and Social Administration, professional diplomas in performing arts (dance) and movement analysis, and credentials in expressive arts therapy, creative arts therapy (dance movement therapy) and somatic movement therapy. She has been the principal investigator of many research projects related to expressive arts therapy, dance movement therapy, psychophysiology, and mind-body practices for healthy and clinical populations and has published extensively in refereed journals, scholarly books, and encyclopedias. Prof. Ho has received many awards, including the Outstanding Achievement Award (2015) and Research Award (2015, 2019) from the American Dance Therapy Association, the Research and Development Award from Australia, New Zealand, and Asia Arts Therapy Association (2016), the Social Sciences Outstanding Teaching Award (2015), Social Sciences Outstanding Research Output Award (2020), Knowledge Exchange Award (2021) and Outstanding Research Student Supervisor Award (2022) from HKU.

Mimi Tung, MA, MFT, ATR-BC

Mimi Tung, presently the President of The Hong Kong Association of Art Therapists and leading the "Make It Better Expressive Arts Programme" for the marginalized children and families under The Sovereign Art Foundation and is actively promoting art therapy to wider public through talks and publications. She is also the Honorably Advisor of the Cancer Information Charitable Foundation. She worked at the Comprehensive Care Program of the Children and Adolescent Psychiatry, the Lucile Packard Children's Hospital at Stanford, California and Beijing Agape Center for Counseling as art therapist and professional counselor before residing back in Hong Kong. In the past 15 years, she has been working with a wide variety of people from toddlers to elders with various mental challenges, from schools to hospitals with the integration of western and eastern art. She works extensively with teens suffering from anxiety, poor self-esteem, social phobia, depression, bipolar, psychosis, trauma, eating disorders, suicidal and self-mutilating behaviors. Her clients also include SEN students, adults with emotional and family issues, and elders with dementia. Her practice consists of the use of various creative art modality namely drawing, Chinese ink, clay, photography, writing, digital art and sand tray etc.

Expressive Arts Therapy Approaches to Psychedelic Assisted Therapies [English]

The benefits of plant and synthetic medicines are becoming more widely known and are about to change the face of mental health treatment. Preparing individuals to engage in psychedelic experiences, whether clinical or ceremonial as well as the facilitation and integration of such experiences are not only greatly enhanced by the arts-based interventions; one can easily argue that the competent practice of psychedelic assisted therapies absolutely requires them. Practitioners with a knowledge of ritual, shamanic practices, and also the principles of intermodal transfer, high sensitivity/low skill and other foundational elements of expressive arts therapy, have a good deal to offer this area of practice. In this workshop we will examine how this field is evolving, review some compelling research findings, and offer practical suggestions for ethical practice.

Keywords:

Psychedelics, the Arts and Healing

Presenter:

Haley Fox, PhD, ATR-BC, MT-BC, REAT, Certified Psychedelic Assisted Therapy Provider

Dr. Haley Fox (she/her/hers) is an integrally-informed expressive arts therapist (REAT), author, speaker, professor, clinical supervisor and arts-based researcher. She holds a PhD in Clinical Psychology, counseling licenses in three states (LPC, LMHC, LPCC), board-certifications in art therapy (ATR-BCCS) and music therapy (MT-BC), and most recently IPI certification in psychedelic-assisted therapies. Her theoretical orientation is grounded in archetypal psychology, including the role (intermodal) images play in human experience. Her artistic sensibilities and aesthetic judgment continually inform her practice.

The Crossover of Expressive Arts with Critical Incident Mass Debriefing in Working with Social Trauma [English]

Critical Incident Stress Debriefing (CISD), developed by Dr J. Mitchell, is commonly used to work on intense emotionally charged impacts of critical incidents across various settings: school, hospital, etc. in Hong Kong. In July 2022, the whole HK was shocked. A giant video panel fell from the ceiling and hit a back-up dancer for a Cantonpop boyband "Mirror" during a concert. The news and video clips of the incident immediately went viral, which impacted the community into a great extent, let alone to the concert audience, but indeed to the whole HK, became a huge social trauma. Swift response was taken by a group of Expressive Arts Therapists to address this social trauma. Expressive Arts (EXA) integrated into CISD was introduced to the healthcare professionals as well as general public for the first time. More than 300 persons participated in 12 sessions of group EXA-CISD within a week. In this presentation, the speakers will introduce the practice wisdom on the delivery of this first of its kind EXA-CISD. How did the EXA process support the participants, especially the intertwined use of therapeutic harp music in providing emotional containment and how did the participants perceive will be illustrated through case sharing.

Keywords:

Expressive Arts, Critical Incident Mass Debriefing, Harp Music, Social Trauma

Presenters:

Eve Wong, PsyD, MSW, EXAT, CST, PCCC(Hons), Consultant, Supervisor and Trainer of LoveOurKids (樂), Course Coordinator and Faculty, Professional Certificate Training Program in Integrative Expressive Arts Therapy

Dr Eve Wong is a psychologist, social worker and an expressive arts therapist in Hong Kong, who applied experiential therapies clinically for almost 30 years with adolescents having special needs and their families. She has also been working with kids and adults with history of trauma and adverse childhood experiences respectively in the institutes "LoveOurKids" and Dance with Depression. Besides her clinical work, Eve is supervising and teaching expressive arts in various organisations and institutes.

Ching-yee Jerica Leung, M. Soc. Sc., MSW, REAT, RSW

Ms Jerica Leung is a Registered Social Worker, Registered Expressive Arts Therapist and Somatic Experiencing Practitioner. Having the strong passion in music and dance, she also received trainings in Music Therapy and Dance/Movement Therapy. Jerica has been working with children, adolescents and families for more than 15 years. During the past few years, she launched various expressive arts projects for adolescent emotional wellness in schools and community. She also collaborated with different scholars to carry out researches to study the effectiveness of using arts intervention for emotional well-being. She is now studying the International Harp Therapy Program-Asia (IHTP-Asia).

Transformation on the Edge: Surrendering to Discomfort through Expressive Arts and Phoenix Rising Yoga Therapy [English]

The "edge" is a term within Phoenix Rising Yoga Therapy for a position or pose that may feel slightly uncomfortable, but safe. As one surrenders and softens into the discomfort, they may reach greater insight about themselves and allow for personal transformation. The value of the "edge" will be the focus in this 90-minute experiential workshop through intermodal transfers between various expressive arts modalities, including movement, visual arts, and creative writing. Participants will learn how to integrate various trauma-informed somatic and expressive arts techniques related to the "edge" in their work with clients.

Keywords:

somatic expressive arts, yoga, transformation

Presenter:

Sage Phoenix, LMHC

Sage Phoenix, formerly known as Christina Hampton, is an expressive arts therapist, licensed mental health counselor, and clinical instructor in Boston, MA. They received their master's degree from Lesley University, where they have taught as an adjunct instructor. They have advanced training in EMDR, internal family systems (IFS), Phoenix Rising yoga therapy, ketamine-assisted psychotherapy, and various somatic techniques. They specialize in PTSD and complex trauma, and working with young adults in the LGBTQ+ community. Since 2020, they have also served as an executive co-chair of IEATA, the International Expressive Arts Therapy Association.

Loss and Found Collection: Using Trauma-Informed Expressive Arts Practice in Addressing the Shared Trauma of Social Workers in the Dual Community Trauma in Hong Kong [English]

Aiming to mitigate the secondary trauma experienced by caring professionals, "the Loss and Found Collection", a cutting-edge pilot initiative, addresses the dual community trauma (including the social incident of 2019 and the COVID-19 pandemic) of the disfranchised loss to echo societal changes. Applying the trauma-informed expressive arts practice for a 3-hour healing retreat offered to 150 frontline social workers en masse, caring for the public affected by the dual community trauma, the shared trauma of the social workers, which also shared the same primary traumatic response with a possible secondary traumatic response. Under the aegis of the Youth and Community Service Department of Caritas Hong Kong, the presenters and the TIC team formulated "the Loss and Found Collection" retreat to address these front-line social workers' self-care and healing needs. Informed by Trauma-Informed Arts Therapy®, the social workers processed their traumatic emotional experiences through structured interventions. The effectiveness of the intervention was meta-processed and documented in participants' self-report journals. The positive qualitative outcomes of the Loss and Found Collection retreat, a cutting-edge pilot initiative, provide a platform for further discussion of applying the trauma-informed expressive arts practice in community trauma of Hong Kong.

Presentation format: PowerPoint and experiential trial

Keywords:

dual community trauma, secondary trauma

Presenters:

Ying Yan, Melissa Chiu, RSW, DAAETS, Clinical Consultant, Youth and Community Service in Caritas Hong Kong

Melissa Chiu is a clinical consultant in the Youth and Community Service in Caritas, Hong Kong. She is a registered social worker. She has a speciality certification in sexual abuse and holds Diplomate status at the American Academy Experts of Traumatic Stress in collaboration with the National Center for Crisis Management. She is an AEDP (Level III) psychotherapist, EMDR clinician and Brainspotting Practitioner. Recently, she started her journey of studying person-centred expressive art training in 2022. Melissa devotes her focus on trauma education to the public and professionals. Working in the field of psychological trauma is her life mission as a social worker. Over a decade of professional work, she has dedicated her time and energy to working with individuals and families who have suffered from different kinds of trauma. She has extensive experience working with sexual abuse, developmental trauma, domestic violence and crisis intervention cases. She provided a substantial amount of training for multiple professional groups. Melissa was the first to initiate the concept of community trauma in June 2019 in Hong Kong, equipped with different helping professionals to understand community trauma during 2019. Ms Chiu conducted a 215 hours trauma-informed care certificate training program for youth service.

Wing Yan, Winnie Fung, M. Soc. Sc. (Youth Counselling), REAT, RSW

Ms Winnie Fung is a Registered Expressive Arts Therapist with the International Expressive Arts Therapy Association and a Registered Social Worker. Winnie completed the three-year training program in Expressive Arts Therapy, the person-centred approach, at The University of Hong Kong. She is now a freelance expressive arts therapist, mainly working with LGBTQs, ex-drug addicts, young mothers, adults with emotional disturbance, youth at risk, mental illness patients, cancer patients etc. She studied trauma-related approaches like Somatic Experience and has provided training and service about Trauma and Expressive Arts Therapy in recent years.

PARALLEL SESSIONS

ONSITE DAY 1

JUL 15, 2023 (Sat) 2:00-5:00pm Taiwan Time

Expressive Arts Group Therapy with Elderly with Dementia and Their Primary Caretakers

璀璨銀光 - 當表達性藝術治療遇見高齡族群 [Mandarin]

本報告介紹整合「身體心理學」與「悲傷/創傷表達性藝術治療」，為失智症患者之高齡照顧者所發展之課程方案。方案由兩位報告者合作進行帶領。在2022年8月間共進行54個小時；參與者包含了高齡照顧者與碩士班研究生，總共17位；透過最終展演的呈現，共創了青銀共學的寶貴經驗，也為此次參與之長者帶來身心安頓與情感支持。此報告除了以PPT介紹方案之立論整合脈絡、實際操作歷程，亦會以影片分享上課實境，並帶領成員經驗此課程之片段。

Keywords:

失智症高齡照顧者、身體心理學、悲傷/創傷表達性藝術治療

Presenters:

Ming-Fu Wu, Ph.D., ATR-BC, LCAT, TRAT, TRATS

Ming-Fu Wu is an associate professor of the Department of Guidance and Counseling at National Changhua University of Education in Taiwan. He obtained his master's degree in Expressive Therapies from University of Louisville, Kentucky and completed his Ph.D. in Interdisciplinary Studies - Art Therapy at Union Institute and University in the United States. Ming-Fu Wu worked as an art therapist at a youth center, The Door, in New York City for 5 years before he returned to Taiwan in 2007. Since then, he has been an art therapy educator and supervisor for graduate art therapy students and professional expressive arts therapists. Clinically, he works with children with special needs, troubled youth, bereaved families, cancer patients, elders with dementia and their primary caretakers. He has conducted various workshops and presentations internationally including Taiwan, China, Malaysia, Hong Kong, Macau, Australia and America. He has also published 6 books, 6 translations and many articles related to counseling, art therapy, and expressive arts therapies.

Yin Hui Hong, PhD, CMA

- Assistant Professor in the Department of Department of Psychology and Counseling at University of Taipei, Taiwan
- 14 years working experience as full-time occupational therapist/ dance therapist at Tsao-Tun Psychiatric Center, Ministry of Health and Welfare, Nantou, Taiwan
- Doctorate in Guidance and Counseling; MA in Dance Education

Child-Friendly Healthcare: Utilization of Expressive and Creative Arts Therapies for Children with Severe Illness in a Children's Hospital in Taiwan [Mandarin]

First, we would present a general introduction for how the expressive and creative art therapies developed in a Children's Hospital in Taiwan for a decade, working under the Child-friendly Healthcare Team and Program. This part would be about 30 minutes, and then for the remaining two-and-a-half hour, we would provide a case example to illustrate how the art therapist, music therapist and dance movement therapist collaborated together utilizing their professions to evaluate and facilitate this six-year-old girl diagnosed with the brain tumor to recovery from the loss of physical functions and interpersonal relationship. Starting from later 2021 till now, the child had received more than 60 sessions from three different creative art therapies while she admitted in the National Taiwan University Children's Hospital, and some interventions are still going on. We will start with a short 30 minutes introduction and summary of the medical journey that she went through, and later we would separately talk about the different stages of how she coped and adapted using expressive and creative art media, what the goals were for improving mood and self-expression, strengthen mental support, adapting to the medical care and environment while fitting to her physical and psychological changes during this medical journey. By the transdisciplinary model of expressive and creative art therapies, the three therapists would demonstrate interactively intensive discussions, experience-sharing, and issues that happened in their sessions.

Keywords:

art therapy, music therapy, dance movement therapy, children, brain tumor

Presenters:

Frank Leigh Lu, MD, PhD

Dr. Frank Leigh Lu is a pediatrician and the director of the Division of Pediatric Pulmonary and Critical Care Medicine, Department of Pediatrics, National Taiwan University Children's Hospital, Taipei, Taiwan. He set up the Child-friendly Healthcare Clinical Program for the Children's Hospital since 2010. This program aims to utilize a transdisciplinary model to collaborate related professions to support children with severe illness. The related professionals at present include art therapy, music therapy, dance movement therapy, child life service, medical clown care, and pediatric palliative care.

Jung-Hsuan Wang, Reg. Art Therapist

Jung-Hsuan Wang is a Taiwan Registered Art Therapist (TRAT2019-001) who specializes in hospitalized children, early intervention, elderly with dementia, and people with disabilities.

Yi-Wei Jiang, Reg. Music Therapist

Yi-Wei Jiang is a US Music Therapy Board Certification (MT-BC 10742), and Taiwan Registered Music Therapist (TRMT0050) who specializes in hospitalized children, early intervention, and people with disabilities.

Min-Ting Shiu, Cert. Dance Movement Therapist

Min-Ting Shiu is a Taiwan Certified Dance Movement Therapist (CDT200203160925) who specializes in hospitalized children and people with disabilities.

Expressive Arts to Explore Impermanence [English]

Even though we by and large accept that change is a constant, many of the major changes that the world has seen over the past few years, such as the COVID-19, was so unpredictable that surprising news and shocking scenes unusual may have crashed the people's comfort zones. Members of our community should fare better to withstand the unpredictable and shocking changes when resilience has become part of their mental build-up. "Embracing Impermanence" workshops were launched in collaboration with the Department of Health, Hong Kong, from February to March 2023. The workshop series aimed at enhancing public awareness in mental well-being and preparing oneself in facing and accepting any unexpected change in life. In this presentation, the leading expressive arts therapists will share how to leverage simple art materials assessable at home to explore sensitive themes. In addition, the use of expressive arts to ease the fear of seeking help will be discussed. Conference participants will have a chance to first-hand experience in using different art modalities to explore impermanence.

Keywords:

Creative fun for exploring impermanence

Presenters:

Joanna To, REAT

Joanna TO, founder of Arts for Change, is a Registered Expressive Arts Therapist (REAT), MARI® practitioner, Certified Zentangle Teacher and Pastel-Nagomi Art Teacher. She is also a board director of the Australia, New Zealand and Asia Creative Arts Therapy Association (ANZACATA), Honorary Lecturer at the University of Hong Kong leading clinical supervision for students under the Master of Expressive Arts Therapy program.

Wai Lam Yeung, AThR (ANZACATA), MExArtsTH

Wynnee YEUNG, founder of Rooting Expressive Arts, is a Registered Creative Arts Therapist (AThR). She works with different NGOs and schools to offer expressive arts therapy in group and case format for SEN children, teenagers, parents, people with dementia, carers and elderly with therapy goal in stress reduction, emotion regulation, and social connection. She is also project officer of the Tung Wah Group of Hospitals responsible for Art "S" Work program including group therapy, psychology-related training and supervision for arts-facilitator-to-be.

SM Yau, AThR (ANZACATA)

YAU Shing Mu is a Registered Creative Arts Therapist (AThR). He has been conducting face-to-face therapeutic sessions for individual cases and training sessions for corporations and social workers; and emotional management sessions for SEN children. He also led online online-destress workshops for the Shall We Talk, Time Capsule, the Methodist Church and Human Dynamic Asia Pacific in the past few years.

Chan Hiu Ling Gabbie, AThR (ANZACATA)

Gabbie CHAN, Associate Artistic Director of Passoverdance and Artistic Director of the Jockey Club "Move with the Silver Flow" Dance and Well-being Project, is a Registered Creative Arts Therapist (AThR). She works with NGOs and schools to provide EXAT groups and workshops on stress release, and emotional management for elderly and SEN children.

Dream Weaver: Exploring the Wisdom of Dreams through a Jungian Expressive Arts Lens

[English]

Our dreams are sources of creative wisdom. Enter the world of dreams with Kate as we explore their wisdom through a Jungian active imagination lens blended with expressive arts. We will explore dreams through a personal, cultural and archetypal perspective through the arts: visual, somatic and dramatic delving into unconscious to glean their wisdom and see them transform into nuggets that we can use in our lives. Please bring a dream that has energy for you, wear comfortable cloths and art supplies you may want to use. Be open th

Keywords:

Dreams, Jung, Active Imagination, integrative arts

Presenter:

Kate T. Donohue, Ph.D., REAT

She is a licensed psychologist and a registered expressive arts therapist (REAT). She holds a Ph.D. in Counseling Psychology and has maintained an active private practice for 42 years. She has also been teaching for 36 years, at such institutions as California Institute of Integral Studies, Institute for Trans-personal Psychology, JFK University and the San Francisco C.G. Jung Institute and many international institutes and universities. She is a co founder of the International Expressive Arts Therapy Association. Her work as an expressive arts therapist stems from her own deep and abiding passion for the arts. She is involved in visual arts and dance, having spent 30 years studying indigenous and ethnic dance forms, in particular West African and Afro-Cuban Dance. Her visual arts work in painting and drawing has helped her explore an interest in understanding the sacred feminine. She has a background in drama and poetics, and a great appreciation for music. She has taught at workshops and conferences in the US and internationally and published in a variety of professional journals including Arts and Psychotherapy Journal, San Francisco Jung Library Journal, Encyclopedia of Creativity and Poiesis Journal.

Applying Phenomenological Approach with Intermodal Decentering Expressive Arts Therapy in Autistic Adults *[English & Mandarin]*

Intermodal decentering expressive arts therapy needs presence and existence throughout the whole therapeutic process. In this presentation, the researcher will share his work with autism adult in a sheltered workshop in Hong Kong and come across how presence and existence provide the space for creating imagination into realism through interplay between body, arts and soul. Sally Atkins (2014) and Paolo Knill (2004) mentioned the importance of presence in the process. In Chinese, it is "TAO" - the energy flow between self, others and the atmosphere of "in-between". It was also the awareness of the space, time and artwork and it is an ongoing process in the whole session. "TAO" is the phenomenological way of perceiving the dialogue between client and artwork, artwork and soul, the arts required the presence and existence. Sally stated that all of us can enter the alternative space through art-making process and this is "TAO", i.e. art-making space would create space in-between and create the "third" of liminal space. The "third" is the emergence of the space in between arts and person and it is the central role in the human experience of the arts. The experience brings the client "a-ha" moment, with surprises and questions through art making process. The presenter will share his group work with autism adults and how to work with them in a phenomenological way.

Keywords:

Phenomenology, Presence, Process

Presenter:

Chi Hung Clifford Lee

Mr Lee Chi Hung Clifford is a senior registered social worker, expressive arts therapist (IDEC®), mindfulness in schools project teacher (MISP) and full member of psychotherapy Society of Hong Kong at present. He worked in integrated family services centre and schools in Hong Kong. He mainly focuses in groupwork psychotherapy during the study in the University of Hong Kong and European Graduate School. He works with a diverse range of clients including adolescents and woman with depression & anxiety disorders, SEN students, LGBT and working for physical and mentally challenged adults and autism adults in his clinical practices.

How Expressive Arts (Visual Arts, Dance and Voice) Heal the Body, Mind, Spirit and Bring About Holistic Integration [English]

In order to adapt to modern life, many modern people have gradually lost contact with their inner world of emotions and feelings. Losing contact with our inner wisdom is causing a lack of joy and passion, resulting in stuckness in life. In order to find out what has caused this problem, the scribbling of visual arts has provided an effective way to bring out thoughts and emotions from the unconscious and transfer them into visual images. This process helps both client and therapist to focus on what urgently wants to be heard and to work with that from an unconscious level. Once the issue has come to the surface, the practitioner can guide the client to use their voice to release their deepest emotions. Before inviting the client to use their voice to express their emotions, the body can be used as a helper to find our own voice. So, instead of jumping right into the sound, dance and movement can help to loosen up a client's whole being. Not only the unconscious opens, but also the instrument of voice is getting warmed up. At last, the voice, coming out from the client's emotional world, could be the easiest and most direct way to release what has been locked for long years. Science has proven to us in cymatics that voice and sound contain frequency and vibration, which can work on three levels of body, mind, and spirit. Therefore what is being worked on can be integrated and through the use of the sound clients can make their journey even more complete. All of this healing alchemy happens because of the magical collaboration of Expressive Arts.

Keywords:

Holistic, Expressive Arts, Integration

Presenter:

Chin Ling Hsu, Expressive Arts Consultant and Educator

Chinling Hsu graduated from CIIS Expressive Arts Program, San Francisco in 1999. She has her Expressive Arts practice in Taiwan for more than 20 years. She started her practice from the earthquake disaster reconstruction project in 1999. After that, she worked with kids and women who had suffered from emotional disturbance in the NGO - Taiwan Fund for Children and Families. Gradually, in order to allow Expressive Arts modalities to be shared with more people in Taiwan, she started to teach in different community schools and provided workshops for women in various organizations. During 2002-2005, she started to offer workshops of Expressive Arts in Malaysia, Hong Kong and China. Various arts modalities have long supported her own personal growth and professional development. During 2011-2012, with the need of global awareness, also with her own inner calling and Expressive Arts clinical experience, she has more focus on weaving EXA into Sound Healing. Sound and voice have guided her own spiritual path since she was a teenager. "Authentic Singing" and "Be awaken-Crystal Bowls" workshops are two main workshops she has offered since 2011. And later she was invited to share in China and Mexico - Children of the Sun Foundation Conference. Her two sound healing albums: "Be Your own Light" and "One Sound" continued to carry her dream of healing to wherever and whenever someone are in need. Now she not only continues to share the healing power of Expressive Arts, but also weaves them together from work into her own personal life style.

PARALLEL SESSIONS

ONLINE DAY 2

JUL 15, 2023 (Sat) 1:30-3:00pm EDT / JUL 16, 2023 (Sun) 1:30-3:00am Taiwan Time

The Golden Thread: Intermodal Explorations through Dance, Paint, Write! [English]

Dance, Paint, Write! is an intermodal exploration of mindful art-making. It weaves together a flow of movement, painting, and writing and provides a compassionate space for participants to be curious, and to see and hear what lies in their hearts and minds. This is a powerful yet playful form which can be utilized by facilitators and therapists alike. Each participant will focus on their own creative process while being held by the groups common experience. In this presentation I will lead the group through an abridged version of the form (It is usually a 2.5 hour process), model a method of virtual sharing and witnessing which the group will enact. There will be time for small group sharing via breakout rooms and large group sharing at the end. This process is designed to be accessible to all individuals, regardless of mobility.

Keywords:

Dance, Paint, Write

Presenter:

Topaz Weis, REACE

Topaz Weis, REACE is a Registered Expressive Arts Consultant/Educator, Co-Chair of the International Expressive Arts Therapy Association's REACE Professional Standards Committee, a Certified Soul Collage® Facilitator, artist, speaker, astrologer and the Founder/Creative Director of Expressive Arts Burlington, LLC in Vermont, USA. Her work in intermodal expressive arts, which she calls Profound Play layers visual art, movement, written and spoken word, drama and music to help people engage their creativity and imagination so that they can live less stressed, more productive and innovative lives. Her work is guided by a desire to help the world remember that we are intrinsically connected to the earth and our survival as a species is dependent on our willingness and ability to play, grow, heal and love. Topaz offers highly personalized, custom designed intermodal expressive arts facilitation to individuals, couples, organizations, businesses and private groups in person and on virtual platforms. Her motto is: Have Temple, Will Travel.

Reflections of Grief: Loss in the Lives of Expressive Arts Therapists [English]

Loss and bereavement are natural aspects of life and absolute experiences of death. Professionals are accustomed to helping clients work through these issues but are not always able to find solace in their own experiences of death and dying. When the loss is that of a client, resources are even fewer. This experiential workshop is designed to provide a safe space for practitioners to process the experiences surrounding personal and professional death and the profound, unspoken void created. The presentation will offer a new paradigm of the "Cycle of Grief" vs. the customary linear stages. Participants will explore personal histories of death, professional histories of death and specifically the aftermath of client deaths while in treatment. Experiential invitations will offer ways in which expressive arts therapists might use their unique modalities to process their own grief, provide closure, and honor those clients who have left our practice without the opportunity to say a proper goodbye.

Keywords:

Therapist Experience of Death in Practice

Presenter:

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

Kim Anderson's career path has been a diverse and divergent one. Prior to obtaining a graduate degree from Washington University in St. Louis, she was a free-lance writer, photographer and graphic artist with interests in "outsider art," expressions of oppression and liberation beyond conventional artistic borders or boundaries. After many years as a licensed clinical social worker, clinical supervisor and educator, Kim received a post-graduate certification in art psychotherapy. She holds a registration and board certification as an art therapist (ATR-BC) and registration as an expressive arts therapist (REAT). Kim is the author of *Culturally Considerate School Counseling: Helping Without Bias* (2010), co-author of *Creating Culturally Considerate Schools: Educating Without Bias* (2012), both published by Corwin Press, *What Grown-Ups Should Know About Art Therapy for Kids* (2014) and a contributor to several other books including *Trayvon Martin, Race, and American Justice: Writing Wrong* (Kenneth Fashing-Varner, et. al, eds, 2013). Kim presents her eclectic work at numerous local, regional and national events and venues, engaging audiences through compelling narrative, evocative experiences, and instructive storytelling. She maintains a private practice in St. Louis, Missouri and where she has been an adjunct professor and Program Coordinator of the Expressive Arts and Integrative Therapies Programs for Fontbonne University.

Expressive Arts Therapy in the "Beyond": Putting Practice into Theory [English]

Expressive arts therapy inhabits the space of the beyond. Expressive arts therapists are interdisciplinary by nature, believing in the power of multi-modal arts to reach into another dimension of existence and generate self-discovery, healing, and connection. In this play-shop, we explore the core processes and specific therapeutic factors of expressive arts therapy that make our practice unique. What are the core processes and specific therapeutic factors described by the theories of expressive arts therapy? How do we understand what is specifically therapeutic about expressive arts therapy? How could we match what the theories say about practice, and what the practice could inform us about theory? What could we say and know about what we do? As a group we will engage experientially several processes and factors, encouraging participants to find their own language for the therapeutic processes in their work. Together we will describe how expressive arts therapy works, why it works, and play with putting practice into theory.

Keywords:

core processes, therapeutic factors, multimodal experientials

Presenters:

Dr. Karen Estrella, REAT

Karen Estrella, PhD, REAT, LMHC, is a Professor at Lesley University's Expressive Therapies and Mental Health counseling program. Dr. Estrella's work has focused on developing competencies in expressive arts therapy as a unique specialization, multicultural issues in practice and supervision, and clinical case work in art therapy, music therapy, and expressive arts therapy. She also has an interest in the role of theory in practice and in contributing to emerging expressive arts therapy theory based in liberation psychology and critical feminist race theory.

Sarah Ngo

Norie Mozzone

Joselyn Carvalho

Alzi Kenney

Sarah Ngo, Norie Mozzone, Joselyn Carvalho and Alzi Kenney are graduate students in MA in Mental Health Counseling: Expressive Arts Therapy at Lesley University.

Supporting Mental Health in Ukraine through First Aid of the Soul [English]

First Aid of the Soul (FAS), [registered 501(c)3 EIN: 88-1464538] is a collective of dedicated professionally trained mental health providers from North America and across Europe delivering accessible and free mental health and psychosocial support services to individuals affected by Russia's war against Ukraine. FAS's approach is multifaceted with a holistic trauma-informed lens. FAS's vision is to restore a sense of dignity, belonging, and well-being to the soul of Ukraine. FAS does this work by offering a wide array of support services spanning from support groups, supervision, mentorship, training, workshops, and self-help materials. Throughout the presentation, the presenters Nathalie and Eden, will share more of the story and background of First Aid of the Soul. Additionally participants will be led in several directives that represent the approach and framework used within FAS groups.

Keywords:

Ukraine, War, Disaster Mental Health

Presenters:

Nathalie Robelot-Timtchenko, Founder & Director of First Aid of the Soul, MA-ET

Nathalie is the Founder and Director of First Aid of the Soul (registered non-profit in the US) which offers free mental health & psychosocial support services to Ukrainians affected by the war through multifaceted approaches & a holistic trauma-informed lens. She holds a master's degree in Clinical Mental Health Counseling with a specialization in intermodal Expressive Arts Therapy from Lesley University. Her expertise is in working with individuals facing challenges related to self-worth, acculturation, displacement, complex trauma and interpersonal difficulties.

Eden Shoro, Art Psychotherapist, MA, BAAT & EFAT, CAA, CCS - HCPC, DBS certified

Eden holds a masters's Degree in Art Psychotherapy and has specialist multidisciplinary training in Trauma-Informed Expressive Arts Therapy, Mindfulness-Based Cognitive Therapy, Equine Lead Psychotherapy, Trauma Sensitive Yoga, and is soon to complete EMDR training. Eden has worked in the humanitarian sector and in the mental health caring profession for two decades, working with diverse populations within several clinical settings from NHS comorbid forensic units, to SEND schools and private practice. She also has worked globally 'on the ground' throughout East Africa with people displaced by political unrest/war and displaced from natural disasters in South East Asia and America.

Creative Compassion: Building Relational Empathy through Expressive Arts Focusing Activities [English]

In this workshop you will be introduced to a practice of Expressive Arts Focusing ExAF evolved from Focusing-oriented Receptive Art Therapy. The practice enhances a sense of empathy stretching beyond personal preferences and limitations. You are invited to experiment with pastel drawings of Adolf Hölzel as reference pictures. This painter and early pioneer of Modern Arts, art teacher and musician was the first artist who put color and sound in conjunction. His paintings have been performed by dance companies in 2018. You have the possibility to explore the range of intermodal expressions coming from his art. Your doing implies receptive-active arts engagement from the Art Sense. The Art Sense is a body sense expressly referring to the Fine Arts. You will go back and forth between perceiving, sensing and expressing. You will be able to bridge between the work of the professional artist and your own artistic work from empathic Embodied Aesthetics. Stepping into this practice you get access to a method of Expressive Arts Focusing ExAF that can be integrated in your field of the Expressive Arts without previous knowledge of Focusing or Receptive Art Therapy.

<https://www.creativecompassion.eu/>, <https://www.expressiveartsfocusing.com/>

Keywords:

Focusing-oriented Receptive Art Therapy, Relation Art Sense, Expressive Arts Focusing

Presenter:

Freda Blob, CP, Ed, AT, PCT, FOT-FOAT, GDP

Freda Blob is a Registered Art Therapist DFKGT and founder of FOCUSZARTS Studio & School for Art Therapy and Expressive Arts Focusing. Freda graduated from the Free University of Berlin with a degree in Clinical Psychology and from Eberhard Karls University Tübingen with a degree in Adult Education, both degrees are equivalent to masters. She has a background in Design Crafts, completed an undergraduate study program in Design Techniques at the University of Duisburg-Essen and holds a Diploma of Advanced Studies in Art Therapy from the Catholic University of Freiburg. Freda is a Senior Teacher of the German-Swiss Focusing Network FN and Certifying Coordinator, Focusing Teacher and Trainer TIFI (The International Focusing Institute). She teaches Focusing nationally and internationally for more than 20 years. She also is a Person-centered Therapist and Teaching Counselor, a certified Focusing Oriented Practitioner FOAT® and a certified Focusing Oriented Therapist and Professional with Specialization in FOAT® TIFI. Freda has 30 years of experience as non-medical Practitioner for Psychotherapy in private practice. She offers creative arts workshops and art courses and holds a guest lectureship for Focusing and Expressive Arts at the Department of Curative Education of the Catholic University of Freiburg.

Fusionando la Ecopsicología Aplicada y las Artes Expresivas [Spanish]

This Spanish experiential workshop will provide participants with the background of applied ecopsychology as developed by Dr. Michael Cohen, It will also give the work frame of an ecopsychology session and will merge expressive arts intermodality in the Natural Systems Thinking Process. This will be achieved by: exploring ecopsychology principles, learning the 54 senses and sensibilities, discussing the Natural Systems Thinking Process, identifying nature connectors and how they interrelate to Expressive arts, and experience the benefits of merging both practices

Keywords:

merging applied ecopsychology and expressive arts

Presenter:

Marién Pena, Ecopsychologist - Expressive Arts Facilitator

Marién A. Peña is an artist and educator born in Puerto Rico. She obtained a B.A. from the University of Iowa. She became an art teacher for private schools in Central Florida. Subsequently, she completed her Montessori Education Certifications in Central Florida and California, and her master's degree in Education becoming a Field consultant and instructor for Montessori Teacher Training Centers across the US. She holds a Ph.D. in Eco-Art Therapy/ Applied Ecopsychology from Akamai University, and she is certified as an expressive arts facilitator. She is currently the owner of HEART Centered, an art studio that provides eco-art therapy and expressive arts facilitating for individuals and groups. Marién has spent her life educating others in the use of art and nature as a healing tools for stress, self-care, anxiety, and stagnation.

Aligning with Wise Mind: A Self-Care Journey for Therapists Using Arts-Based Dialectical Behavior Therapy [English]

What blocks you as a healer in therapy? What boundaries do you need for an authentic, therapeutic process? How can therapy nourish the therapist? In this experiential workshop, you will explore your role as a healer using concepts of Dialectical Behavior Therapy (DBT). The intended audience is therapists and other caregivers at risk of burnout. "Aligning with Wise Mind" is an intermodal process in which participants will explore a current area of work stress, building curiosity and confidence through arts processes. DBT was developed by Marsha Linehan, PhD. Wise Mind is a concept within the mindfulness module of DBT that concerns balanced awareness - attending to both emotional and factual observations to arrive at effective responses. We will practice addressing provider stress from the luminous and compassionate stance of Wise Mind. You will have opportunities to work individually, in dyads, and as part of a dynamic group. We will explore the burdens and benefits of the healer role through messages from family, community, and culture. Expressive modalities include somatic awareness, drama, and visual art; culminating in an altar to our collective and diverse Wise Minds.

Keywords:

Dialectical Behavior Therapy, Compassion, Burnout

Presenter:

Melissa Craven, LMFT

Melissa spent her childhood finding emotional expression, connection, and humor through visual arts and dance. She identified a career path in arts therapy in high school and pursued this through undergraduate studies at the University of California, Berkeley, a year abroad at la Universitat of Barcelona, summer program at the European Graduate School in Saas-Fe, Switzerland, and graduate school at the California Institute of Integral Studies in San Francisco. Melissa has worked with adults with developmental disabilities, elders in skilled nursing and dementia units, children, and patients with severe mood disorders. She recently emerged from 14 years of work in intensive stabilization programs at the University of California, San Francisco - where she organized and created the Dialectical Behavior Therapy and arts-based curriculum. Melissa has an online private practice based in California where she integrates skills and arts practices to help clients build self-compassion and creativity. Find her at www.melissacraventherapy.com.

PARALLEL SESSIONS

ONLINE DAY 2

JUL 15, 2023 (Sat) 4:30-6:00pm EDT / JUL 16, 2023 (Sun) 4:30-6:00am Taiwan Time

Coping with Ambiguous Loss (An Interactive Presentation) [English]

Boss and Carnes (2012) remind us, “When loss has no certainty, the search for meaning is excruciatingly long and painful, but it is the only way to find resiliency and some measure of peace” (p. 457). How does one find resiliency and peace after experiencing such trauma? How do you deal with the emotions that accompany something that almost defies explanation? The arts offer a way into accessing grief, allows for someone to speak, be seen, and be with the emotions which may accompany unclear and confusing circumstances in life. This interactive presentation will give practitioners an understanding of ambiguous loss while at the same time offering a variety of tools through multimodal exercises which will allow practitioners to help clients throughout their journey.

Boss, P. & Carnes, D. (2012). The myth of closure. *Family Process*, 51(4), 456–459

Keywords:

Interactive, Ambiguous Loss, Intermodal

Presenter:

Dr. Bonnie Nish

Dr. Bonnie Nish is Executive Director of Word Vancouver, Western Canada’s largest free literacy arts festival. Bonnie’s first book of poetry ‘Love and Bones’ was released by Karma Press in 2013. Bonnie has a Masters in Arts Education from Simon Fraser University and a PhD in Language and Literacy Education from the University of British Columbia where she currently teaches. Her next book “Concussion and Mild TBI: Not Just Another Headline” an anthology of concussion related stories, was published by Lash and Associates in 2016. Bonnie is an Expressive Arts Therapist with a Certificate of Advanced Graduate Studies from the Vancouver Expressive Arts Therapy School who has worked extensively with youth and adults in high-risk situations. She has conducted writing and expressive arts workshops for over 20 years across North America. Her latest poetry book, *Cantata in Two Voices*, co-written with Jude Neal was released by Ekstasis Editions in 2018. Bonnie lives in Vancouver British Columbia, Canada.

Person-Centered Philosophy, Creating a Sacred Space that Invites and Accepts Differences

[English & Spanish]

While there is a perceived hierarchy between facilitator and participant, at a subtle level this dual meeting offers an opportunity for expanded growth of both if we are open to learn from each other. The Person-Centered philosophy brings an understanding that is key in creating trust, and holds a belief that each individual is worthy of dignity. This approach is a formula for acceptance, compassion and possibility, the facilitator committed to self-reflection and respect for the other by being congruent, genuine, unconditional and empathic. My indigenous teachings expand this philosophy to acknowledge that meetings between individuals are always sacred, tender, and are virtually ceremonies, given depth by group witnessing. In this workshop we will look at how we hold a healing space and how group members help to create an acceptant, non-judgmental space. We will explore language that gives access and a framework that is inclusive and open, allowing for the movement of Spirit that can supersede structure. Through ritual and a multi-modal format, participants will be guided by a theme of inner and outer acceptance, and an opportunity to explore and heal wherever there is a need, whether professionally, emotionally or spiritually.

Keywords:

Creating a sacred space that invites and accepts differences

Presenter:

Maria Gonzalez-Blue, Transpersonal Expressive Arts Therapist, REAT, REACE

Maria Gonzalez-Blue, M.A., REAT, REACE is a Transpersonal Expressive Arts Therapist and Expressive Arts Educator. She has taught Person-Centered Expressive Arts internationally and in the U.S. since 1992, including Guatemala, Argentina, Peru, Hong Kong. She was a core faculty alongside Natalie Rogers, founder of the Person-Centered Expressive Therapy Institute for 15 years, then went on to teach at California Institute of Integral Studies, San Francisco California. She is also on the Board of Directors of IEATA. Currently Maria teaches mixed media intuitive arts at Santa Rosa Junior College in California. She also teaches for the Winnipeg Holistic Expressive Arts Institute, Canada, where she is teaching in a non-colonized format. Intrinsic to Maria's work as a therapist and facilitator is a 35-year relationship with Huichol shamans from Mexico. Her multi-leveled background has helped her to bridge spiritual exploration with theoretical concepts for holistic healing.

Expressive Arts and Philosophical Inquiry into Art-Creation: Vulnerability, Fragmentation, and Technology [English]

A group of scholars and artists that came together as alumni of The European Graduate School will publish essays in a special edition of *Artizein: Arts and Teaching Journal* (forthcoming in 2024). Major themes across their art practices and theoretical works center around art therapy, decolonization, fragmentation, vulnerability and technological advancements. These are some topics they each develop with Bracha Ettinger's matrixial borderspace in mind. The collaboration has avoided rigid definition from its inception in order for the work to exhibit the process of spontaneous art-creation. The session will explore those themes that emerged in their processes as individual artists and thinkers, as well as collaborators. Presenters will discuss and give examples of the process of art creation that not only reflects on subjects such as vulnerability and fragmentation, but that also makes the artist and writers vulnerable in its very process.

Keywords:

research, philosophy, technology

Presenters:

Valerie Giovanini, Doctor of Philosophy

Valerie O. Giovanini, Ph.D., is an independent scholar based in Los Angeles, California, and an affiliate faculty member at the Department of Philosophy, California State University, Northridge. Her doctoral research under the guidance of Dr. Judith Butler at the European Graduate School traced the close relationship between persecution and ethics in the works of Sigmund Freud and Emmanuel Levinas to develop an ethics of alterity. Her most recent work on alterity is published in *Hypatia: A Journal of Feminist Philosophy* and she was a contributing editor on the special issue of *Free Associations* titled "Aesthetic Subjects." She most recently published on the gender gap in the discipline of philosophy, and is currently working in collaboration with phenomenologists on childcare and the ideologies of motherhood. Her more general interests include the intersection of new media with philosophy, phenomenology, and aesthetics, all of which can be found at academia.edu/ValerieGiovanini.

Katrina Plato, ATR, EdD, PhD

Katrina Plato, ATR, EdD, PhD has been practicing as an art therapist, expressive arts therapist, and educator for 30 years. She has worked primarily with severely troubled youth and the homeless. Katrina has taught undergraduate and graduate courses in expressive arts therapy after earning a doctorate in Educational Leadership with a concentration in Expressive Arts Therapy from Appalachian State University, NC and a PhD in Expressive Arts from the European Graduate School in Switzerland. Presently, Katrina facilitates group therapy sessions for Charlie Health, Inc., a fast growing online Intensive Outpatient Program (IOP) serving youth and young adults in 22 states within the United States. Katrina is the Regional Committee Co-Chair for the International Expressive Arts Therapy Association (IEATA).

Presenter:

Sinem Lanaci, PhD, PCC

Sinem is ICF Certified Executive Coach (PCC), facilitator and Senior Human Resources Professional. She had worked almost twenty years in Human Resources, Cultural Development & Corporate experience in six different sectors such as FMCG, IT, and Health in multinational companies. Experienced in executive and team coaching, training on leadership, talent, and organizational culture development. Her passion is to integrate experiential & art-based methodologies and coaching into business processes especially in organizational transformation, cultural change and leadership. Her mission is to support companies with new leadership, coaching and HR creative methodologies in the company's transitional period. She graduated from EGS PhD in Intermodal Expressive Arts: Therapy, Coaching, Consulting, Conflict Transformation & Peacebuilding with an honorary degree, Master's degree holder in Management & Labour Psychology.

Creating Clarity: An EXA Approach [English]

Our clients come to us wanting help finding clarity. But, it has not been created yet so it is not possible to find. We must create our clarity. Multi-modal expressive arts gives us the languages for creating clarity in ways that provide clues for how to move forward. This workshop is designed to develop a felt sense of 'the just right next' for ourselves and the clients we work with. Drawing, moving and writing will be used to 'crystallize' our clarity.

Keywords:

creating clarity, discovering the just right next, working with 'felt sense'

Presenter:

Markus G. Scott-Alexander, Ph.D, REAT; Director of World Arts Organization; Founder of Expressive Arts Without Borders

Markus is the founder of Expressive Arts Without Borders (www.expressiveartswithoutborders.org) and the director of World Arts Organization (www.worldartsorg.com). He is a founding member of the International Expressive Arts Therapy Association, was chair of its first international committee and is REAT 001. Markus was senior faculty at the European Graduate School from 1996 to 2020 and continues to teach internationally. He is the author of *Expressive Arts Education and Therapy* (2020), Brill Publishers and resides in Canada. "I consider myself a phenomenological, body-centered educator of expressive arts therapy, continually finding new ways to interface, interact and interplay with the variety of communities that are growing this field."

Utilizing Intermodality in Autobiographical Therapeutic Performance [English]

Autobiographical Therapeutic Performance (ATP) is a creative, therapeutic modality of addressing personal trauma intermodally, in front of an audience referred to as witnesses. Engaged in the arts, one performs a story of one's life on stage while addressing this trauma, with the goal of having a transformational experience as the outcome. The application of the expressive arts as a methodology in an ATP for transformation and healing includes the use of song, dance, narrative poetry and storytelling, metaphor, painting and artmaking. Healing also takes place for the witnesses who are present for this act of vulnerability. While an ATP can take months to develop, in this workshop we will choose a simple memory in our lives in which we can utilize all these art modalities and explore innovative methods of healing while applying this creative lens. In essence, participants will get a small taste of what could be possible for a larger production. We will experience that even small performances using the arts can bring about moving insights for both the performers and the witnesses. We will also address how to truly witness each other.

Keywords:

autobiographical therapeutic performance, witnessing, intermodality

Presenter:

Bess Eiermann, PhD, R-DMT, CAGS, APCC

Bess Eiermann has a doctorate in Expressive Arts and a Certificate of Advanced Graduate Studies (CAGS) from the European Graduate School, is a registered dance/movement therapist (R-DMT) and is an associate professional clinical counselor (APCC). She also is a Certified Practitioner of Applied Improvisation with 30 years' experience working in the fields of mental health, addiction, and education. She is a writer/performer, singer, director and improviser who speaks and presents on topics related to creativity and creative/experiential methods. She teaches Introduction to Expressive Arts, and Improvisation in the Classroom/Workplace at the Santa Rosa Junior College in California, along with presenting workshops at professional gatherings including the American Dance Therapy Association and the International Expressive Arts Therapy Association.

The Role and Application of Handicrafts and Native Arts in Expressive Arts Therapy [English]

Through this presentation, we will inquire into our own addictive tendencies as related to substance use disorder and recovery advocacy. Through this lens, we will discuss how the arts can open us up to our true selves inspired by the artists in the film, and actively engage personal material using mindfulness practices and the arts (i.e. drawing, movement and writing exercises). Creative work can provide an alternative approach to healing that is respectful of all recovery paths and orientations. Arts allow people with addictions the opportunity to feel empowered and rejuvenate themselves, in addition to incorporating new tools to enliven their recovery.

Keywords:

handicraft, native art, expressive art therapy

Presenters:

Elahe Rahimian, MFT, REAT, IEATA Middle East Regional Coordinator, and Manager of Abana art therapy center in Iran

Elahe has a strong academic background in arts and psychology, which has made her a professional in expressive arts therapy. She holds a Master's degree in psychology in family therapy and a Bachelor's degree in art and she is a PhD candidate in expressive art therapy. Her art experience, including more than 20 exhibitions in other countries, demonstrates her ability to express herself through art. At ABANA Art Therapy Center, Elahe plans and implements workshops and training programs for students who want to become expressive arts therapists and art therapists. She has also published two books and several articles about the effects of art therapy in treatment. Her communication with other expressive arts therapists from around the world and the IEATA can help to expand this field in Iran and the Middle East. Additionally, Elahe was one of the first Iranian people to receive the REAT certification in Iran and has the potential to be a pioneer in this area. Furthermore, Elahe is the coordinator of the Middle East in the IEATA. Elahe's experience with many charities demonstrates her dedication to humanity. She has volunteered with people with autism, children with cancer, Afghan refugee students, and handicapped individuals. She has also held many art exhibitions to showcase their activities.

Elham Toghian Chaharsoghi, M.A, Art Researcher, ART therapist, Iran

Elham has the master of Research of Traditional Arts. She has been working as a member of a team at "Art Therapy Research Centre of Tehran" (Iran) since 2010. Also, she is an associate member of BAAT. she applied different kinds of art such as painting, clay, collage and miniature in order to work with people with various types of special needs. Meanwhile she trained prospective art therapy students in both groups of art and psychology to boost this knowledge in her own town, country and culture. This has provided her with the knowledge about new ways to treat patients and as a result she has published a number of articles in psychological magazines and congresses in different countries. She had also written a book "Clay Therapy" with her colleagues which is closely related to the work they have undertaken with children. Besides, volunteering for different charities is really precious to her.

Colors of Trans Expression: A Virtual Group Approach to Combining Self-Compassion and Expressive Arts for Transgender and Non-Binary Adults [English]

This conference presentation will showcase the impact of the 4-session virtual group, "Colors of Trans Expression," offered to Transgender and Non-Binary (TNB) adults. The group aimed to foster community, safety, and connection among its participants. The virtual setting and stipends offered made the program accessible and incentivized participation. The presentation will highlight the benefits of incorporating intermodal expressive arts processes into trauma-informed care for TNB individuals and explore the challenges and opportunities in facilitating virtual groups for this population. Attendees will gain a deeper understanding of self-compassion and expressive arts' effectiveness in promoting TNB individuals' well-being in a virtual setting. The team's considerations for future improvements, such as a meet and greet session and extended group time will also be discussed.

Keywords:

Transgender, Non-Binary, Virtual Expressive Arts Group

Presenters:

Heidi Heft LaPorte, DSW, MSW

Dr. Heidi Heft LaPorte is an Associate Professor at Barry University. With over 28 years of teaching experience and 29 scholarly publications. She is a seasoned educator and expert in her field. Dr. Heft LaPorte has completed Level 1 and 2 expressive arts certificate programs with the Expressive Arts Florida Institute (EAFI) and holds a position as the Co-Chair of Membership on the Board of the International Association of Expressive Arts Therapy Association (IEATA). She is also a member of the International Association of Social Work with Groups (IASWG) and teaches at the Florida Institute for Group Facilitation (FIGF). She is a member of the Association of Group Psychotherapy Association (AGPA), the National Association of Social Workers (NASW), and the Council of Social Work Education (CSWE). Dr. Heft LaPorte is passionate about bringing multimodal and intermodal expressive arts into her teaching, making it accessible to students with diverse interests, abilities, and identities. She offers two-hour weekly virtual open studio expressive arts sessions at Barry University and was instrumental in successfully advocating for a permanent contemplative expressive arts space co-sponsored by the Office of Accessibility Services, the Center for Human Rights and Social Justice, and the school of Social work.

Poa Mutino, BA, MSW

Poa Mutino is a dedicated, multi-talented mental health and wellness professional. With a passion for serving the LGBTQ+ community, Poa brings a wealth of experience creating and delivering educational programs and presentations to various audiences, including students, administrators, and families. With an MSW from Barry University and a B.A. in Sustainable Agriculture & Social Justice, Poa has managed a diverse client base from 11 to 81 years old. Poa's background includes internships in Skilled Nursing and Long-Term Care, where they provided biopsychosocial assessments and evaluations. Poa's commitment to peer counseling and advocacy is evident through their work in a community house rooted in the Psychiatric Survivors Movement. Poa supported access to housing, social resources, food, and employment in this role and coordinated weekly programming on recovery, cooking, and wellness topics. Poa's experience also includes working as a team player in a 5-bed therapeutic community residence, offering non-judgmental support to callers from across the United States in distress. Poa is also a lead organizer of Pancakes for the People, a weekly mutual aid breakfast for the unhoused and low-income, and is active in climate change activism with groups like Rising Tide North America and Earth First!

PARALLEL SESSIONS

ONSITE DAY 2

JUL 16, 2023 (Sun) 11:00am-12:30pm Taiwan Time

Neurographic Hot Air Balloons: A Case Study [English]

This session is part case study and part practice. After a brief history of Neurographica®, participants will be introduced to a case study in which a Neurographic Art process was introduced to two teen expressive arts therapy groups. The teens practiced Neurographic Art on a hot air balloon template, then created the balloon, witnessing a transformation of their trauma and challenges into a glowing lantern. The intermodal group facilitation used to help clients articulate their challenges and trauma for their balloon drawing will be discussed. After the case study, participants will be led through a basic version of Neurographic Art. In this introduction, participants will learn the history of Neurographica®, developed by Russian psychologist and philosopher, Pavel Piskarev. The difference between Neurographica® and the Americanized version, Neurographic Art, will be addressed. Neurographica® is a subtle tool that can be used to address trauma and limiting beliefs. The strength and depth of its process are in its ability to shift negative thought patterns gently. This session is appropriate for all helping professionals, and no previous drawing experience is needed.

Keywords:

Neurographic, trauma, case-study

Presenter:

Katrina Plato, ATR, EdD, PhD

Katrina Plato, ATR, EdD, PhD has been practicing as an art therapist, expressive arts therapist, and educator for 30 years. She has worked primarily with severely troubled youth and the homeless. Katrina has taught undergraduate and graduate courses in expressive arts therapy after earning a doctorate in Educational Leadership with a concentration in Expressive Arts Therapy from Appalachian State University, NC and a PhD in Expressive Arts from the European Graduate School in Switzerland. Presently, Katrina facilitates group therapy sessions for Charlie Health, Inc., a fast growing online Intensive Outpatient Program (IOP) serving youth and young adults in 22 states within the United States. Katrina is the Regional Committee Co-Chair for the International Expressive Arts Therapy Association (IEATA).

Moving in Circles: Illuminating Personal Meaning of Mandalas through Movement and Writing

[English]

Moving in Circles: Illuminating Personal Meaning of Mandalas through Movement and Writing Mandalas are a unique form of self expression, allowing the creator to delve deeply into their own psyche. There is safety in the exploration of self in the circular format, and this workshop is designed to both educate about mandalas and allow for a personal experience of mandala creation and interaction. The workshop begins with an introduction to mandalas from the Jungian tradition, as well as a nod to other traditions and cultures that use mandalas as a form of expressions. Participants will then create their own mandalas and explore the personal significance of them through movement and introspective writing. After personal explorations of the mandalas, we will move from intrapersonal to interpersonal exploration, illuminating affinities between our artworks and using movement to communicate connections. Finally, a community level exploration will illuminate connections between individuals, groups and even cultures. Participants are invited to this intermodal experiential workshop designed to illuminate their inner creative being through intrapersonal, interpersonal and community explorations using visual art, movement and writing. If you have personal art making materials with you, especially WHITE, please bring them to the session.

Keywords:

mandalas, movement, integrative expressive arts

Presenter:

Susan Paul Johnson, REACE

Susan Paul Johnson, REACE, comes to Expressive Arts Facilitation from a unique background in teaching Operations Management in business schools. Along the way, she discovered a love for introspective arts, particularly mandala making, and has developed expertise in creating and facilitating others in creating mandalas. She works with Creating Mandalas (www.creatingmandalas.com) as a facilitator and also hosts her own mandala and expressive arts groups. In addition to Expressive Arts Facilitation, she is a Veriditas Labyrinth Facilitator and a Soul Collage (tm) Facilitator. She is particularly interested in inviting people to explore their own inner selves by using the safety of the circle combined with other arts practices. She is a graduate of the certificate program at Expressive Arts Florida Institute, where she currently serves as a graduate mentor, and is Treasurer of IEATA.

Resilient Teaching: Expressive Arts among Teachers during the Pandemic [English]

In a study by Rabacal et al. (2020) on the Quality of Life of Filipino teachers, they found that other than the threat to physical health posed by COVID-19, the Pandemic and measures to control its spread also impacted their quality of life and mental health. In this study, expressive arts therapy workshops were held to help address the mental health needs of higher education teachers/professors in three universities and colleges in the Philippines. The sessions were delivered online and were theme-based. The facilitator utilized a Focusing-Oriented Expressive Arts Therapy (FOAT) approach, where a creative expression process ensued after mindfulness exercises. The themes identified included: fear of contracting COVID-19, demand to adapt to unfamiliar teaching modalities, work-life balance, gratitude, and self-care. The expressive arts sessions provided an avenue for safely expressing their fears and concerns and allowed them to explore the protective factors that mitigate the pandemic's effects.

Keywords:

Teachers, FOAT, Resilience

Presenter:

Dominic Paguio, PhD

Dominic Torralba Paguio works as the private Special Education and Expressive arts and mental health practitioner. He used to run TW Community Enablers, a center catering to the transition needs of adolescents and adults with special needs. He is a former faculty member of the University of the Philippines Manila College of Nursing and is teaching part-time at Assumption College San Lorenzo and De La Salle University Bro. Andrew Gonzales College of Education. He is a registered nurse and licensed professional teacher with training in Focusing Oriented Expressive Arts Therapy from the Focusing Institute in California and a Certified Therapeutic Arts Life Coach. He is a noted speaker on Expressive arts therapy, resilience, special education, and Mental Health Psychiatric Nursing here and abroad. He finished his Bachelor of Science in Nursing degree and Master of Arts in Education with a major in Special Education from the University of the Philippines, specializing in Children with chronic illnesses, behavior problems, and autism. He also has a Doctor of Philosophy in Education degree in Educational Psychology from the University of the Philippines College of Education. He has also established the first person-centered expressive arts therapy clinic in the Philippines, Likhalinga, in the University of the Philippines.

The Use of Expressive Arts in Triadic Counselling Supervision [English & Mandarin]

Clinical supervision is an essential and crucial part of counseling training. It is recognized as a complex exchange between supervisor and supervisee, with supervisory models/theories developed to provide a frame for it. (Smith, 2009). Other than individual and group, triadic supervision, is also one of the official supervision formats approved by The Council for Accreditation of Counseling & Related Educational Programs (CACREP). It is an efficient way in terms of use of time and financial resources (Sturdivant, 2005). Other identified benefits of triadic clinical supervision include vicarious learning, experiencing universality, and gaining multiple perspectives. (Stinchfield, Hill & Kleist, 2010). Other than utilizing expressive arts for therapeutic treatment, this study explores the possible use of the expressive arts with proposed proposition as a moderator or a mediator for triadic counseling supervision, with benefit to improve the supervision relationship between the supervisor and the two supervisees.

Keywords:

Professional Development, Triadic Counseling Supervision, Use of Arts in Supervision

Presenter:

Antonio Wong, REAT, AThR, Ccoun

Antonio is a Registered Arts and Expressive Arts Therapist (AThR & REAT), and HKPCA certified counsellor (CCoun). He is also a ceramist and a ceramic teacher. Antonio is currently pursuing his Ph.D. study at the National Tsing Hua University (NTHU) in Taiwan. Before that, he worked as a part-time counseling supervisor at the Chinese University of Hong Kong and the Hong Kong Arts School. Besides, he was a counselor / expressive arts therapist at the Emotional Health & Counselling Centre of the United Christian Nethersole Community Health Service in Hong Kong. Antonio employs a client-centered approach in his group work as well as individual cases. This allows his clients to meet their own therapeutic goals and resolve issues at their own pace. He works with a diverse range of clients including adolescents and adults with depression & anxiety disorders, SEN students, LGBT, drug abused families and sex workers with emotional issues.

Movement with Maracas, Music, and Voice: Reconnecting with Our Roots, Stories, and Inner Joy [English & Mandarin]

As a second-year expressive arts therapy graduate student, my experience working with older adult immigrants with or without dementia at 2Life Communities has revealed the importance of incorporating the expressive arts to create new connections and counter isolation in their lives. For many, this is their first time experiencing expressive arts therapy as their light, shining a new path for them to discover alternative ways of viewing their personal narratives. Incorporating movement and maracas with Cantonese, Mandarin, and English music has helped them reconnect with their cultural roots and memories in a gentle, calming, and playful way. The sound of maracas has the therapeutic power and rhythm to calm and relax their minds, bringing them back to the present while feeling a sense of comfort, safety, and peacefulness in the here and now. Their eyes beam with joy as they sing, move, and dance to their home country music. Despite language barriers and cultural differences, the arts lie in their power to break immigrant's silence, revealing their truths and expressing themselves with a sense of hope, possibilities, freedom, and belonging. I hope this presentation encourages us to witness the enormous potential and value of working with older adult immigrants.

Keywords:

Connection, Self-Expression, Belonging

Presenter:

Kevin Lin, Expressive Arts Therapy Graduate Student at Lesley University

Kevin Hung-An Lin from Taipei, Taiwan is currently a second-year graduate student in the M.A. in Clinical Mental Health Counseling program with a specialization in Expressive Arts Therapy at Lesley University. He is now working and interning at 2Life Communities as a resident service coordinator and expressive arts therapist in training. Kevin loves to sing during joyful and difficult times. Singing has not only brought healing to his life but given joy to those who've listened to him sing. Singing truly makes him believe in the higher power, guiding him to new paths previously unknown in his reality. This belief gradually develops his interest and practice in meditation, songwriting, dream journaling, and expressive art therapy. Kevin's experience as a singer, dancer, actor, and writer has supported his journey in playing a variety of roles, including his work at Chinese Culture University as a Drama instructor, playwright, and director for the CCU Summer Intensive program. When Kevin used improvisation, movement, and theatre acting with students, he began to understand the importance of being present in the moment while being wholeheartedly attentive and non-judgmental. This experience taught him to give every human a chance, an opportunity to thrive and express themselves.

PARALLEL SESSIONS

ONSITE DAY 2

JUL 16, 2023 (Sun) 2:00-5:00pm Taiwan Time

West Meets East: Finding Peace with Yin and Yang 當西方遇上東方：在陰陽中覓得平安

[English & Mandarin]

Our global experience is often one where there seems to be a continual conflict with opposites: the East versus the West, the dark versus light, male versus female, etc. But when we explore further, we discover that dark needs light and strength needs passivity. As George Ohsawa states, "Yin and Yang are the left and right hands of the infinite - creator, destroyer, and reproducer of everything that exists." In this workshop, we will dive into an exploration of opposites, within ourselves, within our community, and in our world. Using movement, drama, art, writing, music, and sound we will explore our own Yin and Yang to discover our harmony within. We will also share ways in which this process can be used with groups and individuals who seek balance. When we find our internal peace and balance and how our two halves (Yin and Yang), create a whole, we can then offer and inspire harmony and peace in our external environment. The workshop will be co-facilitated and offered both in English and Mandarin languages.

Keywords:

How to find peace with our polarities

Presenters:

Nina (Anin) Utigaard, LMFT, REAT

Anin is a licensed Marriage Family Therapist and Registered Expressive Arts Therapist. She works with individuals and groups of all ages and cultures. She was a founding Executive Co-Chair for the IEATA and continues to be on the Advisory Board for the organization. Anin was a faculty member of Natalie Rogers' Person-Centered Expressive Therapy Institute for over 10 years and uses the person-centered approach in her work with clients and students. She is adjunct faculty with the Northwest Creative and Expressive Arts Institute in Seattle, Washington, and was adjunct faculty for JFK University until moving in 2017. She has taught and presented her work nationally and internationally since 1992. Her work with trauma, addiction, and adolescents began at ThunderRoad in Oakland in 1991, where she used expressive arts therapy with teens dealing with substance abuse and trauma. Anin has a fine arts and professional music background, which she combined with psychology and the humanistic approach in psychotherapy. She believes that the arts are a transformative power that can change the world we live in.

Meko Ng, RSW, REAT

Meko NG is a registered social worker and a registered Expressive Arts Therapist in Hong Kong. She is the assistant supervisor of a crisis intervention center for survivors of sexual violence, domestic violence, and elder abuse. She has more than 15 years of experience working with survivors of violence and trauma. She is now a faculty member of the Person-centered Expressive Arts program at the Chinese University of Hong Kong. Meko is also a teaching assistant at the Department of Social Work of the Chinese University of Hong Kong. She is interested in blending nature and mindfulness practice with person-centered expressive arts therapy. She is the former co-chair of the Expressive Art Therapy Association of Hong Kong and the former IEATA Regional Coordinator.

Get a GRIP! Grief Recovery Workshop Using Expressive Arts [English]

Grief Recovery Is Possible (GRIP) by grace was developed out of years of working with people in their grief journey. Many were told things like - "you should be over it by now? It has been (??) mos./yrs. and you are still crying, sad, angry?, among many other non-helpful statements People were told in so many ways "Get a grip!" Grief has made many feel like they have not only lost their loved one but their grip on themselves. GRIP acronym was created to encourage you and others to give yourselves some grace through this journey. GRIP by grace is to encourage and help you begin to regain your 'grip' on yourself, and the abundant life meant for you. Many people have believed that recovery from grief is impossible. I believe recovery is possible when we are not stuffing emotions. Recovery includes a healthy balance of emotional expression, and healthy action. This training is intended to provide participants with guidance and prompted topics surrounding grief and loss. The training gives expressive arts activities that helps people heal in place of staying stuck and stuffed on their grief/healing journey. The journal will also be available as reference and purchase if desired.

Keywords:

Grief Recovery, healing grief using the expressive arts, healing in action

Presenter:

Theresa White, LMHC/Registered Drama Therapist/Certified Clinical Trauma Professional

Theresa (pronounced THA-Resa) is the founder and CEO (Chief Expressive Officer) of In Time Creative Counseling Services (In Time CCS) and has been a counselor for more than 14 years. Her experience includes working in the Indiana State prison system and community mental health agencies with youth and adults ranging from ages 3-78 years of age with various levels of functioning. She uses the following techniques in sessions; Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Solution-focused, Brief Therapy and expressive arts to help clients reach their place of healing. Theresa has a love for teaching, writing and the arts. She has written, directed, and produced multiple plays in various cities in Indiana. She enjoys teaching mental health to help decrease the stigma. She has a podcast entitled "Drama Is Life (DIL)". You can find it on Spotify or apple podcasts. She is an also a grief counselor and created an expressive arts grief journal entitled "GRIP (grief recovery is possible) by grace to help people heal from grief using the arts. You will never look at grief the same. Purchase yours today. Click the link below to get yours today!

[Get a GRIP!](#)

Exploring Multiple Identities through Movement [English & Korean]

It will be an experiential presentation of somatic movement therapy. The core themes are polarity and integration by utilizing Laban/Bartenieff movement analysis. I guide the participants to explore their multiple identities through movement and writing. I facilitate discussion about the importance of discovering and acknowledging multiple identities that live in us visibly and invisibly in order to integrate ourselves more fully. The expectations of outcome from experiential activities are that participants gain awareness of their own visible and invisible identities. Then, with the awareness, individuals can adapt positively associated movement qualities into invisible, unformed or dysfunctional identities. Many participants have found my workshop was very useful

- to discover bodily experience was different than their assumption/perception about their identity
- to allow parts of themselves even though they had negative judgement on them
- to learn other possibilities by observing others' exploration during the workshop

Keywords:

Somatic movement therapy using Laban/Bartenieff Movement Analysis

Presenter:

Mihyun Lee, AMFT, RSMT

Mihyun Lee studied Korean Dance in South Korea and Somatic Psychology in San Francisco, CA, USA. Starting April 2022, she began to facilitate a Somatic Movement workshop called Exploring Multiple Identities through Movement for both non adoptees and Transracial Adoptees. For Korean Transracial Adoptees, in particular, her culturally embodied presence, as a person who grew up in South Korea and studied Korean Traditional Dance, was impactful since they have rarely experienced a Korean therapist. For about 30 years of practicing dance professionally shaped her understanding of the primal nature of the body and its expression. Throughout her education, she was getting clearer about the fundamental relationship between movement and psychology. Her perspectives on body, movement, and expression have been developed by graduate education in Somatic Psychology at California Institute of Integral Studies. She formed her services in Somatic Movement Therapy and Kinesio Psychotherapy influenced by her advanced study in Laban/Bartenieff Movement Studies (LBMS) at Integrative Movement Studies 2021-2022. Her service is oriented towards promoting psychological wellbeing through physiological practice. She sees clients both in person and remotely.

From Poiesis to Prayer: An EXA-Based Approach to Eco-Spirituality [English]

Aim:

To explore how EXA can assist the development of a faith-based practice of eco-spirituality.

Goals:

- To recap a year-long trial project using EXA in observance of the 24 Solar Terms 二十四氣節
- To postulate a theoretical framework of the Intermodal Decentering EXA in the practice of eco-spirituality based on the Franciscan tradition within the Christian-Catholic heritage
- To have a hands-on experience of eco-spirituality using EXA with inspiration of St Francis of Assisi
- To gather ideas in the discussion of the confluence of faith / religion / spirituality and EXA

Keywords:

Faith-based-Expressive Arts, spirituality, religion

Presenter:

Brother William Ng

Brother William Ng OFM has been a Franciscan Friar since 1992, having worked in formation ministry as Novice Director and frontline classroom teacher. With a master's degree from Yale Divinity School and a Certificate of Advanced Graduate Studies in Expressive Arts Therapy from the European Graduate School, he conducts Spirituality of the Arts workshops/retreats in South East Asia and online and offers personal/small group spiritual accompaniment with the use of expressive arts. Brother William has taught Franciscan Spirituality at The Chinese University of Hong Kong and Eco-Spirituality at Caritas Institute of Higher Education in Hong Kong. He is currently attached to Centre for Catholic Studies at The Chinese University of Hong Kong, conducting research on an expressive-arts-based approach to promoting Laudato Si'.

The Transformative Potential of the Expressive Arts in Academic Research [English]

In this presentation I will guide an exploration of the transformative potential for the researcher in applying multiple modalities in Arts-Based Research. While drawing from my research journey, I will facilitate an experiential exploration applying multimodal exercises to analyze "data" from a preselected phenomenon. The presentation begins with an introduction, a brief overview of my doctoral research, the role of multimodal expressive arts applied in the data analysis, and the presentation format. I hope to illustrate the transformative potential of incorporating multimodal expressive arts processes in heuristic research methods. The general format of my presentation will begin with a short 5 minute Mindfulness Grounding exercise, a brief description of this presentation, the exercises, and a short discussion of my training and background. Participants will need to bring a sketch pad (29.8 x 35.6 cm or larger), drawing utensils, pastels (oil or chalk) - or some other coloring markers, and wear comfortable clothing. Time will be given at the end for a question & answer segment and a closing grounding exercise.

Keywords:

Researcher transformation in academic inquiries

Presenter:

Coby Lyons, Ph.D(c); Cert. E.A.T.; MARI Prac.

Coby is an Expressive Arts Transformational Coach/Facilitator at the Mudroom Studio in Las Vegas, Nevada USA. a doctoral candidate in Psychology at California Institute of Integral Studies and holds Masters of Arts degrees in Pastoral Ministry (Oblate School of Theology - 1995) and in Transpersonal Counseling Psychology (Naropa University - 2003). He completed coursework in Clinical Psychology (A.B.D.) from Pacifica Graduate Institute, studied Creative Expressive Arts and Transpersonal Psychology at Sofia University. Under Yvette Lyons, Ph.D. Coby completed a 200-hour Certificate program in Expressive Arts Therapy, earned Advanced Certificate (200-hours) in EXA modalities, including Sand Tray World Play Therapy, MARI, Sound Bath facilitation, and Intuitive Painting at The Creative Healing Arts Studio, Carlsbad, CA. His research interests include working with clay and other creative expressive arts modalities as a means for personal and communal growth and transformation. His work incorporates transformative aspects of Creative Expressive Arts, Ritual, and Spiritual Practices, as well as Mindfulness and Dream work. Informed by Jungian and Transpersonal Psychologies, as well as Buddhism, Coby seeks to understand the deeper workings of the Psyche, Shadow, and Transformation. He is passionate about his art, facilitating workshops, teachings, and helping others reconnect to their innate creativity.

PARALLEL SESSIONS

ONLINE DAY 3

JUL 16, 2023 (Sun) 1:30-3:00pm EDT / JUL 17, 2023 (Mon) 1:30-3:00am Taiwan Time

Self-Compassion Themed Focusing-Oriented Expressive Arts for Primary Caregivers of Pediatric Thalassemia Patients *[English]*

Primary caregivers of pediatric thalassemia patients go through multiple layers of stress as they provide care to and fulfill the demanding needs of their sick children. Such responsibilities can lead them to neglect their self-care needs, resulting in poor quality of life for both the caregiver and the patient. Self-compassion has been helpful in promoting resilience against distress. It can be achieved by learning to respond to suffering with kindness, becoming mindful, and understanding that suffering is part of the human experience. Focusing-Oriented Expressive Arts (FOAT®) has been used in a wide variety of populations to help increase self-compassion and resilience. A six-session Self-Compassion Themed FOAT® Program was developed inspired by Laury Rappaport's Focusing-Oriented Expressive Arts (FOAT®) and Kristin Neff's Self-Compassion approach to help address the caregiving stress of the primary caregivers of pediatric thalassemia patients. In this presentation, participants will experience some Self-Compassion Themed Focusing-Oriented Expressive Arts (SC-FOAT) exercises for their self-care.

Keywords:

Focusing-Oriented Expressive Arts, Self-compassion, Primary Caregivers of Pediatric Thalassemia Patients

Presenter:

Carolyn Tongco, REACE

Carol's passion is to use expressive arts, mindfulness practice, storytelling and life coaching to connect, empower and bring healing to individuals, groups and communities. Therefore, she prefers to be called a "heartist". She loves art and helping others. She has conducted expressive arts workshops, art retreats, expressive arts coaching, stress management and wellness webinars for different NGO's, school and corporate clients. Through engaging in the process and helping them find meaning in their art output, they gained insight and learned healthier ways of coping to move forward with their life experiences. She is Registered Expressive Arts Consultant and Educator granted by the International Expressive Arts Therapy Association (IEATA); Certified Expressive Arts Coach granted by Certified Coaches Alliance (CCA); a Focusing-Oriented Expressive Arts (FOAT®) Facilitator granted by the Focusing and Expressive Arts Institute (Santa Rosa, USA) and also a Certified Focusing Trainer with Specialization in Focusing-Oriented Expressive Arts (FOAT®) granted by The International Focusing Institute (New York, USA). She finished Bachelor of Fine Arts in Advertising Arts from University of Santo Tomas, Manila. She is currently taking Masters in Clinical Psychology in the same university. She's a mother to 3 dogs. On her free time, she enjoys being a plant mom.

Natalie Rogers's Person-Centered Expressive Arts and the Creative Connection Approach *[English]*

We will learn about and experience Natalie Rogers's Person-Centered Expressive Arts and her Creative Connection approach, which interweaves the expressive arts - movement, art, sound, writing and imagery - to tap into the deep wellspring of creativity that is within each person. We are coming to understand the need to engage in processes that awaken and integrate all aspects of self: the body, mind, emotions and spirit. Expressive arts do just that - it is a non-verbal language that helps individuals communicate at a deep level. Also, using the expressive arts in psychotherapy is a natural evolution allowing the client to tap into and share unconscious material through the arts.

Keywords:

Natalie Rogers, Person-Centered Expressive Arts, the Creative Connection Approach

Presenter:

Sue Ann Herron, PCEAI Director & Executive Faculty Person-Centered Expressive Arts Therapy Program

Sue Ann Herron, Ph.D. has worked in Fortune 500 companies for over 20 years specializing in leadership, entrepreneurship, and innovation where she developed and implemented innovative business practices, and was the Vice President of Sales and Marketing for a high tech company. She left the corporate world to get her Ph.D. in psychology with a special emphasis in Person-Centered Expressive Arts Therapy. Dr. Herron wrote her dissertation on Natalie Rogers: An Experiential Psychology of Self-Realization Beyond Abraham Maslow and Carl Rogers. She is an expert of the life and work of Dr. Natalie Rogers and is Natalie Rogers's official biographer. A biography of Natalie Rogers's life and work will be forthcoming. Dr. Herron is the Director and Executive Faculty of the 2-year Person-Centered Expressive Arts Therapy Program titled, Expressive Arts for Healing and Social Change: A Person-Centered Approach, taught at Saybrook, Meridian, and Sofia Universities. As Natalie Rogers's biographer, one of Dr. Herron's professional goals is to chronicle and elevate Natalie Rogers's work through her scholarly historical and biographical study and to promote her legacy and teachings around the world.

BALANAND - The Creative Classroom Project India - Expressive Arts, a Culture of Care Empowering a Culture of Social Change [English]

What does it mean to have an education in expressive arts? a question often heard in India. Swahansa Expressive Arts India educates students to be in service of the arts, entering a phenomenological intermodal practice, and to eventually support students into work for the benefit of society, empowering them from learning to learn to earning to learn. The Balanand Project, launched by Swahansa, has been the work of twelve students across the country working in schools within a frame of exploration, a creative journey through eight sessions. This ongoing project is funded by a corporation through the corporate social responsibility sector, which is available for social impact projects across India. So what is on the way for India? This presentation is an unfolding, an uncovering of what we hold, as potential impact through the EXA work, in finding its place in India and in transitioning from learning to doing.

Keywords:

Expressive Arts, a Culture of Care empowering a Culture of Social Change

Presenter:

Gopika Dahanukar, Founder/Director Swahansa Expressive Arts India

Gopika Dahanukar is an artist and vocalist, living in the International township of Auroville, India. She is a Teacher, Founder and Director of Swahansa Expressive Arts India, in cooperation with the European Graduate School. Gopika has a MFA in Applied Craft and Design from PNCA, Portland, USA, a Certificate in Entrepreneurship, Social Innovation and Change from UPEACE, Costa Rica, a Diploma in Expressive Arts Therapy, Vancouver School of Healing Arts, and a Certificate of Advanced Graduate Studies in Expressive Arts Therapy, Coaching and Consulting (CAGS) from EGS. Her work is grounded in the phenomenological approach, in building a holistic way to creative awareness for peace-building in communities. She is involved in socially-engaged art-led impact through her work as a trustee of the Prafulla Dahanukar Art Foundation, a non-profit organisation that is leading the way in supporting progressive social action through the arts in India. She is also recently been appointed as the co-chair of Expressive Arts Without Borders.

The Golden Thread - A Journey of Apology and Forgiveness through Expressive Arts Therapy around the World [English]

This presentation will bring the findings of the first series of Sori - A traveling podcast and expressive arts therapy & songwriting workshop series from around the world with Dr Carolina Herbert. What would you say sorry for if you could? What apology do you feel you need, to begin to heal? What is your image of a forgiven heart? How does forgiveness create space for more love, vitality and response-ability? Come and hear stories and creative encounters from different cultures around the world as we consider how apology and forgiveness can support us to navigate our increasingly chaotic world. This presentation will journey through Europe, India, Cambodia, Indonesia, New Zealand, Hawaii and California as we discover the golden thread of love that connects us all.

Keywords:

Apology, Forgiveness, Expressive Arts Therapy

Presenter:

Carolina Herbert, PHD, Integrative Arts Psychotherapist, Clinical Supervisor & Consultant

Dr. Carolina Herbert is an Integrative Arts Psychotherapist, qualified Trainer, clinical supervisor and consultant with over 20 years' experience working with people, organisations and communities around the world. Carrie has extensive experience in the following areas: asylum seekers and refugees, mental health, trauma and abuse, conflict & post conflict settings, mental health and psychosocial training, staff care and holistic well-being, supervision and emergency care of organisations. Carrie has worked as a consultant to the International statutory and NGO sectors around the world including Asia, India, Indonesia, Peru, Russia, HK, Singapore, Kazakstan, Mexico, Turkey, South Sudan, Yemen, Iraq where she has specialised in supervision, holistic staff care and organisational wellbeing. Carrie's passion is empowering organisations, teams and individuals in creativity, well-being and resilience in areas of conflict and complex environments. Carrie is a photographer, musician and singer/songwriter, with an avid interest in all of the arts for expression, social action and change. Carrie is also a trained Life-cycle Celebrant and is able to curate ceremonies and memorials with individuals groups and communities for any significant life event. Her passion is to enable communities, organisations and people to navigate transitions, crisis and emergencies through engaging in cultural rituals, ceremonies and celebrations. www.alkimiasoul.com

Intersecting Expressive Arts and Psychedelic-Assisted Psychotherapy [English]

On their own, both EXA and psychedelic assisted psychotherapy are wonderfully powerful approaches, but when combined, these complementary approaches become a profound union that elicit fast and lasting change for people. Psychedelic assisted psychotherapy can't fully exist without EXA. Already, psychedelic assisted psychotherapists are using EXA techniques every time they practice. Additionally, many EXA therapists might find their current work could be highly complimented by psychedelic assisted psychotherapy. Both approaches brilliantly access parts of the brain that otherwise might have low activity, making them both uniquely effective for processing trauma. In this presentation, I identify some of the many EXA approaches that not only compliment psychedelic assisted psychotherapy, but also the crucial integration periods after expanded states of consciousness. I also identify that it is vital when talking about the psychedelic movement, to name that its biggest downfall is accessibly for the disempowered. By naming this, we can all begin to move toward equality and justice within this therapeutic modality. This presentation directly supports the coming together of EXA therapists with psychedelic assisted psychotherapists. These two communities have a tremendous amount to offer each other, and uniting is in the best interest of the greater good of humanity.

Keywords:

Psychedelics, trauma-informed, consciousness

Presenter:

Kat Cannell, LPC

Kat brings a wealth of experience in working with trauma and attachment. Her background for the past decade includes helping individuals tell their stories through Expressive Arts Therapy techniques. While obtaining her Masters in Counseling Psychology, she emphasized in Expressive Arts Therapy at the California Institute of Integral Studies. She is a Psychedelic Assisted Psychotherapist, and she has a Certificate in Psychedelic Therapies and Research, The California Institute of Integral Studies. She is also trained in Ketamine Assisted Psychotherapy through Journease, and she is a level two MAPS MDMA therapist. Additionally, Kat brings her passion for horses into her work as a therapist, and holds a certificate in EQUUSOMA (a somatically oriented equine assisted psychotherapy model). This approach heals trauma not just for humans, but for equines as well.

True Self Portraiture: An Exploration of Body, Culture, and Art [English]

We struggle with body image in our culture (USA). The “war on obesity”, the “war on aging”, countless methods and approaches to change our size, shape, weight, and appearance all in an effort to look and feel “better”, and fit into cultural ideals, and even just norms. Adding to the message that one should aspire to an ideal, is the clear stigma that exists for people with larger bodies, smaller bodies, and other differences of appearance that society devalues, or in turn, values. The shame that grows from feeling different, fear of being ostracized, bullied, or just simply unable to reach an impossible standard is painful. This workshop will explore how EXA is part of the solution to body acceptance by helping to heal existing body shame and empowering the art-maker and viewer to explore different ways of beholding the body and appearance. A slide show of visual art and readings that inspire body acceptance and diversity set the stage for a drawing and writing experiential: True Self Portraiture, offering an opportunity to explore held beliefs and messages, in relation to body, appearance, and culture, and find a path through shame, stigma, and perfectionism, to acceptance, compassion, and empowerment.

Keywords:

body, diversity, acceptance

Presenter:

Sibel Golden, Licensed Mental Health Counselor, REAT

Sibel Golden, PhD, LMHC, REAT is the Executive Director and co-founder of Northwest Creative & Expressive Arts Institute in Seattle, a non-profit organization offering Expressive Arts training, supervision, continuing education, and outreach programs. She is a licensed therapist and Registered Expressive Arts Therapist. In private practice, Sibel has focused on women with eating and body image issues, using EXA as a primary healing approach. Sibel has been practicing and teaching for over 30 years.

Colors Speak for Wholeness [English]

The workshop presents an original approach, with a short overview of the experience gained while exploring colors in my art therapy practice over 15 years. The approach suggests exploring each color separately in a concrete system, involving all the senses, intuition, feelings, and emotions as well as the body, mind, soul, and spirit to help on the path towards wholeness. Different feelings we associate with a specific color depending on a rather complex interrelation between an individual’s personal experience and social experience, gender, age, specific situation, cultural background, and the symbolic meaning of color. During the workshop, participants will create their tree of emotions in colors. They will have the possibility to explore how at least 5-6 colors speak to them without words. In such a way participants will have the possibility to find out how the approach works. Participants will sense colors and explore how their body reacts to them, will feel colors without thinking, and make associations. The workshop will include visualization, body movement, and sound making, as well as writing during the process and afterward.

Keywords:

colors, feelings, senses

Presenter:

Dace Visnola, Dr.paed., Mag.sc.sal., certified art therapist, certified supervisor, certified sand play therapist

Dace Visnola, Dr.paed. (art education, University of Latvia), Mag.sc.sal. (art therapy, Riga Stradins University), certified art therapist, certified supervisor, certified sand play therapist, art teacher and lecturer, creativity trainer, mentor. Living in Latvia, practicing art therapy for 15 years in private practice and different organizations (Psychiatry division in Children Hospital, Rehabilitation division in Sigulda Hospital, non-governmental organizations for people with special needs). Offers group and individual art therapy for children and adults. The main fields of work in art therapy: psychosomatic, mental disorders, emotional difficulties, distress, anxiety management, and personal growth. Offers workshops for adults who would like to explore themselves for self-development and stress management. The workshops about colors, symbols, and mandalas are the most required. Has delivered lectures and workshops, and presented reports and scientific findings about art education and art therapy in several countries. Has written 39 publications in art education and art therapy. The most important: Visnola D. et al. Effects of art therapy on stress and anxiety of employees. In: Proceedings of the Latvian Academy of Sciences. Rīga: The Latvian Academy of Sciences, Vol. 64, Nr.1/2, 2010, 85-91. Visnola, D. The Role of Art in the Exploration of Personality as Wholeness. In: Education for science and practice. Rīga: LU, 2018, 73-96.

PARALLEL SESSIONS

ONLINE DAY 3

JUL 16, 2023 (Sun) 4:30-6:00pm EDT / JUL 16, 2023 (Mon) 4:30-6:00am Taiwan Time

Reshaping Our Perspective: Giving Somatic Pain a Voice of Expression [English]

The experience of chronic pain varies from person to person and depends on how that person perceives it. Cultural conceptions of pain, gender expectations for how one should deal with pain, the strength of one's relationships with family or society as a whole, one's ability to manage, and the presence of additional stresses, such as job loss, all have an impact on how people perceive their pain. Chronic pain can rob people of their identity, livelihood, fulfilling relationships, mental health, and general quality of life. Art may undoubtedly serve as therapy for anyone since it encourages introspection and aids in the appropriate expression that most people lack, especially when suffering for such an extended, isolating, and frequently merciless period. The presentation will briefly discuss participant's sense of agency and ownership and how pain is related to themselves. It will help in the exploration on evaluation that expressive art therapy gives an individual a chance to think about alternate coping mechanisms for their sufferings and gives time and space to stay with their anguish creatively and supportively.

Keywords:

Expressive art therapy, Somatic pain, Pain management, Mind-Body Connection

Presenter:

Ashima Narula, Ph.D. Psychology, UNESCO-CID certified Expressive Arts-Based Therapist

Dr. Ashima Narula (Ph.D. Psychology), is UNESCO-CID certified Expressive Arts-Based Therapist, Head of Expressive Art Therapy, We Avec U, Noida, Uttar Pradesh, India. Her area of specialization is clinical and health psychology. As a psychologist, she has been a part of a research project (ICSSR & DST) at AIIMS, Delhi. She has good experience with counselling and clinical setup and has developed various training programs for Art-based therapy and mental health. She has counselling-based experience with clients dealing with psychological distress and various mental disorders and helping in the journey of self-discovery to disclosure as a source of self-exploration. She shares and encourages art therapy and calls herself as an advocate of using art as a medium for nurturing the soul and healing the inner self. She has presented to mental health professionals and groups about how to use art forms as a therapeutic tool and held workshops on using art for self-care and stress. She has been actively participating in various conferences and published research papers in her specialization area.

Our Wild Hearts: An Eco-Expressive Arts Workshop [English]

Our Wild Hearts offers you an opportunity to explore the nature of your heart through a creative cycle of expression. You are invited to journey through poetry, guided visualization, artmaking, movement and writing. Our heart is the magical space where we connect with the natural world and shine our inner light. It is limitless terrain that extends deep inside across mountains of meaning, rivers of knowing, fields of truth and symbolic shores. This is the ecology of our heart. Shining our light here nourishes our lives. Creative expression from our hearts illuminates the world.

Keywords:

Ecology of the Heart

Presenter:

Sunny Stewart, Expressive Arts Facilitator

Sunny Stewart is an Expressive Arts Facilitator residing in St. Petersburg, FL. She received her training through Expressive Arts Florida Institute, Sarasota, FL. She is currently pursuing her Master's in Transpersonal Psychology along with concentrations in Creativity & Innovation and Ecopsychology at Sofia University, Palo Alto, CA. Her research focus reflects on the realm of creativity through the intersections of nature, the arts, dreams and spirituality. Her greatest intention for workshop participants is the opportunity to remember who they are and reconnect with the natural creative forces coursing through them and all things in the cosmos. She wishes to assist others in discovering deeper intimacy and love for themselves and the Earth. Re-establishing these loving connections will ultimately lead to protection and stewardship which is our greatest hope for preserving life on Earth.

Connecting Autistic Emotions and Somatic Experiencing [English]

This presentation will explore the connection between Autistic therapists and neurodivergent participants. We will explore how to facilitate understandings of interoception - developing the connection between somatic experiences and emotions/feelings - through examples of artworks and case studies. We will include examples from working with groups and individuals. Many Autistic people of all ages struggle to recognise their somatic experiences and distinguish their relationship to emotions, health or discomfort. For example, an upset stomach may indicate anxiety, excitement, digestive upset, hunger, thirst, love, sickness or something else. As Autistic and ADHD creative arts therapists, our practices centre on a neurodivergent-affirming approach. One challenge we have experienced in both education settings and within professional creative arts therapist networks has been a lack of understanding of Autistic experiences of emotions. Social communication differences can manifest in what Milton terms 'double empathy', which commonly results in ableism in practical terms. Autistic individuals are easily misunderstood and may also internalise ableism and judge themselves against stereotypes and norms that do not reflect or include our needs. Critical discourses around Autism highlight the need to articulate and affirm our culture. Through examples and artwork, we will share our insights with you.

Keywords:

Neurodivergent-Affirming therapeutic arts practice

Presenter:

Freya Pinney, BA(Hons)(VisArts), MAVA, DipAutism, DipATH

Freya Pinney, aka The Process Repository, is an Autistic artist and art therapist. Her arts practice explores concepts of identity, subjectivity and neurodivergence. As a lesbian, her work also engages with representations of gender, sexuality, history and critical theory. She processes these themes across multiple media - from textiles to painting, sound, video and sculpture. As an art therapist she specialises in neurodivergent-affirming creative arts therapy, predominantly with Autistic people (ages 4–92). Her work is on the cover of the Australian Attorney-General's Disability and Mental Health Action Plan 2022–25 and she is an Autism CRC/Sylvia Rogers Academy Future Leaders alumna.

Expressive Energy-Arts Healing: Awakening to Inner-Source [English]

The goal of this session is to help participants explore their intuition, connect to their 'Divine/Universal' inner knowing, and activate their innate healing capacities. This work has been designed to invoke healing energies, steady the mind, regulate the nervous system, and activate higher frequencies of love, self-compassion, and flow. This opens the gateways for personal revelation and communal healing through authentic witnessing and communication. Our process entails: opening sacred space, invoking healing energies, a guided meditation, energetic recalibration, intention discovery, expressive energy-arts exercise, witnessing, and closing. In a uniquely constructed, heart-centered process, Terra will hold space for the collective energies of the group while guiding participants through visualizations, non-linear flow and creative expression. This allows for clearing, clarity, expansion, restoration, revelations, and transformational healing among other experiences. An intake form with suggested materials will be emailed to all participants in advance.

Keywords:

Expressive Energy-Arts Healing to deepen intuition and access higher self

Presenter:

Terra Gill, REACE

Terra is an intuitive wellness consultant and empowerment coach. She incorporates creative transformational healing modalities to activate the dormant aspects of the deep soul and psyche. This energy-based work is a catalyst for deep attunement and awakens people to their inner greatness. She is a Registered Expressive Arts Consultant Educator (REACE) and Somatic Ecotherapy Practitioner who has trained in Ancestral Healing and Divination with the Dagomba Tradition of Ghana, as well as, a 6th generation Usui Tibetan and Incan Q'ero Shamanic Reiki Master. Terra is an International Service Provider in Sustainable Design and Expressive Eco-Arts, environmental and LGBTQ+ community activist, and wilderness guide. She is certified through Expressive Arts Florida Institute, Earth-Body Institute, Transformational Healing Energy Foundation, Pachamama Alliance, and PranaShakti Movement Program. Terradyergill.com ConnectWithTerra@gmail.com 240.280.0230

Using Expressive Arts as an Experiential Social Engagement Activity for Self-Care and Wellness in Graduate Students [English]

The presenter will share novel teaching techniques with experiential alternative assignments for graduate students as a self-selected choice, in lieu of one required case reports. Students socially engage in warmup activities to find their proclivities as well as a survey of the qualitative research literature. Students use the expressive arts to turn in their assignment as a reflection of their creativity and instead of turning in a written reflection, may turn in a reflection in the form of a skit, a poem, or a music video. The presenter will share the evolution of this engagement with the students and the surprising results. Participants will be brought through an experiential expressive arts activity that replicates this learning experience. Demonstration of polling through phone apps will be utilized along with role play, embodiment art, music and movement to help participants to engage in their creativity. Each breakout room will share ideas for an activity, in the larger room, with both sharing of the different expressive arts activities as well as demonstrations of some of the creations. The workshop will end with participants exploring with each other ways to implement this either with students, with themselves or with clients they are working with.

Keywords:

Exploring playful social engagement, creativity and the expressive arts in graduate education

Presenters:

Juliana Fort, Master's in Counseling with Concentration in Drama Therapy

Dr. Juliana Fort, a Clinical Associate Professor in Psychiatry and Behavioral Medicine at LSU Health Shreveport is the Psychiatry Medical Student Clerkship Director and the Associate Director of the Child and Adolescent Psychiatry Fellowship. Dr. Fort completed her Psychiatric residency and Child and Adolescent Fellowship in the Department of Psychiatry at Tulane Medical School in New Orleans, Louisiana. She is a registered play therapist/supervisor, she has completed a M.A. in counseling with a concentration in Drama Therapy at Lesley University, a graduate expressive arts therapy certification at Prescott College and a M.A. in English and creative writing with a concentration in Poetry at Southern New Hampshire University. Dr Fort enjoys training in Expressive Art Therapies that enrich psychotherapy, wellness and personal growth through Drama Therapy, Improvisation, Art, Music Dance and Poetry therapy. She presents at national and international workshops using experiential workshops using expressive arts for social engagement, wellness and creativity for self-care and care of the caregiver. She enjoys collaborating with other educators, mental health professionals, and other expressive arts therapists, art therapists, music therapists and community leaders. Email her at: juliana.fort@lsuhs.edu to collaborate freely with her on workshops or educational projects.

Michael Kenny, Music Therapist

DrumHeart.org - Rhythm Therapy Clinic! Michael Kenny specializes in providing music therapy, rhythm therapy, drum circles, and community and corporate events. I am highly trained and experienced in the art and science of applying music for personal, social and community growth and healing. From wellness based events to corporate team building, from treatment of depression, anxiety disorders and more to community leadership training, I use evidence-based music interventions to foster healing, connection and transformation. Master of Music Therapy, Board Certified, Certified TaKeTiNa Teacher, Licensed Massage Therapist, Registered Yoga Teacher, Certified HealthRhythms Facilitator

Different Therapeutic Factors of Expressive Arts Therapy: Based on the Creative Dimension of the Expressive Therapies Continuum (ETC) [English & Mandarin]

The ETC (Expressive Therapies Continuum) model is a pan-theoretical expressive art therapy theory based on human development, neuroscience, and mental imagery, and its interest is growing more recently. However, it has been mainly discussed only in the field of visual art, and its usefulness and versatility have not been dealt fully with in other fields of expressive art therapy. Recently, through research on the concept of creativity in the ETC model, its application in expressive art therapy has been further expanded. The creative function has been described as an integrating and self-actualizing force within the individual that arises during expressive activity. Creative functioning has been described as consisting of well-being-related moments of self-realization and unique self-expression. In this presentation, the presenter discusses the applicability of ETC to other expressive arts therapies based mainly on creativity.

Keywords:

ETC (Expressive Therapies Continuum), Expressive Art Therapy, Creativity

Presenter:

Sung ryun Rim, Associate Professor

Professor Rim received a bachelor's degree in philosophy from Dongguk University in Seoul, Korea and BFA in Digital Media from San Francisco Art Institute, and MA/ PhD in Art Education/Art Management from Florida State University. He then served as a visiting research scholar at Indiana University-Bloomington, School of Public Health. He is conducting lectures and research for the cultivation of creative thinking through art and humanities in the convergence major, along with art therapy/counseling for mental health in the Graduate School of Counseling at Pyeongtaek University, Korea. He is interested in exploring new paradigms of art including therapeutic factors. He is also an expressive arts therapist in Korea and his most recent research is <Clarifying the Creative level of the Expressive Therapies Continuum: A different dimension> (2022) published in The Arts in Psychotherapy (SSCI) with Vija B. Lusebrink, the creator of ETC, and Lisa D. Hinz.
