

Morning Workshops (20 people max per workshop)

11:20AM – 12:50PM

A: Creating a Ritual of Change: Collaboration with Empathy and Compassion

Presenters: Kris Eric Larsen and Jessica Young

This workshop will draw upon Zen practices to cultivate compassion, beginning with the establishment of empathy for self and other through a ritual and body warm-up focused on mindful kinesthesia. From this foundation of a supportive environment, a group movement experience will assist in cohesion as one's relationship to suffering is explored and witnessed. Small groups will then collaborate through movement and journal/art making to create a ritual for change that culminates in a release of suffering. Each group will have an opportunity to be witnessed by the larger group leading into a discussion on how collaboration can act as a ritual for change.

B: Branching out: Developmental Stages of Supervision

Presenter: Barbara Fish

Supervision supports sound treatment and professional development. It is important for all parties involved to have clear expectations for supervision. This workshop provides an art-based opportunity to reflect on the stages of supervision from the perspective of both the supervisee and supervisor. Participants will use response art to explore their own developmental trajectory, identifying their experience and expectations for this important relationship.

Morning Condensed Workshop (20 people max per workshop)

12:10PM – 1PM

Monsters in the Closet

Presenter: Lisa D'Innocenzo

Children are often afraid of being alone in their rooms at night, because of monsters lurking in the closet or under the bed. This presentation will examine the forms these "monsters" may take for people at stages of life beyond childhood. Discussion will address Jung's concept of the Shadow, the dis-integrating effects of shame, and the relationship of depression to Self-denial. The presentation will be followed by an experiential in which we will use modeling materials, such as clay, to discover and befriend our own monsters. The directive has applications for populations of all ages, with particular potential for those who struggle with depression, anger, self-doubt, and avoidant behaviors.

Afternoon Workshops (20 people max per workshop)

2:15PM – 3:45PM

A: *From Root to Fruit: “The Tree of Life” As a Narrative Relational- Cultural Arts Intervention*

Presenter: Angela M. Dedenbac

The MA Expressive Arts Therapy Program at CIIS in San Francisco has trained their students since 2010 in the Tree of Life, an adaptable intervention centered on a metaphor that traverses time and culture. Faculty, students, and graduates are integrating this practice into work with groups, individuals, couples, incarcerated populations, trauma survivors, immigrant communities, and elders. Through arts-based learning, participants will gain an understanding of the theories and practices that inform the use of the Tree of Life as a relational-cultural, narrative, arts-based intervention.

B: *Communication diversity: Art therapy as adaptive communication for neuro-diverse and physically diverse populations*

Presenter: Julie Ludwick

Communication and mobility diversity exists in many populations including autism spectrum disorder, neurological impairment from stroke, cerebral palsy, and paralysis, among many others. Individuals who are unable to move and/or speak independently are able to own their artists identity, write artist statements, and chose to publicly exhibit their artwork, when offered the correct support for themselves and their art expressions. Addressing the specific needs of the individual in front of you takes creativity and diverse approaches to art therapy. Come to this workshop and learn aspects needed to create an accessible art therapy space.