Course Description

This three-day course emphasizes the expressive arts (art, music/sound, dance/movement, dramatic enactment, and play), interpersonal neurobiology, mind-body principles and mindfulness approaches to support recovery, cultivate compassion and empathy, and enhance overall health and well-being.

In the first half of the course, participants will learn how to apply and integrate the Expressive Therapies Continuum, neurodevelopmental principles, and the Three R’s (regulation, relationship, resiliency) within expressive arts approaches. The focus will be on trauma recovery and mind-heart-body integration through sensory-based, somatically-oriented creative interventions.

In the second half of the course, you will learn the foundational theory and practices of Focusing-Oriented Art Therapy (FOAT)—a mindfulness-based approach for cultivating self-compassion, inner witnessing, and accessing the body’s intrinsic wisdom. Participants will also learn: 1). how to access the Focusing Attitude (friendly curiosity and compassionate acceptance); 2). access a felt sense and express it through the arts; and learn 3 basic FOAT methods applicable to various populations.

This 3 day course will include a dynamic combination of lecture, discussions, hands-on experiential practices, short films and case examples and will:

- Increase your knowledge of the role of the arts in enhancing the brain-heart connection for health and wisdom;
- Increase your knowledge of resilience-building, arts-based, somatic, and mindfulness approaches;
- Expand your skills with children, adolescents, adults and families;
- Enhance your knowledge of trauma-informed treatment.

Faculty: Cathy Malchiodi, PhD, LPCC, LPAT, ATR-BC, REAT & Laury Rappaport, PhD, MFT, ATR-BC, REAT

This 3 day course will include a dynamic combination of lecture, discussions, hands-on experiential practices, short films and case examples and will:

- Increase your knowledge of the role of the arts in enhancing the brain-heart connection for health and wisdom;
- Increase your knowledge of resilience-building, arts-based, somatic, and mindfulness approaches;
- Expand your skills with children, adolescents, adults and families;
- Enhance your knowledge of trauma-informed treatment.
This 3-Day Course is limited to 24 participants so register early!

Registration Fees

$395 | Early Bird Registration [by midnight PST January 30, 2015]; if sold out, contact us to get on wait list for cancellations.

$435 | Regular Registration [after January 30, 2015].

Go to [http://www.trauma-informedpractice.com/online-live-courses/live-workshops-courses/](http://www.trauma-informedpractice.com/online-live-courses/live-workshops-courses/) to register

Continuing Education

Continuing Education: This course meets the qualifications for 18 hours of continuing education credit for MFTs, LPCs, LPCCs, and/or LCSWs as required by the California Board of Behavioral Sciences. The Focusing and Expressive Arts Institute is an approved Provider [NO. PCE 4701]. This course also meets the qualifications for 18 clock hours from the National Board of Certified Counselors; please see the Institute Continuing Education Page for information on our provider status. The Trauma-Informed Practice and Expressive Arts Therapy Institute is an approved provider [NO. 6557]. An additional fee of $25 is charged for issuance of CEC certificates and is payable by cash or check at the first day of the course meeting.

Location: One hour north of San Francisco and in the midst of California Wine Country! Register early, seating is limited to first 24 registrants!

Refund Policy

Refund Policy for Live Events: Cancellations 30 days or more before an event receive a 90% refund plus a small handling charge. Cancellations received at least five working days before the seminar receive a 50% refund minus a small handling charge. If the event takes place, there is no refund for cancellations received later; however, a credit will be issued toward a future seminar or online course of your choice.

If an event is not held due to weather or other unforeseeable circumstances, a 90% refund plus a small handling charge is issued to all participants. However, you may also chose to apply the entire registration fee toward another live program or online course of your choice.