



Brain-wise Creative Interventions with Traumatized Children, Young People and Families

A one day hands on workshop with Dr Cathy Malchiodi (USA)

Using the neuroscience of art, play and music to explore meaning, reshape physiology and promote recovery after experiences of abuse, violence and threat

“Where words fail, the language of visual art can be heard more clearly and distinctly. A powerful and effective form of communication, art has increasingly become a therapeutic method for enhancing health and well-being, releasing traumatic experiences, and relieving stress or physical pain.” Dr Cathy Malchiodi

For young trauma survivors with limited access to language or who may be unable to put ideas into speech, expression through art, music, movement or play can be an effective way, if not the only way, to communicate, process and share their experiences of abuse and violence.

Research has shown that memories of trauma are not stored explicitly, but implicitly in iconic and sensory forms. In particular, when such memory cannot be linked in language (as is the case for children and many young people), it remains stored at a symbolic level, with no words to describe it, only sensations and fragments of images. It is at this centre of confusion and terror that children, young people and their families experience trauma as continuing to reverberate and cause pain that is not seen, spoken or interpreted, but only felt in their hearts and their bodies.

Cathy Malchiodi has been at the forefront of exploring how different forms of creative interventions can support children, young people and their carers/families to find meaning, modify their body's reaction to stress and re-develop attuned relational models that can resource safety, regulation and recovery over time.

In this hands-on workshop, Cathy describes the neuroscience of art, play and music in order to better understand how a range of therapeutic strategies work. It includes opportunities to rehearse the use of specific techniques that can engage children, young people and their carers/families in playful practices that will make a real difference to their capacity to be more adaptive to stressful environments.

In the foreword to *Creative Interventions with Traumatized Children* edited by Cathy Malchiodi, **Bruce Perry** recommends it because *“...these brainstem and midbrain systems will only be modified effectively by patterned repetitive neural activity that gets to the brainstem and midbrain from primary somatosensory experiences – rhythmic auditory, tactile, visual, and motor-vestibular stimulation, such as massage, music, dance and repetitive visual and tactile stimuli...”*

Seminar Dates

Melbourne
9.30am - 4.30pm
Tuesday, 16/6/15

Adelaide
9.30am – 4.30pm
Friday, 19/6/15

Brisbane
9.30am – 4.30pm
Monday, 22/6/15

Sydney
9.30am – 4.30pm
Friday, 26/6/15

Registration Fees

All fees are GST inclusive and include arts material to use during the workshop, morning tea and lunch.

Registration received on or prior to 31/1/15

\$295 (GST Inclusive)

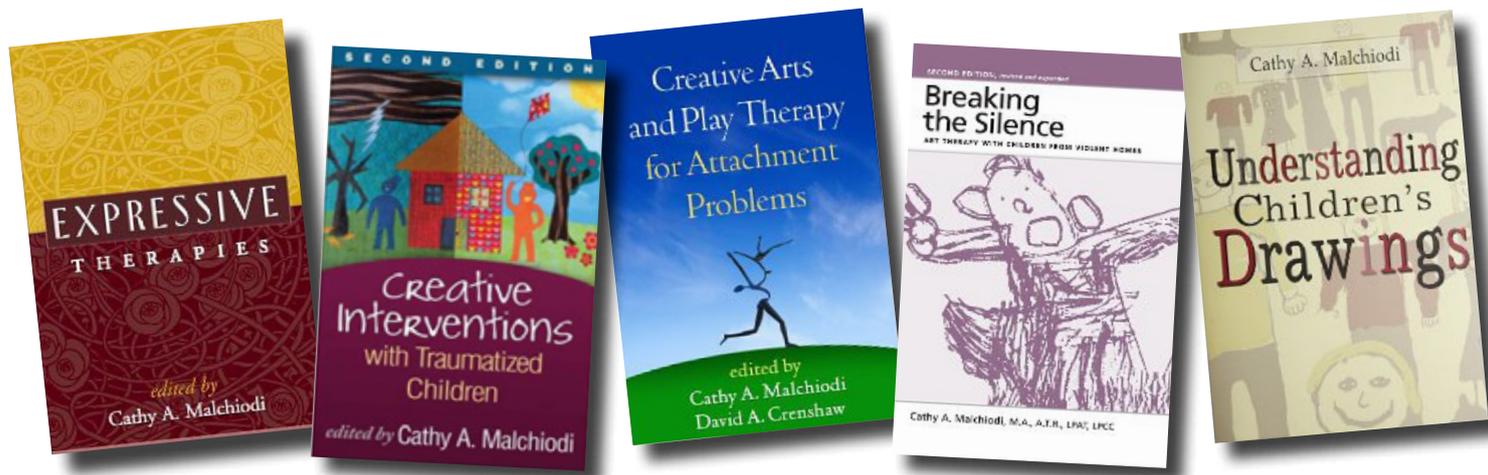
Registration received on or prior to 30/4/15

\$325 (GST Inclusive)

Registration received after 30/4/15

\$355 (GST Inclusive)





Learning outcomes:

Through presentations, videos and practical application in the workshop, participants will learn to

- define why sensory-based, creative interventions are essential in reducing the body's response to toxic levels of stress and trauma;
- understand the processes involved in supporting post-traumatic growth; and,
- identify and be able to use at least five expressive arts and creative methods to explore and enhance the body's sense of safety and support trauma recovery in children, young people and their families.

About the Presenter:

Cathy Malchiodi, PhD, LPAT, LPCC, ATR-BC, is a leading international expert, syndicated writer, and educator in the fields of art therapy and art in healthcare. She is a research psychologist, a Board Certified and Licensed Professional Art Therapist, Licensed Professional Clinical Counselor, and has had over 25 years of experience and education in trauma intervention and disaster relief and integrative approaches to health. Cathy is the founder, director and lead faculty member of the Trauma-Informed Practices and Expressive Arts Therapy Institute, dedicated to teaching trauma-informed intervention that integrates neurodevelopment, somatic approaches, mindfulness, and positive psychology. In particular, it supports the use of creative arts therapies including art therapy, music therapy and movement therapy, play therapy, integrative expressive arts therapies, and mind-body approaches for recovery and wellness in children, adults and families. Cathy is also the President of Art Therapy Without Borders and is one of its founders.

Cathy has published numerous books all of which are standards in the field, including:

- The Art Therapy Sourcebook
- The Soul's Palette: Drawing on Art's Transformative Powers

- Breaking the Silence: Art Therapy with Children from Violent Homes
- Handbook of Art Therapy (1st and 2nd eds.)
- Expressive Therapies, Creative Interventions with Traumatized Children
- Medical Art Therapy with Adults
- Medical Art Therapy with Children
- Understanding Children's Drawings

She has served as Editor for several journals including *Trauma and Loss: Research and Interventions* and *Art Therapy: Journal of the American Art Therapy Association*. She has also published more than 50 invited book chapters and refereed articles and reviews various mental health and medical journals. Cathy's blog, *Arts and Health at Psychology Today Online* covers topics related to art therapy, expressive arts therapy, trauma, body-mind approaches, neuroscience and the arts, creativity, and integrative health practices.

Cathy is a recognised force in international education, program development and advocacy for trauma survivors and the accessibility of trauma-informed care. She has had more than 25 years of experience facilitating art therapy and expressive arts therapies as trauma-informed intervention with children, adults, families and communities. Her work includes providing services and programs to children and women exposed to domestic violence; physical abuse and neglect; sexual abuse; witness to homicide and violence; disaster relief; bullying; and medical illness, including grief and loss. Cathy's recent work with the Department of Defense and their families focuses on resilience-building and posttraumatic "success" with those challenged by posttraumatic stress and/or traumatic brain injuries.

Australian Childhood Foundation 2015 International Seminar Series

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<http://www.childhood.org.au/for-professionals/general-terms-and-conditions>

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Reservations: A one day workshop with Dr Cathy Malchiodi

I would like to reserve my place at the workshop in the following location:

- Melbourne** **16 June, 2015** **Melbourne CBD**
 Adelaide **19 June, 2015** **Adelaide CBD**
 Brisbane **22 June, 2015** **Brisbane CBD**
 Sydney **26 June, 2015** **Sydney CBD**

Training venue will be available on the confirmation/ tax invoice, once this registration has been processed.

Registration Fees:

All fees are GST inclusive. Save money by booking early. This is a workshop that you cannot miss.

- \$295 for registrations and payment received on or prior to 31/1/15**
 \$325 for registrations and payments received on or prior to 30/4/15
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Special Dietary Requirements:

We have limited options available to cater for special dietary requirements. We will do our very best to provide your preference. However, it may not always be possible due to limitations at the venue. Please tick only one of the following options that best suits your needs. Do not tick a box if you do not require any special meals.

- Vegetarian Vegan Gluten Free Dairy Free Nut Allergy

Registration Options:

Register online at <http://www.childhood.org.au/for-professionals/workshops-and-seminars>

Scan and email your completed form to training@childhood.org.au

Fax completed form to **(03) 9879 7388**

Attach completed form and payment and return to **Australian Childhood Foundation, PO Box 525, Ringwood, VIC, 3134**

For further information please ring **1800 176 453**