



ARTFUL INTERVENTIONS: Expressive Art Therapy Tools

Friday, March 11, 2016



Location: MAHEC Mary C. Nesbitt Biltmore Campus
121 Hendersonville Rd. Asheville, NC 28803

Date: Friday, March 11, 2016

Registration: 8:30 am - 9:00 am

Program: 9:00 am - 5:00 pm

Early registration fees through March 4th:

Mental Health Professionals: \$99.00

Students: \$50.00

(Proof of enrollment required at check-in)

Peer Support Specialist: \$50.00

MAHEC Employee: Fee Waived

OBJECTIVES

Upon course completion, participants will be able to:

- Identify key concepts surrounding the use of art therapy in evidence based practice - how it works and why
- Demonstrate understanding of how current research in the field of neuroscience supports art therapy in practice
- Review common themes of trauma and apply therapeutic activities to assist clients in resolution of issues
- Describe ways in which art therapy strengthens the therapeutic relationship and fosters a co-creative atmosphere, conducive to healing
- Discover at least three new ways to help clients build self esteem
- To consider and evaluate effective methods for processing anger and other emotions through art therapy in the clinical setting, specific to each client's needs

Artful Interventions is a hands-on workshop showcasing an array of modalities from the field of Art Therapy. It provides mental health practitioners with practical, evidence-based skills and techniques to: engage clients, set personalized therapeutic goals, map treatment direction, enhance emotional awareness, identify barriers, uncover individual strengths, zero in on coping skills, enhance self-esteem, reduce anxiety, and provide a safe environment in which clients may practice behavioral alternatives. This course is designed to empower practitioners and their clients in the quest for optimal personal awareness, skill development and trauma resolution.

AUDIENCE

Mental health professionals including substance abuse counselors, social workers, psychologists, peer support specialists, marriage and family therapists, school counselors and other professionals interested in this subject.

FACULTY

Lynn A. Underwood, MA, is an expressive arts therapist and coach, educator, consultant, certified trauma practitioner and certified yoga instructor. Lynn has worked in a variety of settings, with both children and adults healing from the effects of domestic violence, substance abuse, autism spectrum disorders, ADHD, grief, and emotional trauma. Through expressive art therapy, Lynn helps individuals realize their creative potential, set life goals, and feel empowered to embark on positive life change. In private practice and through workshops, she has taught clients and therapists to enhance creativity, foster personal growth, embrace spirituality, cope with grief, and build effective teams. She has facilitated workshops for the Betty Ford Center, The California Arts Project, and National Downs Syndrome Conference. Lynn was featured in the November 2010 issue of "Explore," an alternative healing periodical and is currently at work on her book titled "Expressions of Recovery." Lynn received her BA in Psychology and teaching credential from Sonoma State University in CA and her MA in Expressive Arts Therapy from European Graduate School in Switzerland.



AGENDA

- 8:30-9:00am Registration (light breakfast provided)
- 9:00-9:45am Art Therapy Works - How and Why: Introduction to Key Concepts
Use of Art Therapy in Evidence Based Practice
Neuroscience Supports Art Therapy
(Brief Activities / PowerPoint / Discussion)
- 9:45-10:30am Use of Journey Maps to Identify Treatment Direction, Set Therapeutic Goals, Identify Barriers and Find Strengths / Coping Skills
(Activities / Discussion)
- 10:30-10:45am Break
- 10:45-12:15pm Use of Drama, Rhythm & Poetry to Identify Emotional Triggers and Promote Mindfulness;
"Clay Bowl" – A Motivational Modality to Promote Hope and Move Clients Into Trauma Resolution
(Activities / Discussion)
- 12:15-1:45pm Lunch (on your own)
- 1:45-3:00pm "Take One / Take Two" - Use of Drama Therapy to Identify Automatic Responses and to Process Behavioral Alternatives;
Card Collage - Helping Clients Collect Attributes to Improve Self-Esteem (Application in the Recovery Education Model);
Triangle Breathing as an Anxiety Reduction Technique
(Activities / Discussion)
- 3:00-3:15pm Break
- 3:15-5:00pm Qualitative Outcome Evaluation - Use of a "Talking Stick" for Emotional "Check In / Check Out;"
Helping Clients Identify What Works and De-Brief
(Activities / Discussion / Question and Answer)
- 5:00pm Adjournment



CREDITS



NBCC: Mountain Area Health Education Center (MAHEC) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5514. Programs that do not qualify for NBCC credit are clearly identified. MAHEC is solely responsible for all aspects of the programs. **6.0 hours**

Psychologists: MAHEC is recognized by the North Carolina Psychology Board as an approved provider of Category A Continuing Education for North Carolina Licensed Psychologists. Full attendance at each part is required to receive credit from the NC Psychology Board. **6.0 hours**



NAADAC: This course has been approved by MAHEC, as a NAADAC Approved Education Provider, for educational credits. NAADAC Provider #647. MAHEC is responsible for all aspects of their programming. Full attendance is required to receive credit from NAADAC. **6.0 contact hours.**

CEUs: MAHEC designates this continuing education activity as meeting the criteria for **0.6 CEUs** as established by the National Task Force on the Continuing Education Unit. You must attend the entire workshop to receive CEUs.

REGISTRATION

Early Registration Deadline: March 4, 2016

Early registration fee is \$99.00 for mental health professionals, \$50.00 for students (proof of enrollment required at check-in), and \$50.00 for peer support specialists. Registration fee includes administrative costs, educational materials, and refreshments. If registration is received after the deadline, the total fee will be the registration fee + \$15.00.

MAHEC has a pay-up-front policy for all CE programs. The only exceptions will be for pre-approved programs where an individual payment plan is appropriate. Registrations received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program.

Cancellations received at least two weeks in advance of the program date will receive a full refund unless otherwise noted. Cancellations received between two weeks and up to 48 hours prior to the program date will receive a 70% refund unless otherwise noted. No refunds will be given for cancellations received less than 48 hours prior to the program date. All cancellations must be made in writing (fax, mail, or email). Substitutes can be accommodated in advance of the program.

Directions to MAHEC Biltmore Campus

121 Hendersonville Rd., Asheville, NC, 28803

From I-40 Eastbound, take Exit 50 and turn left onto Hendersonville Road.

From I-40 Westbound, take Exit 50B and merge onto Hendersonville Road.

At the first light, turn left into the DoubleTree Hotel complex. Turn left towards the Biltmore Village Lodge. Just before the Biltmore Village Lodge, turn right and go up the hill to the MAHEC Biltmore Campus.

From 19-23 (I-26) take 240 East to Exit 5B (Charlotte Street). Exit right onto Charlotte Street. At the 4th light, make a left onto Biltmore Avenue. Proceed through 8 traffic lights. At the 9th light turn right into the DoubleTree Hotel complex. Turn left towards the Biltmore Village Lodge. Just before the Biltmore Village Lodge, turn right and go up the hill to the MAHEC Biltmore Campus.



Have a question?

CE Planner:

Barbara Warren, MSW, LCSW, LCAS-A, CFT
barbara.warren@mahec.net

Registration Information:

Fax Registration:
Online Registration:

Email:

Mail: MAHEC Registration

121 Hendersonville Rd., Asheville, NC 28803



Special Services:
828-257-4481

828-257-4728

828-257-4475

828-257-4768

www.mahec.net

registration@mahec.net

ARTFUL INTERVENTIONS:

Expressive Art Therapy Tools

Friday, March 11, 2016

Updated contact info

Name _____

Credentials _____

Social Security # **XXX-XX-**____ (last 4 digits required)

Occupation _____

E-mail Address _____

Home Address _____

City _____ State _____ Zip _____

Home County _____

Home # _____ Work # _____

Employer _____

Department _____

Employer's Address _____

City _____ State _____ Zip _____

Work County _____

Program announcements will be sent to your email unless you opt out from receiving emails from MAHEC. We never share our mailing lists.

Please remove my name from the MAHEC mailing list.

After March 4th:

Mental Health Professionals: \$99.00 \$114.00

Students: \$50.00 \$65.00

(Proof of enrollment required at check-in)

Peer Support Specialist: \$50.00 \$65.00

MAHEC Employee: Fee Waived

Full payment must accompany all registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.

Check is enclosed *(Made payable to MAHEC)* Credit card info provided

Visa Mastercard Discover Card American Express

Account # _____

Exp _____ / _____ Code on back of card _____

Name on Card _____

Signature _____

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Send completed registration form to:

MAHEC Registration

121 Hendersonville Rd., Asheville, NC 28803

Fax to 828-257-4768