5. Apply mindfulness techniques and 
4. Explore how to set a safe container and 
3. Review art and yoga therapy and pain 
2. Explore the ethical implications and 
You will leave this seminar personally restored and confident in your ability to lead your 

The topics of her books range from art therapy to yoga therapy to mainstream applications of digital photography, and she has authored over 50 journal articles and 17 book chapters. Dr. Horovitz is an expert in the field of Death/ Dying and Healing and her book Spiritually Speaking: Art Therapy and Yoga Therapy, translated into Korean.

She served as AAMS board director for 12 years and was responsible for re-conceptualizing the national education standards and manuals for approved graduate programs. In addition, she was an expert witness on an art therapy education for the U.S. Department of Justice, has won numerous awards and received grants from many organizations, including a graphic consultant grant from the U.S. Department of Education.

Dr. Ellen G. Horovitz, ATR-BC, LCAT, E-RYT, C-IAYT, LFYP, C-IAYT, LFYP, LFYP, is an internationally known leader in Art Therapy and Yoga Therapy and author of eight books, including Yoga Therapy: Theory and Practice, which is the first yoga therapy textbook in the United States. She is a board licensed art therapist/ yoga therapist: the nation’s top speakers and authors contact PESI first.

Dr. Horovitz is a member of the American Art Therapy Association. She is certified in art therapy by the American Art Therapy Association and has been translated into Korean.

No financial: Ellen Horovitz is professor emerita at the Nazareth College of Rochester. She receives a speaking honorarium for this course. Other non-financial disclosures: None.

You will leave this seminar personally restored and confident in your ability to lead your clients towards creative expression, greater peace, transformation and mood regulation.

1. Identify who would benefit from art and yoga therapy 
2. Explore the ethical implications and limitations of using art and yoga therapy in treatment 
3. Review art and yoga therapy and pain assessment techniques and their role in treatment 
4. Explore how to set a safe container and cultivate trust when working with mind/ body issues with clients who suffer from anxiety, mood disorders, dual diagnoses, co-morbidity and more 
5. Apply mindfulness techniques and practices to address negative thoughts with your clients 
6. Demonstrate how to use art/ body exercises for nonverbal communication.

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