

Outline

Opening Experiential

- Bodyfulness Practice to land, arrive and begin

Restorative Movement Psychotherapy

- The Primary Portals
- Somatic Perspectives on Complex Trauma & Phasic Approaches

Somatic Stabilization Practice

- Weight and Ground
- Breath and Sky

MSSS Model of Expressive Practices

- Movement
- Sound
- Storytelling
- Silence

Four-Part Expressive Framework

- Self-regulation
- Co-regulation
- Exploration
- Restoration

Sensory Practice Using a Continuum of Expressive Arts

- Starting with vocalization in a session
- Starting with image-making as a sensory experience

The Art of Co-Regulation

- Know your state-shifts (Amber)
- Be the Predictability (Amber)

The Science and Spirit of Dance and Movement Psychotherapies: Amber

- Pathways of Engagement
- The Inner Wisdom Pool and Path

The Breath-Movement Continuum: Amber

- Regulation breath
- Spinal Breathing, Spinal Dance

Working with Image-Making-- Supporting Sensory, Affective, and Cognitive Processing: Cathy

- Bottom-Up versus Top-Down Processing
- Somatosensory expression
- Affective Expression
- Cognitive and Symbolic Expression

Sound and Rhythm: Cathy and Amber

- The Breath, Sound and Movement Continuum (Amber)
- Restoring Core Rhythmicity (Amber)

Live Webinar Schedule

(Times listed in Mountain)

8:00 Program begins

11:50-1:00 Lunch Break

4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

Objectives

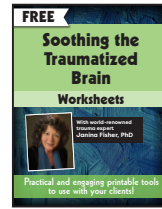
1. Defend expressive arts therapy as a sensory-based and somatic approach to treatment.
2. Determine the roles of self-regulation, co-regulation, exploration, and restoration in trauma treatment.
3. Evaluate for at least three traumatic stress reactions resulting from complex exposures to, and layers of, trauma in your clients.
4. Investigate the role of the expressive therapies continuum in trauma treatment.
5. Develop in treatment planning at least three somatically oriented, dance/ movement psychotherapeutic approaches to support clinician self-regulation, client co-regulation in children, adolescents and adults
6. Determine at least two ways that therapists can apply expressive work in telehealth sessions to address traumatic stress.

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Expressive Arts Psychotherapy and Trauma

Sensory-Based and Somatic Approaches to Trauma Treatment



Featuring
**Cathy Malchiodi, PhD and
Amber Elizabeth Gray, PhD**

Join us online, for this live training!

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LIVE Interactive Webinar

Tuesday, May 11, 2021

BONUS! – Registration includes FREE on-demand access for 3 months.

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Expressive Arts Psychotherapy and Trauma

Sensory-Based and Somatic Approaches to Trauma Treatment

Traditional methods often fall short in addressing traumatic stress.

Join **renowned somatic and expressive arts therapy and traumatic stress experts, Cathy Malchiodi, PhD, and Amber Elizabeth Gray, PhD** as they discuss how we can address these impacts with clients, and ourselves, through **innovative sensory-based, somatically oriented, expressive arts approaches.**

Explore the following fundamental sources of repair and recovery with an emphasis on supporting self-regulation and co-regulation to promote “as safe as can be”:

- Movement
- Rhythm
- Breath
- Imagery
- Sound


Repairing and resolving paralyzing fears, shame, loneliness, uncertainty, and disempowerment require methods that go beyond traditional talk therapy. These impacts demand that therapists address the body’s experiences through approaches that touch the senses and encourage individuals to communicate distress in non-verbal, implicit ways.

Expressive arts psychotherapy is an integrative form of trauma treatment that capitalizes on action-oriented, sensory-based and somatic approaches. In this dynamic course, participants will learn why these approaches are not only an alternative to “talk only.”

Take back to your clients the key practices of movement, sound, rhythm, image making, enactment, and play!

You will also gain a deeper understanding about how this form of intervention is essential to repair and restore self in clients suffering from complex trauma as a result of interpersonal violence, disrupted attachment, and other adverse experiences.

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Addiction Counselors • Occupational Therapists • Nurses • Marriage and Family Therapists
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Meet Your Speakers



Cathy Malchiodi, PhD, LPCC, LPAT, ATR-BC, REAT, is a psychologist and expressive arts therapist specializing in the treatment of traumatic stress. She is the executive director of the Trauma-Informed Practices and Expressive Arts Therapy Institute [www.trauma-informedpractice.com]. Cathy has authored 20 books, 50 chapters and refereed articles, and given over 500 invited keynotes and workshops around the world. Widely interviewed by a variety of news outlets, she has been featured in *Time Magazine*, *CNN*, *Cosmopolitan*, *Natural Living*, *Marie Clare*, *Australia Childhood Foundation*, *US News and World Report*, and *VICE*, among others. Cathy is a contributing writer for *Psychology Today* and has a readership of approximately 5.6

million. Her latest book is *Trauma and Expressive Arts Therapy: Brain, Body and Imagination in the Healing Process* and her bestselling book *Understanding Children’s Drawings* will be in its second edition in late 2020.

Speaker Disclosure:
Financial: Cathy Malchiodi is the founder, director and lead faculty member of the Trauma-Informed Practices and Expressive Arts Therapy Institute. She is one of the founders and president of Art Therapy Without Borders. She is an author and receives royalties.
Non-financial: Cathy Malchiodi is a member of the American Art Therapy Association.



Amber Elizabeth L Gray, PhD, is an innovator and a mover in the world of somatic, movement and dance therapies with trauma, particularly with survivors of torture, war and human rights abuses. For the past 25 years she has provided clinical training on the integration of refugee mental health and torture treatment with creative arts, mindfulness, and body-based therapies to many programs worldwide. Her passion is taking her work to communities who are under-resourced and without access to education, training and meaningful support due to histories of colonization and oppression. She has been nominated for the Barbara Chester Award for her work with survivors of torture in challenging contexts, is the 2010 ADTA Outstanding Achievement

Award recipient, and is one of 10 internationally recognized torture treatment experts featured by Tulane University’s Institute of Traumatology. She originated a resiliency-based framework and clinical approach -- Restorative Movement Psychotherapy and Polyvagal-informed Dance/Movement Therapy -- for mind-heart-spirit, movement and arts-based therapies with survivors of historic, social, complex and war/political violence trauma in diverse, low resource contexts. Amber is executive director of The Kint Institute (<https://kintinstitute.org>) and her own Restorative Resources Training Program.

Speaker Disclosure:
Financial: Amber Elizabeth Lynn Gray is the founder and executive director of Kint Institute. She is program consultant and training coordinator at New Mexico Department of Health, Refugee Division.
Non-financial: Amber Elizabeth Lynn Gray is a member of the American Dance Therapy Association; Colorado Association for Play Therapy; and Colorado Sandplay Therapy Association.


To view the full bio, visit www.pesi.com/webcast/84876


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Recommended Reading:



The Post-Traumatic Growth Guidebook
Practical Mind-Body Tools to Heal Trauma, Foster Resilience and Awaken Your Potential
Arielle Schwartz, PhD
~~\$24.99~~ **\$19.99***



Somatic Psychotherapy Toolbox
125 Worksheets and Exercises to Treat Trauma & Stress
Manuela Mischke-Reeds, MA, MFT
~~\$34.99~~ **\$24.99***

** Discount Included with purchase of the Webinar*

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