

# Outline

## Expressive Arts Therapy Foundations

What makes expressive arts therapy its own unique discipline

Historical origins & influences from other therapeutic approaches

- Indigenous traditions
- Historical threads in Jungian analysis
- Person-centered psychotherapy
- Gestalt psychotherapy

Leveraging the experiential nature of expressive arts therapy in trauma

General principles for practices & processes

Grounding practices

How to offer feedback in expressive arts therapy

Experiential process 1: Three practices for grounding within stabilization phase trauma work (sensory awareness, structured and creative movement)

## Expressive Arts to Teach and Practice Mindfulness Skills

Trauma-informed fundamentals of mindfulness and expressive arts instruction

Expressive arts practices for trauma work:

- Mindful drawing
- Breath practices with creative movement
- Mindful listening

Offer feedback in expressive arts therapy to advance treatment goals

Experiential process 2: Three practices for grounding within stabilization and transitional phase trauma work

## Expressive Arts to Cultivate Distress Tolerance

Define distress tolerance and its relevance to trauma-focused care

Expressive arts variations on the container visualization practice using:

- Movement
- Art
- Creative writing
- Music and working with playlists

How to use expressive arts skills for in between session affect management

Experiential process 3: Three practices for grounding within transitional, processing, and reintegration phase trauma work

## Expressive Arts Skills to Set Clients Up for Success

The expressive arts in trauma reintegration

Skills to help your clients succeed outside of session

Additional training and options in expressive arts therapy

Learning Objectives can be viewed at [pesi.com/webcast/85199](http://pesi.com/webcast/85199)

### Live Webinar Schedule (Times listed in Eastern)

**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.

### Questions?

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# Expressive Arts Therapy

## Creative Solutions for Trauma Recovery

Live Interactive Webinar  
**Monday, July 19, 2021**

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# Expressive Arts Therapy

## Creative Solutions for Trauma Recovery

- Creative strategies to work with trauma in a way that moves beyond talk therapy!
- Take home expressive art skills to utilize immediately!

Live Interactive Webinar  
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# Expressive Arts Therapy

## Creative Solutions for Trauma Recovery

Sometimes talk therapy just isn’t enough, especially for trauma clients. Have you tried working with clients in a new or different way outside of talking?

You don’t want to miss this workshop...learn to work with your clients in a more total and holistic manner that does not rely on words alone and include creative solutions to finally see treatment progress!

In this course, you will be oriented to the fundamentals of the expressive arts therapy and will immediately be able to start implementing new, creative skills into your practice.

You will learn how to facilitate an expressive arts process to teach clients concepts of grounding, mindfulness, and distress tolerance—all vital skills in trauma-focused therapy. The role of creativity and the practice of making art will be covered as mechanisms of action in processing traumatic experiences and promoting post-traumatic growth.

Leave the day with new skills to foster client creativity for traumatic healing and learn how to incorporate these creative skills with other fundamental therapy modalities you already use. Finally -a course that is unique in that it gives you an overview without having to commit yet to an entire expressive arts therapy program.

Sign up today to add another great skill to your trauma treatment toolbox!

*Note: Participants are encouraged to at least have blank paper, pens, pencils, and whatever color art supplies they can make available (e.g., markers, colored pencils, crayons, pastels).*

### Target Audience:

Counselors • Social Workers • Psychologists • Psychiatrists • Therapists • Addiction Counselors  
Nurses • Marriage and Family Therapists • Physicians  
Other Professionals Who Work within the Mental Health Fields



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## Meet Your Speaker

**Jamie Marich, PH.D., LPCC-S, LICDC-CS, REAT**, describes herself as a facilitator of transformative experiences. A clinical trauma specialist, expressive artist, writer, yogini, performer, short filmmaker, Reiki master, TEDx speaker, and recovery advocate, she unites all of these elements in her mission to inspire healing in others. She began her career as a humanitarian aid worker in Bosnia-Herzegovina from 2000-2003, primarily teaching English and music. Jamie travels internationally teaching on topics related to trauma, EMDR therapy, expressive arts, mindfulness, and yoga, while maintaining a private practice in her home base of Warren, OH. Marich is the founder of the Institute for Creative Mindfulness and the developer of the *Dancing Mindfulness* practice to expressive arts therapy. She is also the co-creator of the Yoga Unchained approach to trauma-informed yoga, and the developer of *Yoga for Clinicians*.

Marich is the author of *EMDR Made Simple: 4 Approaches for Using EMDR with Every Client* (2011), *Trauma and the Twelve Steps: A Complete Guide for Recovery Enhancement* (2012), *Creative Mindfulness* (2013), *Trauma Made Simple: Competencies in Assessment, Treatment, and Working with Survivors*, and *Dancing Mindfulness: A Creative Path to Healing and Transformation* (2015). Marich co-authored *EMDR Therapy & Mindfulness for Trauma-Focused Care* along with colleague Dr. Stephen Dansiger, which was released with Springer Publishing in 2017. *Process Not Perfection: Expressive Arts Solutions for Trauma Recovery*, released in April 2019. North Atlantic Books published a revised and expanded edition of *Trauma and the 12 Steps*, in the Summer of 2020. *The New York Times* featured Marich’s writing and work on *Dancing Mindfulness* in 2017. NALGAP: The Association of Gay, Lesbian, Bisexual, Transgender Addiction Professionals and Their Allies awarded Jamie with their esteemed President’s Award in 2015 for her work as an LGBT advocate. The EMDR International Association (EMDRIA) granted Jamie the 2019 Advocacy in EMDR Award for her using her public platform in media and in the addiction field to advance awareness about EMDR therapy and to reduce stigma around mental health.

Speaker Disclosure:  
Financial: Jamie Marich is the founder of Mindful Ohio and The Institute for Creative Mindfulness. She receives royalties as an author for PESI Publishing and Media. Dr. Marich receives a speaking honorarium from PESI, Inc.  
Non-financial: Jamie Marich has no relevant non-financial relationship to disclose.

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### CE CREDITS AVAILABLE FOR LIVE WEBINAR

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**National CE Credit Approvals For Live Webinar**  
Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

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**July 19, 2021** PWZ85198

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8am Eastern time

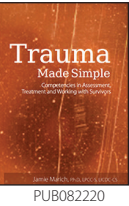
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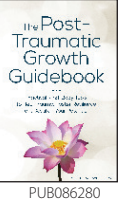
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### Recommended Reading:



**Trauma Made Simple:**  
*Competencies in Assessment, Treatment and Working with Survivors*  
By Jamie Marich, Ph.D., LPCC-S, LIDC-CS, RMT  
**Your Presenter!**  
~~\$19.95~~ **\$14.99\***



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

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### OTHER WAYS TO REGISTER

**Phone: 800-844-8260**

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