

Engage your clients

Workshops & Training

Theory and Practice

An Experiential Approach to Your Comprehensive Guidance & Counselling Program: Individual, Group & School-Wide Interventions

- ◆ Theory, Space, Assessment, Resources
An Experiential Child-Centered Approach
Tailored to your Population

Experiential School or Agency-based Therapy Groups for Children & Adolescents

- ◆ Group Process, Types of Groups, Arts-based Activities, Commercial Therapeutic Games

Art Therapy Techniques in the School Setting: Speaking The Child's Language

- ◆ Overview, Assessment, Supplies, Space, Approach, Activities

Play Therapy Techniques in the School Setting: Speaking The Child's Language

- ◆ Overview, Assessment, Supplies, Space, Approach, Activities

Supervision:

Individual and Group Available

Darci Adam, MA, MEd, RCAT, CCC

- ◆ Master of Arts, Drama
- ◆ Master of Educational Psychology, Counselling
- ◆ Canadian Certified Counsellor
- ◆ Registered Certified Art Therapist
- ◆ Trained in Narrative and Play Therapy
- ◆ Past President Manitoba School Counsellors' Association
- ◆ Canadian Counselling Association Rep, Manitoba Creative Arts Therapies Chapter
- ◆ Sessional Instructor, Counselling University of Manitoba



Darci is a Registered Certified Art Therapist and Canadian Certified Counsellor with 20 years of experience as an educator and counsellor.



Darci in the play therapy room.

EXPRESS YOURSELF

Individual Art Therapy
& Expressive Arts Workshops
for Children, Youth & Adults

Darci Adam MA, MEd, RCAT, CCC
(204) 293-3869 express-yourself@shaw.ca
www.breathe-create-transform.ca
www.snac.mb.ca (see Participate/Services)

EXPRESS YOURSELF



Darci Adam MA, MEd, RCAT, CCC

Breathe ~ Create ~ Transform

Individual Art
Therapy and
Expressive Arts
Workshops for
Children, Youth
and Adults

Tell and
Transform
Our Stories
and Ourselves
through the
Expressive Arts

Professional Development

EXPRESS YOURSELF

Individual Art Therapy and
Expressive Arts Workshops
for Children Youth and Adults

Experienced art therapist, counsellor and educator, Darci Adam, MA MEd RCAT CCC, provides professional development workshops and courses as well as individual and group supervision for therapists and school counsellors wishing to integrate the arts in their therapeutic work and/or comprehensive school counselling program.

With 20 years of experience working with children and youth from a diverse variety of cultural and socio-economic backgrounds, Darci has found the expressive arts including play, to be the most fun and effective communication tools for children and youth, including those experiencing the most extreme challenges and considered at-risk.

Darci can help you develop a positive, effective, solution-oriented, narrative-based therapy approach and program using the arts.

"Darci is a gentle presence and a strong leader...an excellent animated facilitator and a well-grounded, centered and spiritual artist/teacher."

~Sandi Cain, Music Director Wasaga Women's Weekend

"Her enthusiasm and joie de vivre are contagious."

~ Larry Gagné, School Counsellor

I am happy. I feel well. I can do it!

Darci's Beliefs

Solution-Oriented, Narrative-Based, Experiential Therapy Works with Children and Adolescents

- ♦ Therapy is fun!
- ♦ The therapist must be positive and playful, oriented towards solutions, and deeply grateful for the expression of the shadow through the safe container of the arts.
- ♦ The expressive arts and play are critical communication tools for children and youth.
- ♦ Language shapes experience. Dialogue through the arts teaches children a language of gentle self-support and acceptance.
- ♦ Breath is key to optimum well-being.
- ♦ Imaginative expression provides answers the thinking mind cannot discover or fully comprehend.
- ♦ Success must be celebrated.

"Authenticity, sincerity, validity. Darci is very connected to her skills & her profession. She is open to real solutions for real challenges. A very appealing presentation, very helpful, tons of concrete ideas. Bring this lady back!"

~ Feedback, Brandon LIFT Conference 2004

Call or email Darci to book a Professional Development session for your school or agency or to register for individual or group supervision.

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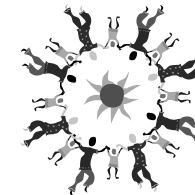
Key Concepts in Expressive Arts

- ♦ Art is medicine
- ♦ Art externalizes invasive thoughts and feelings making them easier to understand and transform
- ♦ Supported art-making reduces anxiety and fosters connection with the therapist and potentially peers
- ♦ Art is an extension of the self in the world. Being seen and accepted builds confidence.
- ♦ Art expresses the fundamental polarities of balance and chaos in life, leading to a sense of mastery.

Individual Therapy Referrals

Parents, school counsellors, agencies, and health professionals may refer children and youth. Darci and the parent/guardian create an action plan to set goals and foster coordination with existing supports.

Breathe ~ Create ~ Transform



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