

## COMPANION SERIES:

# HEALING THROUGH EXPRESSIVE ARTS THERAPIES:

**compassionate conversations through art**

**DEEPEN YOUR EXPERIENCE THROUGH ART AS SPIRITUAL PRACTICE**

**Saturdays & Sundays  
10am-6pm**

“The creative process is a spiritual path. This adventure is about us, about the deep self, the composer in all of us, about originality, meaning not that which is all new, but that which is fully and originally ourselves.”  
~ Stephen Nachmanovich, *Free Play*

LAURA SIMMS **What a Beautiful Road: The healing power of presence and storytelling**  
Oct 26-27, 2013

KATE DONOHUE **Part 1: Kinship Libido**  
Nov 23-24, 2013

ARMAND VOLKAS **Healing the Wounds of History Through the Arts** Jan 18-19, 2014

KATE DONOHUE **Part 2: Transcendent Journey Through the Mother-Line** Apr 26-27, 2014

\$475 / combined 4-day course

*breathe* ● *create* ● *transform*



**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 and University of Winnipeg

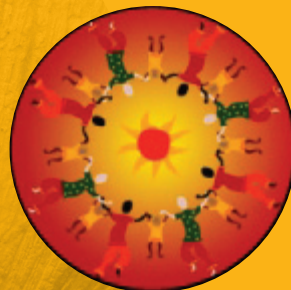
Darci is a Registered Certified Art Therapist and Canadian Certified Counsellor with many years of experience as an educator and counsellor.

Art-making and art exploration foster a connection with the unconscious, revealing a rich range of information to facilitate wellness and inspired direction in life.

Experience awareness, joy and connection as you breathe, create and transform!

## Express Yourself

Individual Art Therapy & Expressive 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)

# INTENSIVE CREATIVE ARTS THERAPY CERTIFICATE PROGRAM:

**tools for using the arts in therapy & school counselling**

**EXPERIENTIAL TRAINING IN THE USE OF ART, DRAMA, MOVEMENT AND STORY AS TOOLS FOR HEALING**

A 4-session series for therapists, school counsellors, resources teachers, clinicians & artists

“Searching for meaning connects us to the soul and the spirit, resulting in a life that is more open, more joyful and closer to the true self. By connecting with arts and creative expression on a profound level, we are able to more fully explore and understand our life experiences, wounds and strengths.” ~ Kate T. Donohue

# INTENSIVE CREATIVE ARTS IN THERAPY CERTIFICATE PROGRAM: tools for using the arts in therapy and school counselling

## EXPERIENTIAL TRAINING IN THE INTEGRATED USE OF ART, DRAMA, MOVEMENT & STORY AS TOOLS FOR HEALING

### DRAMA IN COUNSELLING SKILLS Jan 16-17, 2014

Students will learn how drama therapy uses acting, improvisation and psychodrama as therapeutic tools. The didactic portion will explore the theoretical basis and rationale for the use of drama therapy in multiple clinical situations. The experiential portion of the course will focus on the application of drama therapy in counseling individuals, couples, families and groups. A variety of drama therapy techniques will be utilized, including theatre games, improvisation, acting techniques, psychodrama, sociodrama, Playback Theatre and creative ritual. The course is designed for clinicians interested in integrating theory and techniques of drama therapy into their practice. Drama therapy has been shown to be particularly effective in teaching emotional literacy, trauma resolution, grief work and intercultural conflict transformation. It is also a powerful tool in working with children and at-risk adolescents by helping them turn their acting-out behavior into "acting".

**Armand Volkas**, MFA, MA, RDT/BCT, MFT, is a psychotherapist, drama therapist and theatre director. He is Clinical Director of the Living Arts Counseling Center and Director of the Living Arts Playback Theatre Ensemble in San Francisco, California. Armand is also Associate Professor in the Counseling Psychology Program at California Institute of Integral Studies and Adjunct Professor at John F. Kennedy University and Sofia University.

“The world of reality has its limits; the world of imagination is boundless.”

~ Jean Jaques Rousseau

### THERAPEUTIC STORYTELLING SKILLS Oct 24-25, 2013

Engaged Storytelling is a potent tool for educators and therapists. Telling or hearing a story relieves immediate stresses as the listening opens the possibilities for transformative dialogue and the capacities for fresh insight. Learning how the process of listening works; which stories bring benefit; how to encourage needed personal narrative; and when and what makes a story capable of encouraging self esteem, focus, trust and noninvasive intervention is fundamental. Many of the most difficult issues today – including bullying, intolerance, apathy for learning, and overwhelming emotions – are addressed through recognizing and learning the process of storytelling.

**Laura Simms** is an award-winning performer, writer, and educator advocating storytelling as compassionate action for personal and community transformation. She is a Senior Research Fellow for the International Peace Institute at Rutgers University Newark under the auspices of UNESCO, a senior teacher of Shambhala Buddhist Meditation and Study, and part of the Therapeutic Arts Alliance of Manhattan. She performs and teaches meditation worldwide.

### Thursdays & Fridays 1-7pm

#### COST:

Combined Series \$475 for 4 days for all 4 courses  
\$495 for 4 days when selecting 3 or fewer courses

\$100 non-refundable deposit paid upon confirmation  
Individual sessions payable by September 15, 2013

\$325 per 2 day course when taking all 4 courses  
\$375 per 2 day course when taking less than 4 courses

#### Full 16 session program:

First half of tuition \$900 due by September 30, 2013  
Second half of tuition \$900 due on the first day of the third course

### INTRODUCTION TO EXPRESSIVE ARTS THERAPY

#### PART 1: Deepening psychotherapy when guided by images Nov 21-22, 2013

Images reveal the psyche at deeper emotional, cultural and collective levels and enhance the therapy processes of clarifying, healing and developing alternatives. Participants will learn about creative process and multi-modal theory in order to develop a skilled flair for weaving the arts into a healing tapestry for students and clients.

#### EXPRESSIVE ARTS THERAPY PART 2: Restoring Safety to the Shattered Temenos: Individual and Collective Trauma, Neurobiology, AND Attachment

April 24-25, 2014

Somatic approaches are essential in the treatment of trauma, which shatters the sense of safety, trust, protection and flexibility needed for growth and development. Through the lens of the expressive arts, participants will learn theory and approaches to addressing trauma and related attachment issues.

**Kate T. Donohue**, Ph.D. REAT – One of the Grandmothers of the Expressive Arts, Kate is a licensed psychologist, registered expressive arts therapist, and teacher at California Institute of Integral Studies, Institute for Transpersonal Psychology, JFK University and the San Francisco C.G. Jung Institute. Kate is a cofounder of the International Expressive Arts Therapy Association. Passionate about the arts she has spent 18 years studying indigenous and ethnic dance forms, in particular West African and Afro-Cuban Dance.