

INTEGRATING EXPRESSIVE ARTS INTO TRAUMA TREATMENT

October 24th and October 25th, 2018 / Time: 9:00am - 4:30pm /
Includes Interventions And Practice/ Place: Monaco Training Center

A afraid of Art? This workshop will break you out of your comfort zone and rid you of your fears of using art, play and movement with your challenging clients. This workshop will offer a foundation of knowledge and skill to successfully integrate an expressive art therapy approach into a trauma-focused counseling practice with children, adolescents and adults. Participants will learn a basic understanding of the field of art therapy, its' research support and how trauma-focused art therapy has been historically used in the treatment of PTSD and trauma related disorders. Participants will engage in hands on learning to develop a comfort level with creative art interventions that can be used metaphorically and expressively for the development of client engagement, self-regulation skills, cognitive restructuring, trauma processing and ego state work. Art Therapy also provides an avenue to assist clients with mentalization: which is the ability to see one's self from another point of view. A variety of art materials will be introduced in respect to different client populations.

WHY EXPRESSIVE ART THERAPY?

This is a therapy that uses the creative process of making art to improve a person's physical, mental, and emotional well-being. The creative process involved in expressing one's self artistically can help people to resolve issues as well as develop and manage their behaviors and feelings, reduce stress, and improve self-esteem and awareness.

EXPANDING YOUR TOOLBOX WITH
CREATIVE APPROACHES



COURSE OBJECTIVES.

AFTER COMPLETING THIS WORKSHOP, PARTICIPANTS WILL BE ABLE TO:

- 1** Integrate art activities in treatment to promote client engagement with children, adolescents and adults
- 2** Identify three ways expressive arts can be used to help process trauma, grief and loss such as using art materials to make a booklet, totem, and split screen
- 3** Practice how to help clients express feelings using various art materials such as clay, pastels, drawing, and sand
- 4** Practice using the using Davis' resource reminder script that integrates art therapy to help enhance and anchor the positive feeling state
- 5** Assist clients with improving their mentalization skills through the client's art creations
- 6** Utilize an art therapy version of Fraser's table to learn about different parts of self

Elizabeth Davis, MFA, MS, ATRBBC, LCAT, is a board certified and NYS licensed art therapist with over 18 years' experience working with at risk youth, families, and adults in WNY. Elizabeth has extensive training in Play Therapy and was a past Board member for the NYS Association of Play Therapy.

She is EMDR certified, a Consultant through EMDRIA and a Certified Consultant through the National Institute for Trauma and Loss in Children. Elizabeth is Level One certified in Sensorimotor Psychotherapy by the Sensorimotor Psychotherapy Institute.

Currently, Elizabeth serves as the Director of the new Trauma Institute & Child Trauma Institute (TI & CTI) satellite in Buffalo, NY. Its parent location is in Northampton Massachusetts, under the founder and executive directorship of Ricky Greenwald, PsyD, a well-known therapist and researcher in the field of EMDR and trauma. In this capacity, Elizabeth is involved with training, outcome studies, trauma therapy, and conducts intensive trauma therapy retreats (a new model of therapy for trauma recovery).

Email: davis2wells@gmail.com





Annie Monaco, LCSWR, is a Licensed Clinical Social Worker and a faculty member of the Child Trauma Institute & Trauma Institute and University at Buffalo School of Social Work liaison. Annie has over 25 years of experience serving children, teens, families and adults. She is a trauma therapist and has extensive training in complex trauma, family therapy, and play therapy.

Annie currently serves as a Board member on the NY Association for Play Therapy. Her private practice includes a multitude of behaviors and issues including foster care, out of country adoptions, juvenile justice and dissociation.

Annie travels extensively throughout the US and internationally providing a multitude of trauma-informed trainings and agency and therapist consultation. Annie is a trainer of EMDR, Progressive Counting, and STAR (Strategies for Trauma Awareness and Resiliency).

Email: monaco.training.center@gmail.com

Website: www.annimonaco.com

Location

Monaco Training Center 4955 North Bailey Avenue, Suite 108 Amherst, NY 14226

Cost

- Early Bird (on or before October 5, 2018): \$245 Regular (after October 5th): \$265 (Cost includes all art supplies)

Registration

- October 24th and 25th, 2018. Please register for these workshops online at www.annimonaco.com/upcoming-trainings and pay by credit card online. If paying by check or an agency is paying by check, please make check payable to Annie Monaco and contact Annie Monaco at monaco.training.center@gmail.com to obtain an address to mail the payment.

Cancellation Policy

- An automatic \$20 processing fee is applied to all refunds. Up to 14 days before the training, a full refund is available. A 50% refund is available thereafter. Please note that no refunds will be issued after the start of the training.

ADA Accommodations

- If you require any support for your ADA needs, please contact Annie Monaco at least 3 weeks prior to the event at monaco.training.center@gmail.com or 716-289-2037.

Customer Service

- We are happy to respond to any concerns or questions you may have. Please contact Annie Monaco at monaco.training.center@gmail.com or 716-289-2037.

Format

- This training involves lecture, demonstration video, experiential exercises, personal exploration and strategies for helping those affected by trauma.

Who should attend

- Any therapist who is seeking creative art interventions to assist with their complex adult and child clients.

Continuing Education Hours

Full attendance is required; no partial credit will be awarded for partial attendance. Offered in collaboration with the UB School of Social Work Office of Continuing Education.

NYSED Social Workers: UB School of Social Work Office of Continuing Education is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0001. 12 live in-person contact hours are approved.

NYSED Mental Health Counselors: UB School of Social Work Office of Continuing Education is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors #MHC-0008. 12 live in-person contact hours are approved.

NYSED Creative Arts Therapists: UB School of Social Work Office of Continuing Education is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed creative arts therapists #CAT-0003. 12 live in-person contact hours are approved.

NYSED Marriage and Family Therapists: UB School of Social Work Office of Continuing Education is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed creative arts therapists #MFT-0007. 12 live in-person contact hours are approved.

NYS OASAS Hours training provider #0045: 12 renewal hours for CASAC, CPP & CPS..

Trauma-Informed Certificate Programs offered through the UB School of Social Work Office of Continuing Education: May be applied as 12 Elective or Grounding and Experiential Hours for an additional fee. Contact us at sw-ce@buffalo.edu for details.