

## **Agenda**

Creativity and Healing: An Introduction to Expressive Arts Therapy

Friday, November 5<sup>th</sup>

9:30am – 4:30pm EST

**9:30 – 9:45 AM Welcome, Introductions, Course Overview, and Learning Objectives**

**9:45 – 10:45 AM Module 1: Foundations of Expressive Arts Therapy**

- Defining expressive arts therapy and its theoretical foundations
- Humanistic psychology, trauma-informed care, neuroscience, and expressive arts traditions
- Why creativity supports healing, insight, resilience, and transformation
- Emphasizing process over artistic skill

**10:45 – 11:00 AM Break (15 minutes)**

**11:00 AM – 12:30 PM Module 2: Expressive Arts Interventions Across Clinical Practice**

- Visual art, collage, and symbolic imagery
- Therapeutic writing and storytelling
- Movement, music, and sensory-based expression
- Sandtray and metaphor-based interventions
- Experiential demonstrations and case examples

**12:30 – 1:00 PM Lunch (30 minutes)**

**1:00 – 2:30 PM Module 3: Adapting Expressive Arts for Diverse Client Needs**

- Supporting trauma processing and emotional regulation through nonverbal expression
- Adapting interventions for children, adolescents, adults, and older adults
- Working with neurodivergent clients and clients who are hesitant or self-critical about creativity
- Matching expressive arts interventions to treatment goals and therapeutic orientations

**2:30 – 2:45 PM Break (15 minutes)**

**2:45 – 4:15 PM Module 4: Ethics and Clinical Integration**

- Ethical considerations, informed consent, and scope of practice
- Cultural responsiveness and honoring diverse forms of creative expression
- Documentation and treatment planning
- Integrating expressive arts interventions into existing therapeutic approaches
- Developing creativity-based interventions for clinical practice

**4:15 – 4:30 PM Questions, Discussion, Reflective Exercise, Course Evaluation, and Closing Remarks**

**Instructional Time: 6 CE Hours**