

The Creative Therapies in the Helping Relationship: **PSYCHOTHERAPY AND SPIRITUAL CARE**

March 8-9-10, 2018

[Register Now >](#)



Friday, March 9th 2018

Registration for Workshops

There are 20 workshops offered in 4 timeframes on Friday (10:45, 1:30, and 3:15) and Saturday 10:45), of 5 workshops simultaneously for each timeframe. Registration for the workshops will take place on Friday and Saturday morning at registration time, first come, first serve, as some of the workshops have maximum number of 30 participants.

Conference Speaker



Dr. Michaela Kirby
Associate Professor, Lesley University

Dr. Michaela Kirby is a board certified/registered art therapist and a licensed psychologist. She is on the core faculty in the graduate Expressive Therapies Division in both the graduate and doctoral program. Dr. Kirby has been active in the American Art Therapy Association for many years and is currently serving on the Educational Program Approval Board. Dr. Kirby also maintains an art studio and has also been exploring bodycasting as a vehicle for healing. She also maintains a private practice with over 20 years of clinical experience in a variety of settings. Areas of specialization include sandplay, neuropsychology, sexuality and gender issues, autism and developmental delays, adolescence, and women with ADHD.

Education

Psy.D., Clinical Psychology, Massachusetts School of Professional Psychology
M.A., Expressive Therapies, Lesley University
B.A., Theater and Music, Chatham College

Program

- 8am - 9am registration and coffee: Atrium
- 9am - 10:15am Lecture: Amphitheatre
- 10:15am - 10:45am coffee: Atrium
- 10:45am - 12:15pm Workshops: 1-2-3-4-5
- 12:15pm - 1:30pm Lunch Together: SPCR Awards, Poster Prizes
- 1:30pm - 3:00pm Workshops: 6-7-8-9-10
- 3:00pm - 3:30pm Coffee
- 3:30pm - 5:00pm Workshops: 11-12-13-14-15

Workshops

Friday 10.45am - 12.15pm

#	Presenter	Title	Description	Max #
1	Heidi Ahonen	Finding our voices and transforming trauma: Music psychotherapy with traumatized refugees	The special characteristics of refugee trauma experience and PTSD will be introduced as well as the psychological and neurological rationale for using music, as a therapeutic tool. Therapeutic music listening techniques will be explored.	30
2	Michelle April	Intimacy with Nature: Art, nature and the sacred dialogue	Participants will experience an art-based dialogue with natural objects providing a means to self-care and higher-level attunement both with their own natures and with the essence of “other” in healing relationships.	30

3	Christian Bellehumeur & Chris Kam	The AT.9: An Artistic and Scientific Tool that Assesses the Imaginary	Participants will be introduced to and be able to take the AT.9, which is a scientifically validated tool that assesses the quality of one's imaginary through a participant's drawing and storytelling.	30
4	Linda Miller	Praying with sacred objects	If God is perceived as the necessary condition for the possibility of beauty, then art is arguably a genuine theological text. It would then follow that mediation and prayer which focuses on art objects, provides the praying person a unique and beautiful point of access to the transcendent. This workshop will explore the experience of praying with art objects. Ideas and examples will come from the presenter's original research as well as anecdotal stories from her clinical practice.	50
5	Rumi Ito	Communicating with your inner tree	In this workshop, participants will experience an exercise in tree-image, made through contemplative breathing while focusing on tandem (丹田 abdominal breathing) as one's physical and psychological center. Let's focus on your center and listen to your own core message.	30

Friday 1.30-3.00pm

#	Presenter	Title	Description	Max #
6	Jessica Bleuer	Drama Therapy & the Processes of Saying Goodbye	Experience how role-play, image theatre and other projective drama therapeutic techniques can be used to explore common therapeutic termination tasks. Drama therapy can deepen termination's potential for therapeutic growth and development.	45
7	Laure-Marie Carignan	Story-telling in Family Therapy: Contributions of Asperger Structures of the Imaginary	Come discover the clinical potential of the AT.9, a simple drawing and story-telling projective test used as a research tool in a PhD study on developing family resilience within the Asperger population. This workshop includes a simulation of family therapy using the AT.9.	40
8	Elise Laviolette	Using SoulCollage® to Cultivate Self-Compassion	This workshop reviews the key literature on self-compassion and explores the power of collaging, and guided imagery to stimulate the felt experience of intentionally directing supportive feelings and thoughts towards oneself.	30
9	Rosalind McLean	Collage in Supervision: Room to (Re)Imagine the therapeutic self	This workshop is an invitation to discover how collage can enrich the supervision experience. Playing with images opens up space to explore meaning-making, to deepen reflective practices and develop an increased awareness of self as therapist.	15
10	Reet Mae	Mary, the undoer of knots: untangle the knots of our lives	A multi-sensory approach to trauma; creating an icon card in the SoulCollage® tradition and exploring our capacity to release distress	30

Friday 3.30 -5.00pm

#	Presenter	Title	Description	Max #
11	Michelle April	Intimacy with Nature: Art, nature and the sacred dialogue	Participants will experience an art-based dialogue with natural objects providing a means to self-care and higher-level attunement both with their own natures and with the essence of “other” in healing relationships.	30
12	Laura Armstrong	The unique social, emotional, and behavioural needs of gifted children and art-based strategies to address these needs from a second wave positive psychology perspective	Attendees will learn creative arts-based strategies to meet the unique needs of gifted and bright children. Strategies will be grounded within our novel, empirically-tested Second Wave Positive Psychology framework called REAL therapy—Rational Emotive, Attachment, Logotherapy	100
13	Christian Bellehumeur & Chris Kam	The AT.9: An Artistic and Scientific Tool that Assesses the Imaginary	Participants will be introduced to and be able to take the AT.9, which is a scientifically validated tool that assesses the quality of one's imaginary through a participant's drawing and storytelling.	30
14	Rumi Ito	Communicating with your inner tree	In this workshop, participants will experience an exercise in tree-image, made through contemplative breathing while focusing on tandem (丹田 abdominal breathing) as one's physical and psychological center. Let's focus on your center and listen to your own core message.	30
15	Stephanie Larrue	The Therapist's Safe and Effective Use of Self (SEUS) and its Link to Creative Arts Therapies in Increasing the Therapist's Self-Awareness and Effectiveness	How to use a creative arts genogram to increase one's own self-awareness and reflect on one's impact and therapeutic effectiveness as a therapist in regards to self-identity, transgenerational transmission and transcendent healing.	30

