

INTEGRATING THE BODY IN TRAUMA THERAPY: EXPRESSIVE ARTS AS A KEY APPROACH

A 2-part free continuing education Zoom Workshop

Friday, October 30, 12pm-3pm and
Friday, November 13, 12pm-3pm

Up to 6 NBCC hours will be offered on completion of both sessions

Mental health practitioners across the board are being asked to reach into perhaps unexplored realms of somatics and body-based practices to help their clients find safety and self-regulation in times of need. Join us as we try on a few of these practices ourselves, providing a foundation through a multimodal focused Expressive Arts Therapies approach, and frame our understanding through current research on healing and restoring from trauma. Considerations for both virtual platforms and in-person will be considered, as is pertinent in our current pandemic conditions.

Presenter Emily Johnson Welsh, MA, LPCC-S, REAT draws on her experiences as a clinician at the Norton Cancer Institute in Louisville, KY, and her training as a yoga instructor and as faculty with the Trauma-Informed Practices and Expressive Arts Therapies Institute in Louisville.

Pre-registration is required in advance. After registering, you will receive a confirmation email containing the zoom link and password. Register through <https://forms.gle/US6Jz1xVqBrr9rQ86> or contact CEUEventHPC@appstate.edu or Karen Caldwell caldwellkaren@appstate.edu or call 828-262-6045 for more information.

**Participants having any learning or physical special needs should contact the administrator at least 2 weeks prior to the Institute so that accommodations can be made.*

Learning Outcomes: Participants will have the opportunity to:

1. Name at least 2 practices for integrating a body-based approach into their helping profession.
2. Describe the framework and theory of using Expressive Arts Therapy as a sensory and multimodal approach in working with people who have experienced trauma.
3. Identify current research integrating body-based approaches to supporting safety, self-regulation, and resiliency.

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