

Introduction to Expressive Arts Therapy: Solutions for Trauma-Focused Care: Video Course

Dr Jamie Marich

Video Course
CPD credits: 3/CE credits: N/A

Price: £65



Online video access remains available for 1 year from the date you receive the video course.

Expressive Arts Therapy is based on the assumption that our clients can recover from trauma and / or addictions, through the process of creative expression. Defined by its emphasis on the multi-modal process of healing (exploring many combinations for creativity, rather than relying on just one art form), **the approach conceptually incorporates learnings from Jungian, person-centered and Gestalt psychotherapies** – while practically providing therapeutic techniques to trauma therapists and addiction specialists.

At this engaging and practically oriented seminar with Dr Jamie Marich, our learning objectives are:

- Describe the origins of expressive arts therapy (e.g., indigenous traditions, historical threads in Jungian analysis, person-centered psychotherapy, and Gestalt psychotherapy)
- Define expressive arts therapy and explain its nature as a multi-modal, multi-art process
- Explain the concept of grounding and why teaching it to clients is relevant in trauma-focused care
- Implement an expressive arts process to teach grounding in a clinical setting (individual or group), using at least three creative art forms

Seminar Schedule:

Session 1: Fundamentals of Expressive Arts Therapy in Healing Trauma

- Foundations of Expressive Arts Therapy
 - History & Definitions
 - Principles of Expressive Arts Therapy (Natalie Rogers)
 - Expressive vs. creative
- Expressive arts and trauma-informed care
- The neuroscience of creativity and expression
- Enhancing possibilities in trauma-treatment



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world class training for therapists

- Case examples and discussion

Session 2: Applications in Teaching the Skill of Grounding

- Defining grounding
 - Importance as a trauma-informed skill/intervention
 - Perspectives
- Experiential expressive arts process
 - Visualization
 - Dance/movement
 - Visual Art
 - Writing
- Implementing expressive arts interventions
 - Ideas for bolstering trauma-focused treatment plans
 - Exploring options for further training and study

About the speaker

Jamie Marich, Ph.D., LPCC-S, LICDC-CS, REAT, RYT-200, RMT

Dr Jamie Marich began her career working for humanitarian aid in Bosnia-Herzegovina from 2000-2003. As the founder of the Institute for Creative Mindfulness, she travels internationally, speaking on topics related to EMDR therapy, trauma, addiction, expressive arts therapy, mindfulness, and yoga while maintaining a private practice in her home town of Warren, OH. She is the developer of the [Dancing Mindfulness](#) practice and regularly trains facilitators to take this unique practice into both clinical and community settings.

Dr Marich is the author of several books on trauma recovery: *Process Not Perfection: Expressive Arts Solutions for Trauma Recovery* (2019), *EMDR Therapy & Mindfulness for Trauma-Focused Care* (2018, with Dr Stephen Dansiger), *Dancing Mindfulness: A Creative Path to Healing and Transformation* (2015), *Trauma Made Simple* (2014), *Creative Mindfulness* (2013), *Trauma and the Twelve Steps* (2012), and *EMDR Made Simple* (2011). She is also an outspoken, freely sharing on her own experiences in recovery from dissociative disorder.