

# THE SECRETS TO USING ART AS A HEALING PROCESS IN THERAPY

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# The Secrets to Using Art as a Healing Process in Therapy

 Tailor your treatment approach to naturally incorporate art in therapy

 Help your "stuck" clients become "unstuck" by tapping into the power of their creativity

 Assess client readiness to use art as a means to represent and process emotion

 Detect and minimize safety issues to avoid re-traumatization and flooding

 Create art experiences that facilitate clients finding their own solutions

 Implement powerful art invitations to assist your clients in reaching therapeutic goals

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# The Secrets to Using Art as a Healing Process in Therapy

*Harness the  
Power of Creative  
Problem-solving!*

## Using Art in Therapy safely & Effectively

Going beyond words and creating felt sense experiences in therapy is important in promoting lasting change in client behaviors, functioning, and relationships. Making art can be a powerful tool in therapy to create movement with stuck clients and establish a new level of discovery and change. While many therapists recognize the power of art in therapy, few understand the risks associated with asking clients to create art. Furthermore, the ability to utilize an art invitation in session as a problem-solving tool requires artful introductions, creative communication and dialogue, and practice with the creative process. While some clients benefit from talking about their art, others do not, and it is essential that therapists understand where clients fall on this continuum. To invite a client to make art in session is to ask the client to be creative. Therapists cannot be effective in this endeavor if they do not understand that the creative process entails risk-taking, partnering with the unknown, tolerating fear and anxiety, and overcoming past criticism.

This course will provide participants with skills to invite and inspire clients to make art in session. Using art in therapy requires a creative approach. Ten powerful art invitations will be taught as tools participants can use to seamlessly introduce art into therapy. Participants will learn the importance their words have on clients' art-making, starting with the way in which the client is invited to make art, all the way through to closing an art-making session. Creative therapeutic dialogues will be modeled and practiced so participants can take their clients beyond interpretation into new discoveries that are highly personal and experientially productive. Participants will become confident in utilizing creative art interventions and approaches in therapy by discussing, modeling, and practicing the creative process. Attendees will participate in several hands-on art activities during the seminar that will be meaningful, both professionally and personally. Attendees will leave knowing the safety issues and warning signs that can cause re-traumatization and other negative side effects, and understand how to minimize these risks.

### Who should Attend

- ◆ Art Therapists
- ◆ Licensed Professional Counselors
- ◆ Social Workers
- ◆ Marriage and Family Therapists
- ◆ Occupational Therapists
- ◆ School Guidance Counselors
- ◆ Case Managers
- ◆ Recreational Therapists
- ◆ Psychiatric Nurses
- ◆ Alcoholism and Drug Abuse Counselors
- ◆ Pastoral Counselors
- ◆ Educators
- ◆ Juvenile Justice Personnel

### Course Director



**LISA MITCHELL, MFT, ATR**, is a Licensed Marriage and Family Therapist and a registered Art Therapist with over 20 years of experience counseling adults, teens, and families. She is an internationally recognized therapist, trainer, and author. Since 2003, she has had a full-time private practice in Sacramento,

CA working with clients and teaching therapists to use their creativity as an innate problem-solving tool. She developed and implemented an art therapy program for WIND's homeless teen program and shelter, and for Laureate Learning Center's residential program for juvenile sex offenders. Ms. Mitchell is uniquely qualified as a teacher, with a background of training California therapists to pass the written and oral exams for seven years.

Ms. Mitchell has an undergraduate degree in Psychology along with a graduate degree in Marriage and Family Therapy and Art Therapy from California State University, Sacramento. Ms. Mitchell pairs her extensive direct client contact experiences with her dozens of years of training therapists and facilitating art retreats for therapists. Her firsthand knowledge of therapists' experiences allows her to address the, often unspoken, needs of a therapist in her trainings. She has written about these experiences in professional journals such as *The Psychotherapy Networker* and *Psychotherapy.net*. She has presented on creativity and therapy at conferences such as The Psychotherapy Networker Symposium and California Association of Marriage and Family Therapists. Therapists from around the world gather at Ms. Mitchell's blog and website to learn and discuss this interesting artistic approach to being a therapist. To learn more, visit [www.InnerCanvas.com](http://www.InnerCanvas.com).

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*"Lisa has worked with our clinical team...and is by far one of my team's favorite trainers. Her work, through art, is quite powerful and has helped my team immensely."*

**Kathy Brook-Johnson, MA**  
Associate Director, Programming  
New Morning Youth & Family Services

## COURSE CONTENT

### WHY USE ART IN THERAPY?

- ◆ Developmental continuum of emotions
- ◆ Creative process as a problem-solving tool
- ◆ Creating a felt sense experience

### HOW TO INTRODUCE ART INTO THERAPY

- ◆ Overcoming challenges of engaging clients in a creative process
  - o The therapeutic invitation
    - Matching the treatment goal with the invitation
  - o Tolerating fear of the unknown
- ◆ Art invitations with case examples
- ◆ Safety issues and warning signs
  - o What to look for
  - o How to minimize
- ◆ Dos and don'ts for parents of child clients

### CREATIVE THERAPEUTIC DIALOGUE

- ◆ How to "process" a client's art
- ◆ Avoiding interpretation
- ◆ Nurturing client discovery
- ◆ Staying in metaphor
- ◆ Geometric questions
- ◆ Case example with script
- ◆ Live demonstration

### HANDS-ON ART ACTIVITIES & PARTICIPATION

- ◆ Hands-on art experientials
- ◆ Practice creative therapeutic dialogue with and without script
- ◆ Creativity as co-therapist

### RESOURCES

- ◆ Handouts/scripts
- ◆ Art materials
- ◆ Digitally projected examples

## Dates & Locations

### FRESNO - Aug 26, 2015

DoubleTree Hotel and Conference Center  
2233 Ventura St, Fresno, CA 93721 559-268-1000

### SAN JOSE - Aug 27, 2015

Hilton San Jose  
300 Almaden Blvd, San Jose, CA 95110 408-287-2100

### BERKELEY - Aug 28, 2015

DoubleTree Hotel at Berkeley Marina  
200 Marina Blvd, Berkeley, CA 94710 510-548-7920

### SAN FRANCISCO - Sep 23, 2015

Holiday Inn San Francisco Airport  
275 S Airport Blvd, San Francisco, CA 94080 650-873-3550

### SANTA ROSA - Sep 24, 2015

Hilton Sonoma County Santa Rosa  
3555 Round Barn Blvd, Santa Rosa, CA 95403 707-523-7555

### SACRAMENTO - Sep 25, 2015

Lake Natoma Inn  
702 Gold Lake Dr, Folsom, CA 95630 916-351-1500

## What you will Learn

- ◆ Identify and overcome challenges that therapists face when inviting clients to engage with a creative process
- ◆ Detect and minimize safety issues associated with asking clients to make art in session
- ◆ Increase therapists' skill level with employing art interventions
- ◆ Implement art invitations that assist your clients in reaching a broad range of therapeutic goals
- ◆ Utilize creative therapeutic dialogue with clients about their art
- ◆ Integrate art invitations into therapy
- ◆ Recognize the relationship between problem-solving and the creative process
- ◆ Apply art therapy interventions that effectively accommodate the client's developmental stage of emotional representation
- ◆ Explain to parents of child clients how they can best respond to their child's art and support their child's creative problem-solving
- ◆ Describe how art can be helpful in creating felt sense experiences in therapy

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*"After the two-day training that Lisa Mitchell facilitated for my staff, they returned to their work with clients full of energy and passion. The tools and skills they learned at Lisa's training rejuvenated them and proved to be very beneficial to our clients. Lisa's training truly enhanced the services we provide to clients at KidsFirst. Lisa is warm, engaging, and most of all passionate, which captivates those with whom she comes into contact."*

**Terrah Tillman, MFT**  
Clinical Program Manager  
KidsFirstNow.org

## CONFIRMATIONS & CANCELLATIONS

Cancellations received at least five working days before the event are refundable, minus a \$20 cancellation fee. Cancellations received less than five days from the event date will be issued a credit voucher to use toward a future event or product order. If you are registered and do not attend an event, you are still liable for full payment. Substitutions can be made at any time. A refund or voucher will be issued to any participant who is registered to attend a seminar that is cancelled by Cross Country Education, LLC. Any returned CDs/DVDs and course materials must be received in original condition before a voucher or replacement is issued. Registrants will receive a certificate once payment is received and course is successfully completed. If payment is not received 10 days prior to the seminar, the certificate may not be present at the seminar. If your payment is returned marked NSF it will be re-presented electronically and a processing fee will be charged as allowed by law.

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**Case Managers:** This program has been pre-approved by The Commission for Case Manager Certification to provide continuing education credit to CCM® board certified case managers. The course is approved for 6 CE contact hour(s). Activity code: S00015304 Approval Number: 150001227. To claim these CE, log into your CE Center account at [www.ccmcertification.org](http://www.ccmcertification.org).

**Counselors, Social Workers, Marriage and Family Therapists:**

Cross Country Education has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5904. Programs that do not qualify for NBCC credit are clearly identified. Cross Country Education is solely responsible for all aspects of the programs. Six (6) contact hours are being awarded for completion of this program. Cross Country Education provider #1005, is approved as a provider for social work continuing education by the Association of Social Work License Boards (ASWB), through the Approved Continuing Education (ACE) program (an approved provider since 1999, approved through 1-27-18). Cross Country Education maintains responsibility for the program. Social workers will receive 6 continuing education clock hours for participating in this course. Licensed social workers should contact their individual state jurisdiction to review the current continuing education requirements for licensure renewal. Visit ASWB's website at [www.aswb.org](http://www.aswb.org) for more information.

**California:** Cross Country Education is approved by the California Board of Behavioral Sciences to provide continuing education in California (approval # PCE 3359). Course meets the qualifications for 6 hours of continuing education credit for LMFTs, LPCs, and/or LCSWs as required by the California Board of Behavioral Sciences. Licensed professionals in other states should contact their individual state jurisdiction to review the current continuing education requirements for licensure renewal.

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This course is offered for 6 contact hours.

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**Florida:** Cross Country Education is an approved provider by the Florida Board of Nursing, provider #50-466. This course is offered for 6.0 contact hours.

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**Occupational Therapists, Occupational Therapy Assistants:** Cross

Country Education is an AOTA Approved Provider of continuing education. This course is offered for .6 AOTA CEUs. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. AOTA Educational level Introductory, Category 2: Occupational Therapy Process.

**Recreation Therapists:** NCTRC does not pre-approve programs for CEU credit. It is the individual therapist's responsibility to retain documentation of sessions attended in order to demonstrate the relationship of session content to the NCTRC job analysis code.

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**Other Professions:** This educational offering qualifies for 6 continuing education hours as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific filing requirements.

**All Professionals:** In order to process continuing education, please bring the appropriate license/certification number to the seminar.

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