

Dear Creative Ones,

On the behalf of the Counseling and Health Center, I would like to thank you for your interest in Expressive Arts. I am thrilled to share information about the Expressive Arts Thursday Workshop Series and look forward to facilitating a creative and relaxing evening for you! If you are interested in signing up for the workshop, or would like to contact me directly about your interests, please feel free to do so! Thank you and take care.

With gratitude,



RESOURCES

- Atkins, S., Adams, M., McKinney, C., McKinney, H., Rose, E., Wentworth, J., & Woodworth, J. (2003). *Expressive arts therapy: creative process in art and life*. Boone, N.C.: Parkway Publishers.
- Atkins, S., & Williams, L. D., (2007). *The Expressive arts therapy sourcebook*. Boone, N.C.: Parkway Publishers.
- Malchiodi, C. A. (2002). *The Soul's palette: drawing on art's transformative powers for health and well-being*. USA: Shambhala.
- McNiff, S. (1992). *Art as medicine: Creating a therapy of the imagination*. Boston: Shambhala.
- Nimmer, D., (2008). *Art from intuition: overcoming your fears and obstacles to making art*. New York: Watson-Guptill Publications.
- Stuckey, H., & Nobel, J., (2010). The connection between art, healing, and public health: A review of current literature. *American Journal of Public Health*, 100, 254-263.

SOUTHWESTERN UNIVERSITY

Counseling and Health Center
Charles and Elizabeth Prothro Center
Second Floor, Suite 200

Phone: 512-863-1252
Fax: 512-863-1310

<http://www.southwestern.edu/offices/counseling/>

EXPRESSIVE ARTS EVENING WORKSHOPS



Everyone deserves some time
to relax and explore their
creativity

Betsy Naylor, MA., NCC, LPC-Intern
Wellness Counselor and Outreach Specialist
naylorb@southwestern.edu

Supervisor: Jason Bonick, M.A., LPC-S

EXPRESSIVE ART THURSDAYS (E.A.T.)

A SERIES OF EVENING WORKSHOPS OFFERED IN THE FALL, 2014



WHAT IS EXPRESSIVE ARTS?

Expressive Arts is the practice of

using poetry, imagery, drama, storytelling, dance, music, movement, dreamwork, and visual arts, all together in an integrated way, to foster human growth, development, and healing (Atkins et. al., 2003).

HOW CAN I USE IT FOR EXPRESSION?

Expressive Arts has been utilized in numerous settings with a wide variety of populations and has been shown to be extremely effective. This is especially true for individuals who have difficulty finding their voice or identifying and articulating their thoughts and feelings. Expressive Arts can also be useful for those who don't experience with communicating verbally, but would like to explore their human experiences in other ways. In some cases, individuals find themselves growing weary of repeating their story over and over again, and need an additional outlet to release any residual feelings. Relief and healing is often found by exploring and channeling these feelings through practicing expressive arts.

HOW CAN I USE IT FOR SELF CARE?

Research has shown that artistic engagement has significant positive effects on health. The process of creating art can help decrease stress, anxiety, and mood disturbances.

HOW IS IT USED IN A WORKSHOP SETTING?

By utilizing Expressive Arts in a workshop setting, participants are able to experience the healing effects of creating in community. Participants are also able to give voice to their human experiences, gain insight, as well as witness and respond to others in playful and powerful ways. Participants can gain support and most importantly have fun!

WORKSHOP DESCRIPTION

Are you yearning for something creative to do to help you alleviate stress and decompress? Do you have an interest in exploring yourself through the arts and would like to awaken new insights about yourself? If you said yes to all of these questions, then this workshop is for you! Let me guide you through the process of finding your voice, trusting it, and allowing your inner guidance to shine through! This experiential workshop is for anyone who wants to loosen up and explore their creativity in an authentic way. All experience levels are welcome and the focus is on the PROCESS, not the end result. So what do you have to lose? Sign up today!

WHEN?

Workshops will be held on the following Thursday evenings in the fall semester. (Sept. 18th, Oct. 9th, and Nov. 20th). 7:00 PM-10:00 PM.

WHERE?

Connie McCombs Ballroom.

HOW DO I SIGN UP?

Register with Expressive Arts Facilitator, Betsy Naylor by calling 512-863-1252 or emailing naylorb@southwestern.edu.

WORKSHOP TOPICS

ART JOURNALING
INTUITIVE PAINTING
COLLAGE MAKING
PAINT POURING
DREAMWORK
CHINESE CALLIGRAPHY
TOUCH DRAWING
THERAPEUTIC WRITING
GUIDED MEDITATION
VISION BOARDS

