



Present



Photo by Deanna Barton

The Art of Expressive Art Therapy

Friday, July 9, 2010, 10:00am – 4:00pm

"I found I could say things with color and shapes that I couldn't say any other way - things I had no words for."

~Georgia O'Keeffe~

Introduction

Art therapy uses art in many ways. It is useful in facilitating communication, bringing to light that which cannot be verbally expressed, and helping to see and work on areas of emotional struggle. Art therapy is not about making beautiful art, but rather it is about expression and understanding the self, others and the world. Art therapy in the USA is done in hospitals, psychiatric institutes, schools, community-based organizations, prisons and private practice; children, adolescents, and adults of all ages benefit from art therapy. Please join us to learn more.

After this workshop, you will

- Understand the basic principles of art therapy and it's evolution in the West and current status in India
- Experience art materials and understand the importance and use of various types of art media
- Know about communicating effectively through the art therapy process:
 - How to encourage creativity and expression
 - Maintaining a nonjudgmental holding environment
 - How to show curiosity and facilitate communication about artwork
- Develop ideas of how you can incorporate art therapy techniques in your current work

Facilitators:

Heidi Bardot, Director, Graduate Art Therapy Program, The George Washington University, Washington, DC, USA

Lisa Raye Garlock, Clinical Placement Coordinator/Assistant Professor, The George Washington University, Washington, DC, USA

Sangeeta Prasad, Art Therapist and Director of The Prasad Foundation; author of *Creative Expressions: Say it with Art*, Alumna, The George Washington University, Washington, DC, USA

Venue: The Banyan, 6th Main Road, ERI Scheme, Mogappair West, Chennai. Ph: 044 42233666

Cost: Rs. 500, including course material and lunch. Not including travel costs to and from the venue and accommodation.

Registration: Contact Ms. Mirjam at mirjam.d@thebanyan.org. For more information, please contact her at +91 9789089990.