



## **Integrating Expressive Arts into Play Therapy: Applications from Self to Client**

**Special Presentation with Carmen Richardson, MSW, RSW, RCAT, REAT  
Prairie Institute of Expressive Arts Therapy**

### **AGENDA / OUTLINE**

#### **Morning**

**1st Quarter of the Day:** 9:00 - 10:30

- Centering of self and connection to others with art/poetry
- Creating a space/sanctuary for the Heart of the Therapist Self (a checking in with ourselves as humans and therapists midst these major changes with COVID/taking care of vulnerable parts)

**BREAK** 10:30 - 10:45

**2nd Quarter of the Day:** 10:45 - 12:15

- Exploration of Parts of Self, Self Energy, Protectors, Managers
- Initial exploration of relationship amongst parts of self, potential triggers in therapy
- Creating these parts

**LUNCH** 12:15 - 1:15

#### **Afternoon**

**3rd Quarter of the Day:** 1:15 - 2:45

- Exploration of inner qualities/outer resources
- Identification of protective, nurturing, wise figures as resources
- Creating tangible resources

**BREAK** 2:45 - 3:00

**4th Quarter of the Day:** 3:00 - 4:30

- Small group work
- Take the creative interventions from the morning/afternoon and apply to clinical populations/issues
- Small group discussion identifying the Rationale & Process of how they could take any of what we did today and make clinical applications.
- Small groups present to larger group - Rationale & Process



## MATERIAL LIST

### 1st Quarter:

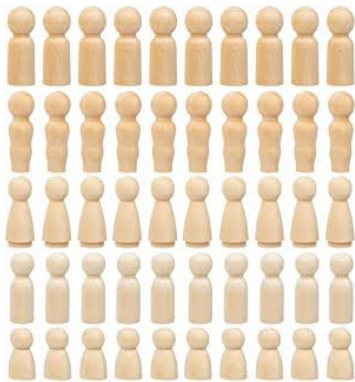
- Construction paper, markers, scissors, glue sticks/guns
- 1 flat canvas per person (8 x 11ish - various sizes for people to choose)
- Participants are asked to bring 15 smaller collage images (theme of images: nurturing)

### 2nd Quarter:

- Larger white paper, pastels, etc.
- Small wooden figures- 5 per person
- Various colors of yarn, cloth material, beads, other embellishments
- Markers, scissors, etc.

### 3rd Quarter:

- Recipe cards - 6 per person
- Small CLEAR glass flat back marbles/pebbles - at least 6 per person (often Dollarama or Michaels have these - but must be clear)
- 1 large CLEAR glass flat back marble per person (Michaels - in glass section - small bags of them)
- Small cloth pouches to put marbles in when done (Dollarama has a great selection) - 1 per person



**Location:** RMPTI Training Centre – 1314 -15 Avenue SW, Calgary (or online)

**Date:** Thursday, October 22, 2020

**Time:** 9:00 AM to 4:30 PM