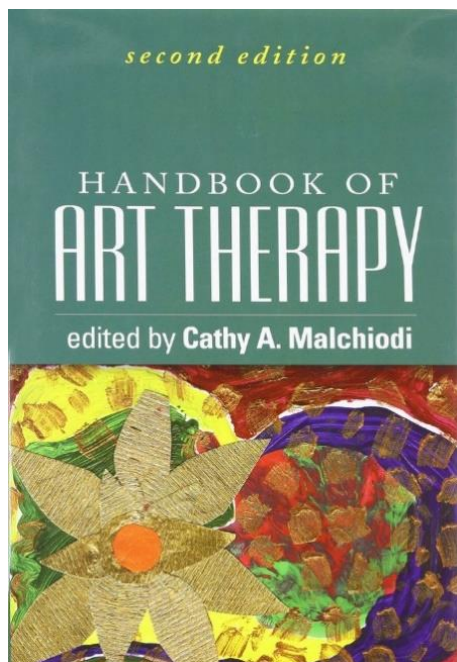


Arts Therapies, Traumatic Stress and Addictions: Repairing Brain and Body through Experiential Approaches

Studiemiddag met Cathy Malchiodi & Lynn McKnight

**Voor *studenten en docenten* van de vaktherapeutische opleidingen
Vrijdag 28 juni, 12.30 – 17.00 uur, collegezaal A0.05**

De Opleiding Vaktherapie van de Hogeschool van Arnhem en Nijmegen krijgt Amerikaans bezoek van een tweetal expressive arts therapists: Cathy Malchiodi en Lynn McKnight.



Cathy Malchiodi is voor velen bepaald geen onbekende naam. Zij is bijvoorbeeld auteur van het veelgebruikte Handbook of Art Therapy (Malchiodi, C. A., 2012) en al 25 jaar actief in het vak. Haar thema is met name traumabehandeling en ze gebruikt beeldende interventies, muziek, beweging en spel/drama. Ze integreert deze interventies met neurobiologie, somatische benaderingen, mindfulness, en positieve psychologie. Ze komt samen met collega Lynn McKnight. Zij is gespecialiseerd in de art therapy behandeling van verslaving (alcohol en drugs) en werkt bij het door Eric Clapton opgerichte Crossroads Treatment Center in Antigua, Mexico.

Het belooft dus een zeer interessante middag te worden!

Programma:

12.30 – 13.00 uur	<i>Inloop/ontvangst met koffie/thee bij de rode en blauwe banken in de hal</i>
13.00 – 13.10 uur	<i>Welkom door Suzanne Haeyen in A0.05</i>
13.10 – 14.10 uur	<i>Lezing 1: Expressive Arts Therapy and Trauma-Informed Practice: A Four-Part Model for Healing Centered Engagement – Cathy Malchiodi</i>
14.10 – 15.10 uur	<i>Workshop 1: Expressive Arts Therapy as Embodied Knowledge: Addressing Trauma through Brain-Wise and Body-Based Arts Approaches – Cathy Malchiodi</i>
15.10 – 15.25 uur	<i>Pauze</i>
15.25 – 16.30 uur	<i>Workshop 2: Addiction, Neuropathways and Expressive Therapy: An Innovative Approach - Lynn McKnight</i>
16.30 – 17.00 uur	<i>Afsluiting en drankje</i>

Beschrijving:

Expressive Arts Therapy and Trauma-Informed Practice: A Four-Part Model for Healing Centered Engagement

Lecture by Cathy Malchiodi

Art therapy is part of a continuum of expressive arts approaches that are now being validated through neuroscience and neurobiology. While the brain and body inform our understanding of these approaches, there is also a deeper, cultural and anthropological foundation to why the arts are effective agents of healing. This foundation falls into four basic areas—movement, sound, storytelling and silence; these are practices that have been part of how humankind has addressed trauma and loss since the beginning of recorded history. This presentation will explain the relationship of these practices and their relevance to our current understanding of neuroscience principles of social engagement, polyvagal system and “bottom-up” brain-wise strategies for trauma reparation and recovery.

Expressive Arts Therapy as Embodied Knowledge: Addressing Trauma through Brain-Wise and Body-Based Arts Approaches

Workshop by Cathy Malchiodi

Expressive arts therapy is the only creative form of psychotherapy that use brain-wise and body-based approach to reparation and recovery from psychological trauma. Its unique “bottom-up” framework addresses sensory,

kinesthetic, affective, perceptual and cognitive components of traumatic stress in ways that help individuals get past language to find meaning. This workshop focuses on the sensory, somatic and implicit nature of art within the context of psychotherapy, exploring the three-part process that forms a foundation for intervention with traumatized individuals. Art-based approaches are demonstrated to highlight ways that traumatic stress can be processed with embodied knowledge as the key source of reparation and healing.

Addiction, Neuropathways and Expressive Therapy: An Innovative Approach.

Workshop by Lynn McKnight

This workshop will briefly introduce aspects of the science behind addiction, treatment and recovery, introduce the concept of how expressive therapies can help minimize the symptoms of post-acute withdrawal and cravings, and aid in relapse-prevention. We will look at how group work in expressive therapies reinforces connections, gives safe opportunities to express the raw emotions inherent in early recovery, helps minimize isolation and give more concretely accessible meaning to abstract concepts such as “recovery”. Case studies and illustrations will be included. Experiential components will be interwoven throughout this workshop so that participants can personally validate their own creative processing of the information as well as more deeply value the connections made within the group.

Speakers



Cathy A. Malchiodi, PhD, LPCC, LPAT, ATR-BC, REAT is a psychologist, expressive arts therapist, mental health counselor, educator and researcher in the area of traumatic stress and body-based approaches that are grounded in relational, developmental, mind/body and innovative methods of treatment. Cathy has spent the last several decades working with traumatized children, adults, families and communities, expanding the range of understanding of non-verbal, sensory-based theories and methods through 20 books, 50 chapters and refereed articles, and over 450 invited presentations around the world. She is known for her practical, unpretentious training style that invites communication through interaction, personal stories and humor.

Cathy is the founder and Executive Director of the Trauma-Informed Practices and Expressive Arts Therapy Institute in Louisville Kentucky; as past President

of the Association for Humanistic Counseling; and as a board member of the American Counseling Association, American Art Therapy Association, Association for Creativity in Counseling and First Aid Arts, among others. She has held academic appointments at seven universities throughout the US and is a research fellow with the Emili Sagol Creative Arts Research Center, University of Haifa. Cathy is one of the top bloggers for *Psychology Today* covering a wide range of topics including trauma, mind-body approaches to wellness, neurobiology and the expressive arts in psychotherapy and has a readership of approximately 5 million.

Her most recent book, *What to Do When Children Clam Up in Psychotherapy*, addresses on how to help young clients “get past the impasse” in treatment through innovative, action-oriented methods that enhance therapist-client co-regulation, self-efficacy and resilience. Her current research and writing now focuses on how to apply body-based and expressive approaches to work with adults, couples and families using methods that combine play, imagination, music, bilateral movement, creative writing, dramatic enactment, somatic therapies and mindfulness-based practices.

<https://www.cathymalchiodi.com/>



Lynn McKnight comes to us with a rich background in working with individuals struggling with addictions and co-occurring disorders. She obtained her masters in Art Therapy at the University of Louisville, and her post graduate course work in addictions studies and psychology from USC. She was the clinical director at Crossroads Center Antigua (*Eric Clapton*), and the director for Pavillon International Outpatient; both centers of excellence in the addictions treatment field. She is licensed as a Professional Counselor, Professional Counselor Supervisor, and as an Addictions Counselor. She is certified as a Master Addictions Counselor, and a Board Certified and Registered Art Therapist. She is currently an assistant professor in the Behavioral Science and Neuroscience Department at the American University of Antigua College of Medicine, is the director of the counseling center at AUACOM, and provides expressive arts therapy groups to clients at Crossroads Center. With her training in EMDR and Trauma-informed Expressive Art Therapy level three, her focus and passion are incorporating expressive arts therapy, trauma work and addictions treatment.

Inschrijving

- Deze middag is uitsluitend **bedoeld voor studenten en docenten** van alle opleidingen voor vaktherapie (alle differentiaties). Aan deelname zijn geen kosten verbonden.
- **Inschrijving is wél noodzakelijk** i.v.m. het beperkt aantal plaatsen. Graag aanmelden vóór 14 juni via: secretariaat.vaktherapie@han.nl Je ontvangt een mail ter bevestiging van je inschrijving. Entree op vertoon van studentenkaart/docentenkaart en de bevestigingsmail. Zorg dus dat je deze meeneemt!

Let op: Voor vaktherapeuten uit het werkveld en andere geïnteresseerden is er een post-hbo studiemiddag op donderdag 27 juni bij GGNet te Warnsveld. Informatie hierover is op te vragen bij: s.haeyen@ggnet.nl

Adres

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