

# HEALING THROUGH EXPRESSIVE ARTS THERAPIES: compassionate conversations through the arts

We will work with 3 internationally renowned specialists to transform **your stories and your self** and celebrate and strengthen **your spirit** through storytelling, movement, drama and visual art

**ARMAND VOLKAS** **Healing the Wounds of History Through the Arts**  
Jan 16-17, 2014

How do we prevent the rage, guilt and shame of one generation from haunting a people for generations to come? How do cultures overcome the lasting impact of intercultural conflict and collective trauma?

Through drama therapy exercises, participants will explore the bridge between personal and collective experience to master complex feelings, heal deep wounds and put ghosts of history to rest.

Armand Volkas, MFA, MA, RDT/BCT, MFT, is a psychotherapist, drama therapist and theatre director. He is Clinical Director of the Living Arts Counseling Center and Director of the Living Arts Playback Theatre Ensemble in San Francisco, California. Armand is also Associate Professor in the Counseling Psychology Program at California Institute of Integral Studies and Adjunct Professor at John F. Kennedy University and Sofia University.

*“The prerequisites of creation are playfulness, love, concentration, practice, skill, using the power of limits, using the power of mistakes, risk, surrender, patience, courage, and trust.”*

~ Stephen Nachmanovich, *Free Play*

**Laura Simms** **What a Beautiful Road: The Healing Power of Presence and Storytelling**  
Oct 26-27, 2013

How do we relax the mind regardless of circumstance? Through engaged- storytelling, we will experience the restorative benefits of mindfulness and compassion.

A step-by-step discovery of how to strengthen our capacity for presence, loving kindness, and awareness, as necessary foundations of contentment and deep listening. We will learn practical meditation techniques to enhance our ability to listen to ourselves and others with immediacy, distance and insight.

Laura Simms is an award winning performer, writer, and educator advocating storytelling as compassionate action for personal and community transformation. She is a Senior Research Fellow for the International Peace Institute at Rutgers University Newark under the auspices of UNESCO, a senior teacher of Shambhala Buddhist Meditation and Study, and part of the Therapeutic Arts Alliance of Manhattan. She performs and teaches meditation worldwide.

**Saturdays & Sundays 10am-6pm**

**COST:**

**Combined Series \$475 for 4 days for all 4 courses**  
**\$495 for 4 days when selecting 3 or fewer courses**

**\$100 non-refundable deposit paid upon confirmation**  
**Individual sessions payable by September 15, 2013**

**\$325 per 2 day course when taking all 4 courses**  
**\$375 per 2 day course when taking less than 4 courses**

**Full 16 session program:**

**First half of tuition \$900 due by September 30, 2013**  
**Second half of tuition \$900 due on the first day of the third course**

**KATE DONOHUE** **Part 1: Kinship Libido**  
Nov 23-24, 2013

**“In the deepest sense, we all dream not of ourselves, but of what lies between us and the other.” ~ C.G. Jung**

Kinship Libido, our desire for connection and search for wholeness through relationship, is most dramatically experienced in a collaborative weaving of the arts. Participants will explore the relationship between the individual and the collective that Jung understood as the participation mystique. Through movement, art, drama, and poetry, we will discover what evokes and nourishes relationship, illuminating the power of creativity and our relationship to the collective.

**KATE DONOHUE** **Part 2: Transcendent Journey Through the Mother-Line**  
Apr 26-27, 2014

**A voyage with Helen Hardin, Southwest artist**

To understand the sacred feminine, participants will delve into their own richly layered and complex Motherline journey of individuation based on the model of Helen Hardin and her feminine trinity: Changing Woman, Medicine Woman and Listening Woman. Using poetry, visual arts and movement, we will explore the unconscious feminine legacy of our own families: personally, culturally, creatively and spiritually.

Kate T. Donohue, Ph.D. REAT – One of the Grandmothers of the Expressive Arts, Kate is a licensed psychologist, registered expressive arts therapist, and teacher at California Institute of Integral Studies, Institute for Transpersonal Psychology, JFK University and the San Francisco C.G. Jung Institute. Kate is a cofounder of the International Expressive Arts Therapy Association. Passionate about the arts, she has spent 18 years studying indigenous and ethnic dance forms, in particular West African and Afro-Cuban Dance.

## COMPANION SERIES:

# INTENSIVE CREATIVE ARTS THERAPY CERTIFICATE PROGRAM: tools for using the arts in therapy & school counselling

**Thursdays & Fridays** A 4-session series for therapists, school counsellors, resources teachers, clinicians and artists  
**1-7pm**

“Searching for meaning connects us to the soul and the spirit, resulting in a life that is more open, more joyful and closer to the true self. By connecting with arts and creative expression on a profound level, we are able to more fully explore and understand our life experiences, wounds and strengths.”  
~ Kate T. Donohue

🌀 **LAURA SIMMS** Therapeutic Storytelling Skills  
Oct 24-25, 2013

🌀 **KATE DONOHUE** Introduction to Expressive Arts Therapy Nov 21-22, 2013

🌀 **ARMAND VOLKAS** Drama in Counselling Skills  
Jan 16-17, 2014

🌀 **KATE DONOHUE** Expressive Arts Therapy Part 2  
Apr 24-25, 2014

\$475 / combined 4-day course

breathe ● create ● transform



**Darci Adam MA, MEd, RCAT, CCC**

- Master of Arts, Drama
- Master of Educational Psychology, Counselling
- Canadian Certified Counsellor
- Registered Certified Art Therapist
- Trained in Narrative and Play Therapy
- Past President Manitoba School Counsellors' Association
- Canadian Counselling Association Rep, Manitoba Creative Arts Therapies Chapter
- Sessional Instructor, Counselling, University of Manitoba

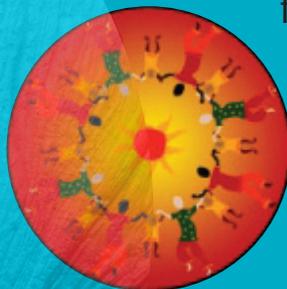
Darci is a Registered Certified Art Therapist and Canadian Certified Counsellor with many years of experience as an educator and counsellor.

**Art-making and art exploration foster a connection with the unconscious, revealing a rich range of information to facilitate wellness and inspired direction in life.**

**Experience awareness, joy and connection as you breathe, create and transform!**

## Express Yourself

Individual Art Therapy & Expressive Workshops  
for Children, Youth & Adults



Darci Adam MA, MEd, RCAT, CCC  
204-293-3869  
express-yourself@shaw.ca  
www.breathe-create-transform.ca  
www.snac.mb.ca  
(see Participate/Services)

# HEALING THROUGH EXPRESSIVE ARTS THERAPIES: compassionate conversations through art

A 4-session personal  
growth series exploring  
compassionate  
self-care

DEEPEN  
YOUR  
EXPERIENCE  
THROUGH  
ART AS  
SPIRITUAL  
PRACTICE

“The creative process is a spiritual path. This adventure is about us, about the deep self, the composer in all of us, about originality, meaning not that which is all new, but that which is fully and originally ourselves.” ~ Stephen Nachmanovich, *Free Play*