



# Two day workshop for professionals: “Using the multi-cultural EXA with death, dying and grief”

Presented by  
Dr. Kate T. Donohue (Ph.D. REAT)

**NEW!**

*“Death is psychologically as important as birth and like it, is an integral part of life”*

*C.G. Jung cw 13 paragraph 68*

## Introduction

The most moving and emotionally challenging work a therapist can encounter is assisting in the grieving process when a loved one has died or when we must face our own death. This is truly soul work and propels us into the liminal space of confronting the meaning of life.

Using a Jungian lens as well as traditional models for grief, participants will learn about the grieving process as well as how to use Expressive arts processes to grapple with these deeper issues. In addition, we will explore Chinese cultural rituals as well as other cultural rituals used to delve into the liminal space of grief.

Many cultures live closely to their symbolic lives and have rituals that help them integrate death and thus fully embrace life. Archeologists say if you want to know about the values of a culture, explore how they treat their dead.

Participants will also investigate their own relationship to death. In “The Soul and Death”, Jung discussed the importance of exploring the existential issue of death. By confronting death, we can then celebrate life, live more closely to the self, and find more meaning in life. Our images and symbols provide access to the depths of our inner world and connection with the breadth of our archetypal potential.

## Trainer’s Biography

**Dr. Kate T. Donohue**, Ph.D. is licensed psychologist, registered expressive arts therapist, international educator and trainer, as well as founding core faculty member of the CIIS Expressive Arts Therapy Department. With her expressive arts compatriots, she helped create the International Expressive Arts Therapy Association and has co-created their professional standards and ethics code. From her thirty-five years life work in writing, teaching, consultation and private practice, Kate has created a marriage between Jungian theory and expressive arts therapy. Kate’s passion for culture, arts, spirituality and healing infuse her work and her personal life.



## Target Participants

Hospice workers, social workers, counselors, psychologists, psychiatrist, expressive arts therapists, arts therapists, health care professionals and expressive arts therapy students

## Learning Objectives

In this workshop, Participants will learn:

- ◆ The traditional stages of grief
- ◆ Key Jungian concepts in confronting the existential issue of death
- ◆ Expressive arts theory and application
- ◆ Cross-cultural applications of a Jungian-based expressive arts approach
- ◆ Cross-cultural approaches to dealing with death, and
- ◆ Clinical applications of expressive arts process both for groups and individuals.



## **Remark:**

The training hours are recognized for the application for being a Registered Expressive Arts Therapist with the International Expressive Arts Therapy Association (IEATA) for competencies and/or course work.



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