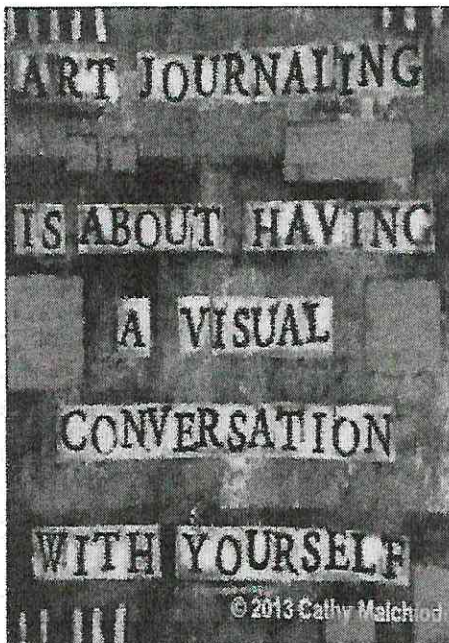


**VISUAL JOURNALING AND
EXPRESSIVE ARTS: ARTS-BASED NARRATIVE
APPROACHES TO SELF-REGULATION AND STRESS
REDUCTION-LEVEL ONE CERTIFICATE
PRESENTED BY CATHY MALCHIODI, PHD, LPCC, LPAT,
ATR-BC, REAT AND ELIZABETH WARSON, PHD, LPC, ATR-
BC**



Visual journaling (also called art or drawing journaling) has been identified as both an important and accessible approach in expressive arts therapy, counseling and psychotherapy. It is not only an effective method for stress reduction, but also is considered a creative way to express personal narratives and life stories as well as make meaning through images, creative writing, imagination and storytelling.

May 2, 3, and 4, 2019

Mayfair United Church, Saskatoon, SK.

For further information about registering contact
grybaevents@gmail.com

In this three-day Level One course, participants will experience a variety of visual journaling approaches that are grounded in emerging research and based on historical foundations of journaling for emotional reparation and wellness. Course content focuses on three basic areas—methods, materials and mind-body— to demonstrate and illustrate how visual journaling can be adapted to support self-regulation, emotional expression and narratives within person-centered expressive arts and counseling, narrative therapy and therapeutic frameworks. While this course is mostly "hands-on," participants will also learn how to design developmentally-appropriate, trauma-informed and culturally responsive visual journal interventions through lectures, readings and group discussions. **Specific content includes, but is not limited to the following:**

- 1) Historical and traditional visual journaling methods in the fields of art therapy and expressive arts;**
- 2) Warm-ups to begin visual journaling sessions with children, adolescents, adults and groups;**
- 3) How to create "person-centered" visual journals with clients;**
- 4) The role of the Expressive Therapies Continuum in applying visual journaling methods for self-regulation, emotional expression and storytelling;**
- 5) The impact of specific visual journaling approaches on health and well-being based on EMDR, DBT and Mindfulness-Based approaches;**
- 6) Integrative methods of visual journaling, creative writing, and storytelling;**
- 7) The role of culture and personal worldview in developing culturally-appropriate visual journaling methods;**
- 8) The role of evidence-based research in developing visual journaling methods to address mood, health and quality of life.**

For office use only:

Payment date and method of payment: _____

VISUAL JOURNALING AND EXPRESSIVE ARTS:

**ARTS-BASED NARRATIVE APPROACHES TO SELF-REGULATION AND STRESS
REDUCTION - LEVEL ONE CERTIFICATE**

PRESENTED BY CATHY MALCHIODI AND ELIZABETH WARSON

NAME _____

CITY AND PROV./ STATE _____

PROFESSION AND DEGREE _____

EMAIL ADDRESS _____

PHONE NUMBER _____

This is a three-day conference and the "early bird" cost is \$ 595 CAD. The deadline for early bird registration is Feb. 28, 2019. After that date the cost is \$610 CAD and the deadline for payment is April 1, 2019.

The conference will be held at Mayfair United Church 902 33rd Street West, Saskatoon, SK. S7L 0W6

Lunches and nutrition breaks will be provided on all three days. There will be no additional cost to participants.

Payment options:

Cheque or money order: Make payable to "Paige Gryba Counselling Services Inc." and mail to S. Gryba 801 Avenue V North Saskatoon, SK S7L 3E9

**Etransfer: Send to grybaevents@gmail.com Security question: what for
Answer: conference**

Paypal: Will soon be available on the website