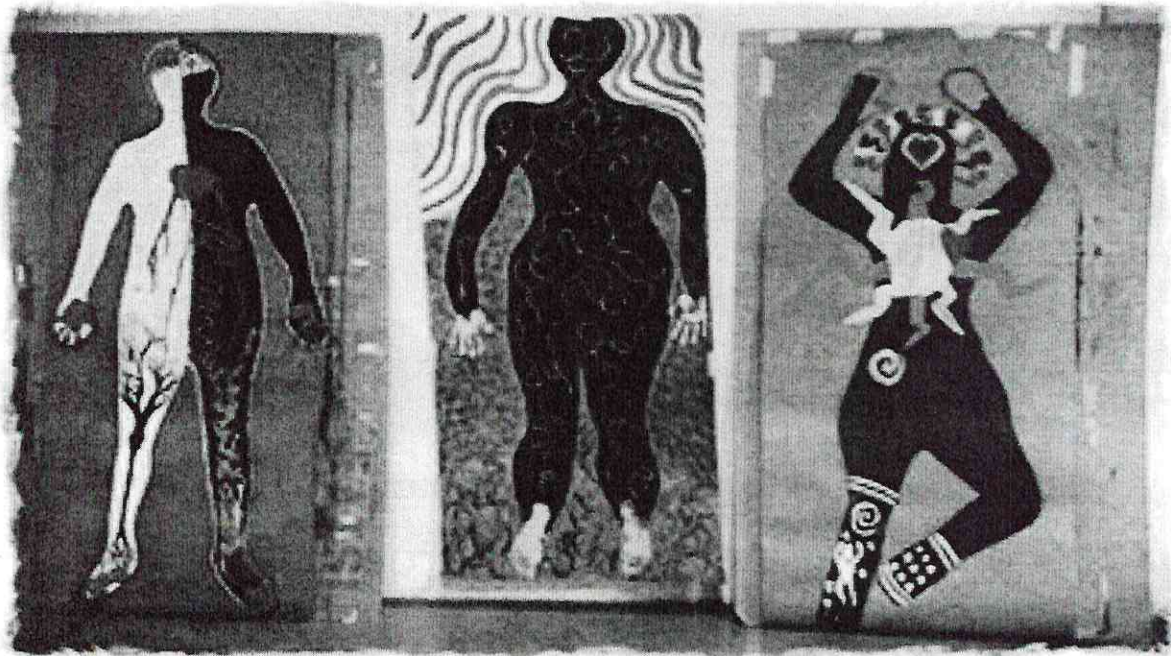


Visual Journaling and Expressive Arts: Advanced Approaches to Self-Regulation and Meaning-Making



Presented by: Dr. Cathy Malchiodi, PhD, LPCC, LPAT, ATR-BC,
REAT and Dr. Elizabeth Warson, PhD, LPC, ATR-BC

Where: Queen's House Retreat and Renewal Centre, Saskatoon,
Sk. Canada

When: May 12, 13, and 14, 2020; 9:00 am to 4:30 pm.

Cost: Early bird (before March 6): \$600, after March 6: \$625.
Lunch and nutrition breaks included each day.

For more information and registration forms, contact:
grybaevents@gmail.com

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This three day course will present trauma-informed expressive arts therapy strategies through a variety of hands-on experiences, lecture, and discussion. This training will focus on principles of self-regulation/co-regulation, safety as a core foundation, embodied awareness, and storytelling, grounded in emerging research and best practices. The material can be applied to individuals of all ages.

Visual Journaling has been identified as an important and accessible approach in expressive arts therapy, counselling, and psychotherapy. It is a multilayered method that brings together somatosensory, affective, and cognitive experiences to express personal narratives and meaning-making through images, creative writing, imagination, and storytelling.

