



## **Expressive Arts Therapy Certificate Training Program 2020-2021 Overview**

Expressive Arts Therapy is an integrative, multi-modality arts approach that is used with people of all ages and backgrounds. NWCEAI offers a dynamic, comprehensive, hands-on approach that prepares clinicians to integrate Expressive Arts Therapy into various practice settings.

- The 10-month training program includes 150 hours of instruction consisting of:
  - 100 hours of live zoom class meetings, 2-3 hours, weekly
  - 50 hours of home practice & online learning platform participation
- Creative Practice with documentation (50 hours is required for the REAT)
- 200 hours internship or practicum with documentation (requirement for REAT, possibility of your worksite being eligible)

### **Class Schedule (subject to change prior to start date)**

Class times will generally be 6:30pm - 8:30pm every week. An additional 1 hour/month will be scheduled for small groups to meet, time and date TBD.

#### **2020**

September: 10, 17, 24

October: 1, 8, 15, 22, 29

November: 5, 12, 19

December: 3, 10, 17

#### **2021**

January: 7, 14, 21, 28

February: 4, 11, 18, 25

March: 4, 11, 18, 25

April: 8, 15, 22, 29

May: 6, 13, 20, 27

June: 3, 10, 17

Graduation will be June 26, 2021, with the possibility of having an onsite celebration, TBD.

## **Certificate Training Program Includes:**

- Foundational Approaches of Expressive Arts Therapy
- Applications of Expressive Arts Therapy
- Individual Expressive Arts Therapy Process
- Group Expressive Arts Therapy Process and Dynamics Ethics and Best Practice
- Group Consult for 200-hour Practicum
- Independent Study & Creative Practice Small Group Learning Opportunities
- Exceptional Guest Faculty
- 30 CEs included in the program at no extra cost!

## **All modules employ a 3-pronged learning process**

1. Understanding + Knowledge
2. Experiential/Hands-On Learning
3. Application

## **Modules: A General Overview (may be updated on a regular basis)**

### **1. Foundations**

- A. Person-Centered Approach
- B. Attunement & Presence
- C. Becoming the Witness
- D. Creative Process
- E. Ethics & Best Practice

### **2. Visual Media Orientation**

- A. Becoming comfortable and fluent with materials
- B. Choosing materials wisely

### **3. Expressive Arts Foundational Practice**

- A. Creating Psychological Safety & Creative Freedom
- B. Working with Process and Product
- C. Understanding the Integrative Approach
- D. Using the Person-Centered Approach
- E. Working with Symbols and Metaphor

### **4. Applications of Expressive Arts Therapy (additions and substitutions may occur based on group and faculty needs)**

#### **A. Visual Arts**

- a. Drawing and Painting
- b. Collage and Mixed Media

- c. 3-D assemblage--may include: working with clay, mask making, doll-making, making puppets
  - d. Photography
  - e. Integrating the Visual Arts
- B. Expressive Writing**
- a. Elements & Techniques in journal writing
  - b. Poetry
  - c. Creative & Visual Journal Writing
  - d. Integrating Writing
- C. Creative Movement**
- a. Somatic Awareness
  - b. Gabrielle Roth 5-Rhythms
  - c. Yoga Therapy
  - d. Authentic Movement
  - e. Integrating Movement
- D. Drama Therapy**
- a. Psychodrama Techniques
  - b. Playback Theatre
  - c. Improvisation Techniques
  - d. Developmental Transformations
  - e. Integrating Drama
- E. Music and Voice in Therapy**
- a. Benefits of and techniques for using music in the counseling process
  - b. Using the Voice
  - c. Using basic rhythm
  - d. Integrating Music and Voice Approaches
- F. Sand Tray**
- a. Background and History
  - b. Expressive Arts Approach
  - c. Materials & Building a collection

#### **Home Practice**

- Assigned Readings and Videos
- Learning Platform Participation
- Creative Practice (50 hours are necessary for REAT, documented)

#### **Practicum**

200 hours of individual or group work using the expressive arts, documented.

**Students who successfully complete the 1st year of the program are awarded a Certificate from NWCEAI.**

## **Year 2+ at NWCEAI**

There is an option to continue the program into a 2nd year+ to complete requirements for Registration with the International Expressive Arts Therapy Association (IEATA). This is a recognized international credential.

### **Path to REAT/2nd Year+:**

1000 hours internship/work experience, 100 hours group supervision or 50 hours individual supervision, or combination of the two.

Every effort is made to use your worksite to complete your hours, and you have up to 48 months to complete this requirement.

NWCEAI provides Group Supervision (3-6 supervisees/2-hour sessions) at a cost of \$100 per session. Recommendations for Individual Supervisors are available.