



NW CREATIVE & EXPRESSIVE
ARTS INSTITUTE

Expressive Arts Therapy Professional Training Program Overview 2021-2022

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

10-Month Training Program includes 150 hours of instruction

- 100 hours online training, in real time.
- 50 hours home practice & online participation
- Creative Practice with documentation (50 hours are required for the REAT)
- 200 hours internship or practicum with documentation (requirement for REAT, possibility of your worksite being eligible)

Class Sessions (Exact dates and times during the week are to be determined)

We meet weekly for 3-hours, starting the week of Labor Day (9/6/2021), with the following weeks off: Thanksgiving week (11/25), Holidays (12/19-31), Mid-winter Break (2/13-19/2022), and Spring Break (April 3-8/2022).

Our last week of class will be the week of June 6, 2022. Graduation will be Sunday, June 26th, 2022.

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
- Independent Creative Practice
- Monthly Small Group Consult
- Exceptional Guest Faculty
- Up to 30 CEs included in the program at no extra cost!

Each module Includes a 3-pronged learning process:

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

Modules: A General Overview Sample

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
- E) Using the Person-Centered Approach
- F) 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, Clay, Mask-making
 - d) Photography
 - e) Integrating the Visual Arts
- B) Expressive Writing
 - a) Elements
 - b) Techniques
 - c) Poetry
 - d) Creative & Visual Journal Writing
 - e) Integrating Writing
- C) Creative Movement
 - a) Somatic Awareness
 - b) Gabrielle Roth 5-Rhythms

NWCEAI Training Program Overview

- c) Yoga Therapy
- d) Authentic Movement
- e) Integrating Movement

D) Drama Therapy

- a) Psychodrama Techniques
- b) Playback Theatre
- c) Improvisation Techniques
- c) Integrating Drama

E) Music and Voice in Therapy

- a) Benefits of and techniques for using music in the counseling process
- b) Using the Voice
- b) 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
- Online 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. 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 a 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) \$50/hour/supervisee.

Recommendations for Individual Supervisors are available.