



## Expressive Arts Trainings with Dr. Jamie Marich coming to the Raleigh, NC area!



**Jamie Marich, Ph.D., LPCC-S, LICDC-CS, REAT, RYT-200, RMT** travels internationally speaking on topics related to EMDR therapy, trauma, addiction, expressive arts, and mindfulness while maintaining a private practice in her home base of Warren, OH. She is the developer of the Dancing Mindfulness practice ([www.dancingmindfulness.com](http://www.dancingmindfulness.com)). Jamie is the author of five books, including the popular EMDR Made Simple, as well as EMDR Therapy and Mindfulness for Trauma-Focused Care (Springer Publishing, 2017), written in collaboration with Dr. Stephen Dansiger. Her newest title, Process Not Perfection: Expressive Arts Solutions for Trauma Recovery, was released in April 2019.

### Introduction to Expressive Arts Therapy: Strategies for Trauma-Focused Care October 3, 2019 - 8:00 AM-4:30PM

Expressive arts therapy is an approach to psychotherapy with roots in indigenous cultures and a rich history of evolution within modalities such as Jungian, person-centered, and Gestalt psychotherapies. Defined by its emphasis on the multi-modal process of healing (exploring many combinations for creativity rather than relying on just one art form), the strategies of expressive arts psychotherapy can prove useful to trauma therapists practicing in a variety of modalities. In this workshop, participants are oriented to the fundamentals of expressive arts therapy history and approach. Participants are then instructed in how to facilitate an expressive arts process to teach the clinical concepts of grounding and managing emotional affect through widening the window of distress tolerance. Participants will leave with an enhanced respect for how to foster client creativity in working with these concepts and their clinical intricacies. A breakout segment for EMDR therapists is included. Participants will brainstorm how to implement content from the overall workshop to EMDR therapy case conceptualization and treatment planning within the scope of the AIP model. Includes 6 CEUs and EMDRIA credits.

### EMDR Therapy, Mindfulness, and Expressive Arts: Advanced Solutions for Healing Complex Trauma March 5, 2020 - 8:00 AM-4:30PM

This workshop is exclusively for EMDR therapists or partial training in EMDR therapy and offers strategies for using both mindfulness and expressive arts therapy within the 8-Phase EMDR protocol to optimize effectiveness with complex trauma cases. Mindful application of expressive arts strategies bolsters the possibilities for EMDR therapists to serve clients in Phase 2 and Phase 7. Expressive arts practices also equip EMDR therapists for potential issues in Phases 3-6 with abreaction and dissociation. Participants are oriented to the fundamentals of expressive arts therapy and mindfulness. They will then learn how to facilitate an expressive arts process and teach mindfulness skills to assist clients in preparation and to widen the window of distress tolerance throughout the phases of EMDR therapy. Case studies are presented from clinical practice and literature reviewed regarding expressive arts practices used to manage dissociation and abreaction, including in children. A discussion on use of mindfulness and expressive arts in EMDR therapy, as well as the poem of instruction, a traditional expressive arts practice and its use, concludes the workshop. Includes 6 CEUs and EMDRIA credits.

Location: One-Eighty Counseling, P.A.  
69 Shipwash Dr.  
Garner, NC 27529



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