



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). Jamie is the author of many books including *Trauma and the Twelve Steps*, *Trauma Made Simple*, *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.



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

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 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 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 use, concludes the workshop.

Cost: \$105 for licensed professionals and \$65 for graduate students

This training is approved for the following: 6 CE Credits: APA, NBCC, EMDRIA

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

Visit InstituteforCreativeMindfulness.com to register and to learn more
about our Certificate of Expressive Arts Therapy!



One-EightyCounseling.com