

Integrating Art in Therapy for the Non-Artist

PRESENTED BY: KATIE SARDONE, PHD & RACHEL LARLEE

Join us to learn how to integrate creativity and art into your traditional therapy practice. In this interactive workshop participants will gain an understanding of the evidence behind the utilization of art in therapy including specific techniques such as watercolor, journaling and a form of embroidery called 'Slow Stitching.' Artist and studio owner Rachel Larlee and Licensed Psychologist and group practice owner, Dr. Katie Sardone, will discuss the art and science of creativity and give participants the opportunity to practice artistic interventions. Participants will leave with skills which may be immediately useful in their practice with children or adults to enhance clinical outcomes.

**TO REGISTER EMAIL
INFO@BEHAVIORALHEALTHDALLAS.COM**



KATIE SARDONE, PHD



RACHEL LARLEE

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WHEN:

MAY 3RD, 9AM-12PM. COFFEE
AND REFRESHMENTS SERVED.

WHERE:

5677 VILLAGE GLEN DRIVE
UNIT 12101
DALLAS, TX 75206

*THE STUDIO ON IN THE VILLAGE.
THERE IS PARKING AVAILABLE BY
THE COFFEE SHOP BUZZ AND
BUSTLE AND THEN
UNDERGROUND PARKING BY
SANDY PICKLE

COST:

\$125 PER PERSON (PRICE
INCLUDES ART MATERIALS FOR
THE WORKSHOP)

CREDITS AVAILABLE:

3 CE CREDITS

TARGET AUDIENCE:

MENTAL HEALTH PROVIDERS

INSTRUCTIONAL LEVEL:

INTERMEDIATE

**CO-SPONSORED WITH RACHEL
LARLEE CREATES LLC**

OBJECTIVES:

- DISCUSS IMPLEMENTING ARTISTIC AND CREATIVE INTERVENTIONS IN TRADITIONAL THERAPY, EVEN IF YOU ARE NOT A SELF-PROCLAIMED ARTIST.
- DESCRIBE WHAT HAPPENS IN THE BRAIN AND BODY WHEN WE ARE USING CREATIVE AND ARTISTIC THINKING.
- THE NEUROPSYCHOLOGICAL BENEFIT OF INTERVENTIONS WILL BE REVIEWED.
- PRACTICE 2-3 ARTISTIC INTERVENTIONS IN THE WORKSHOP WITH OPPORTUNITIES TO EXPERIENCE THEIR BENEFIT AND ASK QUESTIONS ABOUT THERAPEUTIC USE.



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