

**INTRODUCTION TO EXPRESSIVE ARTS**  
A 16-WEEK PROFESSIONAL DEVELOPMENT COURSE

*Are you a social worker, teacher, therapist, artist, youth worker or other professional wanting to expand your professional skill set?*

Introduction to Expressive Arts is a course designed to help professionals expand their working skills to include the principles and practice of expressive arts. This course can be taken for personal as well as professional development.

The course will teach the basic principles and practice drawn from the core literature in the field of intermodal expressive arts as used in therapy, coaching, education and social change. The instructor is responsible for teaching the basic concepts while four guest artists will present specific artistic modalities, for example, dance/movement, writing, theatre and visual art. Because The Create Institute emphasizes experiential learning, you will be encouraged to explore how different dimensions of artistic action can connect to your work and to your own life.

**COURSE INFORMATION:**

This is a three-hour weekly class, Monday, 5:30-8:30 PM, running for sixteen weeks. Emphasis will be placed on understanding the basic elements of Expressive Arts. Topics include intermodality, expanding the range of play, aesthetic response and aesthetic responsibility, decentering through the arts (work, play and ritual), as well as using the arts as a resource-based approach to trauma. A reading package will be provided.

This course is also designed to help students develop their own creative potential by encouraging them to engage in an ongoing artistic practice. You will be asked to complete 50 hours of studio time during this training. During the course, there will be opportunities to present the work you have been doing in your studio time.

After finishing all course requirements, you will receive a Certificate of Completion in the INTRODUCTION TO EXPRESSIVE ARTS.

FALL/WINTER SESSION: October - February

COST: Tuition is \$1,900.00 (\$100.00 off for early registration before August 31st)

LOCATION: The Create Institute Studio at 468 Queen St. East, Suite LL01, Toronto, ON

**INSTRUCTOR:** **Lee Shields, RP, MA, BSW, E.X.A.T, T.I.R.P** (candidate) is a graduate of The Create Institute and the European Graduate School (Switzerland) and Ryerson University. She also has completed her training at the Toronto Institute for Relational Psychotherapy. She has been working as an arts-based psychotherapist with clients who have experienced trauma for 18 years in private practice and at the Griffin Centre. Lee is a core faculty member: a clinical supervisor, co-cordinator of the Create Clinic and she is a co-director of the Create Institute. [leeeshields@gmail.com](mailto:leeeshields@gmail.com)