

The Create Institute Summer Workshop series

June 8, 10am-1pm In-person

Body Awareness: Inviting movement and dance into EXA therapeutic relationships

This experiential workshop gives participants an opportunity to explore Expressive Arts Therapy and Dance/Movement Therapy approaches in application to both psychotherapy and community engagement settings. We will practice finding comfort and imagination within our own bodies and will exercise connecting with others by moving together. Play, liberation, expression and joy may be found through exploring the concepts of kinesthetic empathy, mirroring, sensory attunement, use of rhythm and group synchrony.

The participants of the workshop will be able to:

- Form an idea of certain aspects of Dance Movement and Expressive Arts Therapy and its application to mental health, community and educational fields.
- Have an introductory experience of the following DMT concepts and techniques: Bartenieff Fundamentals, Laban Movement Analysis, Chace-method, Mirroring.
- Explore their own way to find comfort and expression in their body.
- Be part of a movement playground and enhance their ability to connect with others on a deeper level.

This workshop is for:

Students, mental health professionals, therapists, teachers, caregivers. No movement background is required, all bodies are welcome.

Course fee: \$150

Location: CREATE Studio, 468 Queen St. East,
Suite LL01

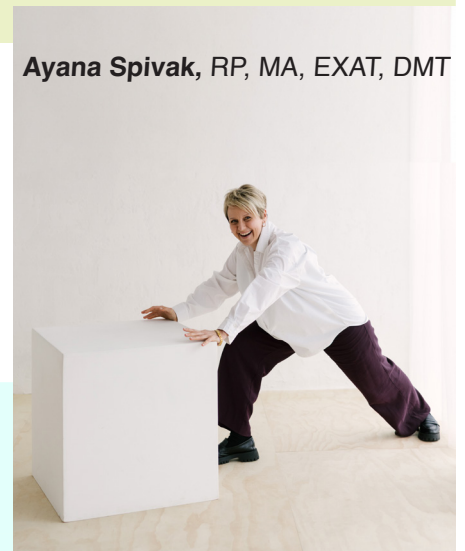
To register please send form and fee payment to:
admin@thecreateinstitute.org

Instructor: **Ayana Spivak, RP, MA, EXAT, DMT**

Ayana is a Faculty Member of The CREATE Institute. She is a Registered Psychotherapist with CRPO, a psychotherapist in private practice, a certified supervisor and member of the OEATA (Ontario Association of Expressive Arts Therapy) Board of Directors.

Ayana has been graduated from Moscow State University of Psychology & Education with a master's degree in psychology then continued her education as a Dance Movement Psychotherapist at Institute of Practical Psychology and Psychoanalysis (Moscow, Russia) as well as EXA Therapist at The CREATE Institute.

She has been working with groups and individuals in various contexts (psychotherapy, business consulting and dance teaching) since 1994. In collaboration with different social agencies, Ayana facilitates Dance and Expressive Arts Therapy groups for people with diverse backgrounds, age and abilities, including people with developmental or ambulatory disabilities, youth and seniors. Moving through the world and raising her own family, Ayana is keen on Play and Art as an essential and nurturing environment to grow and flourish.



The CREATE Institute *Centre for Expressive Arts Therapy Education*
thecreateinstitute.org admin@thecreateinstitute.org (416)539-9728

The Create Clinic – Low cost EXA Therapy E: thecreateclinic@gmail.com