

The Create Institute Summer Workshop series

June 8, 2-5pm In-person

Deepening Connections with Expressive Arts and Nature

This is an experiential workshop during which we will explore play and creativity with nature and shape our aesthetic response to the elements and with material in our environment. Staying attentive to the land we are on and our impact on it, we will explore our relationship with our surroundings through our senses and the arts: gathering, shaping, and offering back gifts through poetry, movement, sound, and installation. We will experience and reflect on nature as therapy and how it has the capacity to bring us into our bodies/calm our nervous systems and ignite a sense of pleasure, awe, and connection.

Participants will explore the following:

- * engage in sensory awareness and experience how our bodies respond aesthetically to the natural world
- * step into co-creation with nature as a decentering experience within the architecture of expressive arts therapy
- * experiment with intermodal expressive arts and nature as partners in the unknown: gathering, shaping, reflecting, and harvesting through poetry, movement, sound, and installation.
- * reflect on the role of nature in expressive arts therapy as a path towards connection, transformation and change

Who is this for?

- * People who are interested in deepening their relationship with the greater-than-human world and are inspired to co-create something new with other people in outdoor spaces
- * Health care professionals who are curious about the benefits of using expressive arts and nature with people and communities

No artistic experience required.

We will be walking around outside (rain or shine) within the Create Studio neighbourhood

What to bring: A field journal and pen

- * A blanket to sit on outside
- * Weather appropriate clothes (i.e. rain jacket, sun hat etc.)
- * Anything else you might need to be comfortable (i.e. water bottle)



Instructor:

Lesley Swartz, R.P. M.Ed. ExAT

Course fee: \$150

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

To register please send form and
fee payment to:

admin@thecreateinstitute.org

Lesley is member of the Core Teaching Faculty at The Create institute as well as Coordinator/Clinical Supervisor of The Create Clinic. She is a Registered Psychotherapist, Expressive Arts Therapist, group facilitator, teacher, clinical supervisor and consultant. She holds an undergraduate degree from Dalhousie University in International Development Studies and a Masters of Education from the Ontario Institute of Studies in Education (OISE/UT) where she focused on holistic and aesthetic education and creative community development.

Lesley graduated from The Create Institute with a diploma in Expressive Arts Therapy, she trained for five years in Gestalt Psychotherapy at the Gestalt Institute of Toronto, and has a Diploma in Developmental Somatic Psychotherapy from The Center for Somatic Studies in New York, NY. She has recently been training in Morning Altars - a nature, creativity and ritual healing modality.

Lesley has worked in private practice as an arts based psychotherapist in downtown Toronto for over fifteen years where she continues to work with individuals, couples and families from diverse backgrounds using an embodied, relational, arts based approach to work through life struggles related to trauma, life transitions, relationships, and loss. She spends her creative time seeking connection in nature, exploring the world in different ways with friends and family, and expanding her range of play through arts modalities that inspire her in the moment.



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