

## **The Art of Trauma: Expressive arts with clients who have had traumatic experiences Instructor: Lee Shields**

This eight-week course is designed to support psychotherapists, social workers, front-line staff and other professionals who work with clients who have experienced trauma.

The course uses the basic principles and practice of intermodal expressive arts to guide participants in developing an approach that will help clients shape their relationship to their traumatic experience. Through experiential learning and art making, participants will discover how different artistic practices can help clients engage with their difficult stories. Professionals will also use the arts to explore their own counter-transference and find ways to hold their clients' suffering.

Participants will learn to:

- Identify a client's reaction to a stressful event or memory through sensory-based activities.
- Reinforce a sense of safety by reconnection and self-soothing through art making.
- Use art making to unpack counter-transference to clients' difficult stories.
- Understand the basic principles of expressive arts therapy and the way that play can ease a client's experience of trauma.
- Achieve an understanding of how expressive arts can build strength and resilience for clients who have had traumatic experiences.

No previous artistic experience is necessary.

A reading package will be provided.

The course meets for three hours on **Mondays from February 25 – April 22, 5:30 – 8:30pm**  
(No class on March 11<sup>th</sup>)

### **Absences:**

In order to receive a Certificate of Completion, make-up work is required for missed classes.

### **Criteria for Evaluation of Students:**

We expect students to participate and engage in class activities.

**Lee Shields**, M.A., R.P., is a graduate of The CREATE Institute and the European Graduate School (Switzerland) and is currently completing her studies at the Toronto Institute of Relational Psychotherapy. She has been working as an arts-based psychotherapist for 17 years in private practice and at the Griffin Centre with clients who have experienced trauma. Lee is a core faculty member and the Practicum Coordinator at The CREATE Institute. She is a member of OACCPP. [leeeshields@gmail.com](mailto:leeeshields@gmail.com) or (647) 668-6094

\*Workshops may be cancelled or postponed to a later date due to low participation or unforeseen circumstances. Participants will be notified of time changes or cancellations within one week notice.