

The Create Institute Summer Workshop series

May 25, 2-5pm Online

Expressive Arts Therapy 101: Fundamentals of Practice

This 3 hour workshop will focus on the theory and practice of decentering, a fundamental practice of expressive arts therapy. Lee Shields, the instructor will teach: how moving between art modalities, for example: voice, music, dance/movement, writing, theatre and visual art can inspire the art making process.

In this workshop we will engage in an artistic process that will allow for a new image to emerge. This is a place of resource building, when facing challenges.

Because The Create Institute emphasizes experiential learning, you will be encouraged to explore how different dimensions of artistic action can connect to your professional work and to your own art practice.

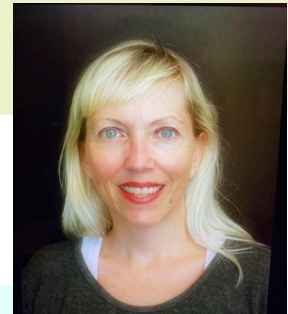
Learning objectives:

- Participants will be taught what is decentering and how to support a client in their art making process.
- Participants will begin to learn the practice of expressive arts: what is an intermodal transfer?
- Participants will also achieve an understanding of how expressive arts can build strength and resilience for clients, through their art making process.

Course Fee: \$150

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

*Zoom link will be sent closer to the date



Instructor:
Lee Shields MA, BSW, RP, EXAT

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Lee has been working in private practice for over 25 years. Here she works relationally and from an anti-oppression framework, and specialized in working with clients, who have relational trauma.

With a background in dance and visual art, Lee has spent the past decade immersing herself in Butoh under the mentorship of Denise Fujiwara. Her artistic expression extends into embodied creations through mixed media paintings, incorporating paper, wood, rusty metal, photocopied images, natural objects, pigment, and wax. Layering translucent waxy colors and integrating objects into sculptures, she intuitively explores the interplay between intent and accident, where the history of her process intertwines seamlessly with her intended vision.

Lee is interested in the relationship between intent and accident. The history of the process becomes inseparable from what she may have intended to paint. Lee is curious and motivated by the process of not knowing what will happen next.



The CREATE Institute *Centre for Expressive Arts Therapy Education*
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The Create Clinic – Low cost EXA Therapy E: thecreateclinic@gmail.com