

The Create Institute Summer Workshop series

June 1, 10am-1pm Online

Attending to the Sacred: Spirituality & Expressive Arts Therapy

This course will survey the intersection between expressive arts therapy and spirituality to broaden understanding, and will facilitate learning via three main foci:

- 1) Spirituality as more than the single story of organized religion
- 2) Spirituality in the therapeutic arena, is always informed and defined by each client's unique sense of the sacred, not the therapists
- 3) Spirituality and psychotherapy is a prescribed evidence-based experiential therapy recognized by the CRPO (Canadian College of Registered Psychotherapists)

The scope and application of this short course are intended to be eclectic and diverse: ecumenically, cross-culturally, and appropriate for faith, non-faith-based, wisdom traditions, and worldview spiritualities.

Discussions will include navigating the topical challenges for clients and therapists alike. These conversations will be supported by historical theories, foundational models, scenarios to practice ethical decision-making, an overview of recent neuro-theological evidence, and creating hands-on expressive arts modalities.

Participants will engage in learning that answers the overarching question

How to Attend to the Sacred in Expressive Arts Therapy

- Development of increased awareness of the diverse role of the sacred while fostering an inclusive comfort level for both clients and therapists.
- Recognition of spirituality as a positive dotted line component to all other key therapeutic domains: biological, physical, social, cultural, cognitive, and emotional
- Incorporation of spiritually comprehensive intake assessments
- Creation of experiential EXAT invitations that offer inclusive hospitality of the sacred

Fee: \$150

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

**Zoom link will be sent closer to the date*

Instructor:

Dr. Ouida Pihulyk, BFA, MTS, D. Min,
CSDS, EXAP, D/MT
Director, The CREATE Institute



Ouida is the director of the CREATE Institute, an ordained Minister, spiritual director, supervisor, educator, consultant, and workshop facilitator. She also has a private practice in Spiritual Direction and the Expressive Arts and teaches this specialty at various educational institutions.

Ouida has lived and professional experience in nurturing the sacred, and recognizing the necessity of spirituality within the therapeutic alliance. Recent research interests include leading focus groups on mental health within BIPOC communities and the use of storytelling and creative writing as a journey to healing from historical racialized trauma. She is also a panelist speaker for the Adopt Council of Ontario lending her voice to the discussion on integrating cross-cultural adoption, creative ways to address childhood trauma, and how to cope with reactive attachment bonding.

Transformational inner healing always integrates our whole self -body, mind, and spirit.



The CREATE Institute *Centre for Expressive Arts Therapy Education*
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