

Shaping and Re-Shaping Relational Space
How can play support and strengthen therapeutic relationships?

Instructor: Lee Shields

Who is the course for:

Teachers, registered psychotherapists, social workers, professionals, who have an interest in play and those who want to personally develop their understanding of relationship building using play.

Description:

This course will use the basic principles and practice of intermodal expressive arts to guide participants in the development of the practice of play. Through experiential learning and art making participants will discover how play can support your relationships with clients.

Participants will have the opportunity to:

- Achieve an understanding of how expressive arts and play and build strength and resilience for clients, who may be restricted within their relationships.
- Use the practice of play with clients, who have experienced difficult relationship patterns.
- Discuss and compare Winnicott's theory from *Playing and Reality* (Tavistock Publications 1971), with expressive arts therapy theory.
- 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.
- Reinforce a sense of spontaneity and safety by reconnecting to oneself in a group setting.

A reading package will be provided.

This six-week course meets for three hours on **Mondays from May 28 – July 9, 5:30 – 8:30pm**
There will be no class on July 2nd

Absences:

In order to receive a Certificate of Completion, make-up work is required if one or two classes are missed.

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 (formerly ISIS Canada) 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 or (647) 668-6094