

Dianne Tennyson MAT, ATR
ART CONNECTS ART THERAPY
409 Coleman Blvd. Ste. 2B
Mt. Pleasant, SC 29464
www.artconnects.us

Art Therapy Workshop for Mental Health Professionals

Description:

This interactive workshop will allow mental health professionals to personally experience the art therapy process, individually tapping into their inner creativity while connecting with others. These sessions are designed to provide a safe place to create art, express feelings, communicate, and promote community. Creating art, writing, and processing will become an exciting avenue for self-discovery.

Objectives:

- To educate mental health professionals about the creative process of art therapy.
- To demonstrate this vehicle for self-discovery through a creative process that makes the unconscious available through art.
- Sessions will include exploratory feedback from the art therapist and group members after creating their art.
- Participants will explore psychological universality while sharing information and interpersonal insight.
- Participants familiarize themselves with a creative process that can be applied to all aspects of life.
- Participants are in a safe environment created for professionals to open up and let go.

This course does not prepare participants to become art therapist.

Facilitator: Dianne Tennyson, MAT, ATR (Registered Art Therapist)

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