**AGPA Connect 2023 Presenter Information**

**Course Code:** 26a

**Course Title:** An expressive arts therapy journey: an individual and group experience through creative connection between arts modalities, oneself, and other

**Course Times:** 10:00 AM - 12:30 PM & 2:30 – 5:00 PM

**Course Dates:** Friday, March 10

**Instructors:** Daniella Bassis

Marcia Honig

Orit Even Shoshan - Reshef

Idit Tevet

**Course Description:** When words are not enough, Expressive Art Therapy (visual art, bibliotherapy, and drama and movement) invite participants to explore themselves and their inner world using creativity, spontaneity, and playfulness using verbal and non-verbal expression. In this all-day workshop, participants will explore a "multi model expressive arts therapy," while creating images that will tell our stories and connect one modality to another (inter-model transference), enabling participants to move in a multi-level of deeper experience.

**Learning Objectives**

The attendee will be able to:‎

1. ‎Differentiate between the various modalities through an inner process.‎
2. ‎Utilize creative art modality in a group to facilitate the expression and transformation of unconscious ‎material.‎
3. ‎Create images, give them a voice, shape and motion that will resonate their feeling in here and now.‎
4. ‎Analyze the communicate through images and generate a group artistic creation that will represent ‎their group experience.‎

**Significant Articles:**

1. Case, C., & Dalley, T. (2014). The handbook of art therapy. Routledge.‎
2. Even Shoshan - Reshef, O. (2022). Storytelling Therapy – The Therapist's Guide to Authentic ‎Bibliotherapy, EBookPro Publishing.‎
3. Knill, P., Levine, E., & Levine, S. (2005). Principle and practice of expressive therapy. Toward a ‎therapeutic aesthetics. LONDON: Jessica Kingsley Publishers.‎
4. Schaverien, J. (1999). The revealing image: Analytical art psychotherapy in theory and practice. Jessica ‎Kingsley Publishers.‎
5. Waller, D. (2014). Group interactive art therapy: Its use in training and treatment. Routledge.‎

**Agenda:**

1. A brief description of the workshop (presentation / Orit) (10 min, Obj 1)
2. Art Therapy Experience (individual & group / Idit) (40 min. Obj 2, Obj 3)
3. Group Sharing (Idit) (15 min. Obj 4)
4. Bibliotherapy Experience (individual & group/Orit) (40 min. Obj 2, Obj 3)
5. Group Sharing (Orit) (15 min. Obj 4)
6. Movement Therapy (individual & group / Daniella) (40 min. Obj 2, Obj 3)
7. Group Sharing (Daniella) (15 min. Obj 4)
8. Art Therapy Experience (individual & group /marcia/ ) (40 min. Obj 2, Obj 3)
9. Group Sharing (marcia) (15 min. Obj 4)
10. Individual & Group Reflection (marcia / Idit /Orit / Daniella) (60 min. Obj 1, Obj 4)
11. Participant Evaluation (10 min)

**Assessment Questions:**

Question 1 (include possible answers)

What's Bibliotherapy?

Correct Answer 1

Bibliotherapy is a therapeutic method in the field of art therapy.

Question 2 (include possible answers)

What's the "third voice"?

Correct Answer 2

The "third voice", is the third voice in the treatment room. in addition to the voices of the patient and the therapist, takes part in the dialogue as an autonomous interlocutor.

Question 3 (include possible answers)

What is the principle behind art therapy?

Correct Answer 3

Through art creation one express and communicate his internal world. The art is a representation of one’s inner world.

Question 4 (include possible answers)

What is the meaning of this workshop?

Correct Answer 4

Workings with arts modalities in a safe non-judgmental space enable participants to meet their authentic self .

Question 5 (include possible answers)

Do you need to be an artist in order to do art therapy?

Correct Answer 5

There is no need to have any prior knowledge of art prior to an art therapy experience, each person comes with his inner world to communicate and express.

Question 6 (include possible answers)

What's the significant of group therapy in creative arts?

Correct Answer 6

creative arts in a group setting foster verbal and nonverbal communication. Creative arts are well known for playfulness that generate social connection in group.

Question 7 (include possible answers)

What's the model we are exploring in the workshop?

Correct Answer 7

in this workshop the participants will explore a "Multi model expressive arts therapy".

Question 8 (include possible answers)

What the research found about the one of the benefits of creative art?

Correct Answer 8

Researcher see after intervention through different art modalities, improvement in cognitive and affective health.

Question 9 (include possible answers)

What's the benefit of creative art in helping communicate in a group?

Correct Answer 9

practicing creative arts invite participate through playfulness , creativity, and spontaneity , to break the ice and foster group communication.

Question 10 (include possible answers)

(T/F) In order to express yourself you need to practice only one art therapy modality.

Correct Answer 10

FALSE. Answer: No, the most important insight from the workshop is understanding that the dialogue between the modalities will make a better self-growth.