



DEPARTMENT OF PSYCHOLOGY

CHRIST UNIVERSITY

IS ORGANIZING A TWO- DAY TRAINING WORKSHOP ON

TRANSFORMING YOUR LIFE STORY THROUGH THE EXPRESSIVE ARTS

Date: June 11 & 12, 2014

Time: 9:00 am – 5:00 pm

Venue: Room 611, Floor 6, Central Block, Christ University

Resource person: Dr. Kate T. Donohue



About the resource person

Dr. Kate T. Donohue, Ph.D. is a licensed psychologist, registered expressive arts therapist, international educator and trainer, as well as founding core faculty member of the CIIS , Expressive Arts Therapy Department. With her expressive arts compatriots, she helped establish the International Expressive Arts Therapy Association and has co-created their professional standards and ethics code. From In her thirty five years of writing, teaching, consultation and private practice in this field , Kate has created thirty a marriage between Jungian theory and expressive arts therapy. Kate's passion for culture, arts, spirituality and healing infuse her work and her personal life.

About the training workshop

“The more she tells her story, the more she can let go of it, as she keeps changing the story, the story keeps changing her.” (Knill, Minstrels of Soul)

Each of us holds many stories inside of us from our life experiences. Every person is a natural story teller. All of us tell stories about our lives to know ourselves better as well as seek understanding from others. We remember ourselves and our lives in narratives. These narratives, according to Jung, become the personal mythology we live by. But there are times we become stuck in our stories/myths. Using the creative process through a Jungian expressive arts multi-arts approach, we are able to , through our imagination, create a new mythology for ourselves. Our story can change and thus open pathways to alternative ways of seeing, feeling and experiencing our lives, freeing us from the past and Making us aware of human universals through the arts, myths and rituals. The story you may tell at the end of this workshop will differ in some ways from the tale you told at the beginning.

Understanding personal myths is important because they do more than reveal how a person sees his or her past and they also act as a sort of script that determines how a person is likely to act in the future. Further those who are living out destructive myths, using expressive arts to gain insights into their myths can help create a new reality.

Using the universal language of the arts, called expressive arts, and the power of play and the imagination, participants will explore the myth they live by currently. Using imaginal play, visual arts, movement, music, drama, poetry and story-telling, participants will open up to the potentials untapped inside of them to explore alternate ways of seeing themselves and others.

General Learning Objectives:

Participants will learn how to use storytelling, creative arts, multi-arts processes as avenues for change. In this workshop, participants will:

1. Learn the healing nature of story.
2. Learn the Jungian approach to personal and universal myth making.
3. Gain a deeper and more expansive grasp of the uses of Intermodal Expressive Arts and learn to apply them in their lives.
4. Learn intermodal multi-arts processes to explore and change their personal mythology
5. Learn to listen with an ear to emerging stories.
6. Develop ease with simple storytelling.
7. Attend to primacy of image and metaphor in their lives.

The hours are recognized for the application for being / practicing as a REAT - Registered Expressive Arts Therapist and REACE - Registered Expressive Arts Consultant/Educator with the International Expressive Arts Therapy Association (IEATA).

FOR REGISTRATION FORM AND DETAILS CLICK:

<https://docs.google.com/a/christuniversity.in/forms/d/1IG5TsPbkPzOOqEZMgjG2dsB4ozNwHirLmj8S3GaCOMk/viewform>