

## THE INDIGENOUS ROOTS OF EXPRESSIVE ARTS THERAPY



**KATE T. DONOHUE Ph.D., REAT** is a licensed psychologist and registered expressive art therapist with a Ph.D. in Counseling Psychology. Kate has a deep passion for the arts, culture and dance, especially western African dance. Her life work in teaching supervision, consultation, training and private has been to marry Jungian theory with expressive arts therapy.

For over 30 years, Kate has an active private practice in San Francisco as well as being an international trainer, author and pioneer in the field of expressive arts therapy.

She is excited to present this workshop which weaves her passions, training and experience, to explore the indigenous roots of expressive arts therapy in Ghana, a country she fell in love with 13 years ago.

## TWO UNFORGETTABLE WEEKS AT ABA HOUSE

**WORKSHOPS:** with the assistance of wonderful Ghanaian artists, dancers, musicians, poets and actors participants will delve into the arts of Ghana. Each day Kate and a Ghanaian artist will introduce an art form experientially. Direct experience of the art and Ghanaian culture will enhance one's understanding of the healing aspects of the art form. Then the co-leaders will explore the healing potentials of the art as well as weave in an understanding of how art reflects and heals culture.

**FIELD TRIPS:** visit galleries - museums - traditional crafts villages and interact with African artisans on a personal level.

**PARTICIPATE:** in traditional dance and drum ceremony

**CROSS CULTURAL COLLABORATIVE** is sponsoring a special workshop in Ghana with Expressive Arts therapist Kate T. Donohue

**August 4 - August 17, 2014**



**Stay in our guest house across the street from the ocean in a Ghanaian village - Eat delicious local food - Interact with African artisans on collaborative identity**



# Ghana- West Africa

Cost for 14 days in Ghana:

\$ 2600.00

**included:**

airport pickup - room - breakfast - dinner - workshops - transport in Ghana - orientation - entrance fees - laundry

**not included:**

international airfare - visa - lunch - insurance - personal expenses - tips

deposit of \$1000.00 due by March 1, 2014  
balance due by June 25, 2014

Please send check to:

**Cross Cultural Collaborative**

45 Auburn St.

Brookline, MA 02446 USA



for questions about workshops :

[kate@kate-donohue.com](mailto:kate@kate-donohue.com)

for questions about logistics:

[aba@culturalcollaborative.org](mailto:aba@culturalcollaborative.org)

Ghana offers a rich glimpse into the soul of Expressive Arts Therapy ( EXAT ), the use of the arts for healing, community building and spirituality. Using the vast artistic resources of Ghana, Kate will introduce participants to the experience, theory and application of EXAT through a Jungian lens. Indigenous cultures have always known that the psyche is revealed not only through words, but through images, symbols and the body. The Expressive Arts reawaken the language of image, movement, sound, metaphor, drama and poetic utterances, revealing the deepest aspects of the self and expressing what often cannot be put into words. Drawing, painting, sculpture, movement, dance, sand play and ritual provide access to one's inner world and as well as the culture, values, sense of community and spiritual attitude.



## WORKSHOP OBJECTIVES

- ❖ learn the theory, concepts & applications of EXAT
- ❖ learn about the healing potential of Ghanaian arts and culture
- ❖ learn about Jungian psychology & its relationship to art, culture and EXAT
- ❖ experience expressive arts therapy processes
- ❖ develop a theoretical understanding of these processes
- ❖ begin to understand the ways to weave arts modalities
- ❖ be introduced to paradigms that will aid in comparing and contrasting modalities
- ❖ deepen your relationship to your own creative process
- ❖ be able to apply EXAT processes to life & work

