



Creative Pathways to Self-Care: An Expressive Arts Workshop

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Materials

- pen/pencil
- paper
- drawing materials (pencil crayons, markers, pastels, highlighters)





Overview

- * Arrival Practice & Check-In
 - * What is Expressive Arts Therapy (EXAT)?
 - * Experiential Activity: Bilateral Drawing
 - * Grounding & Breathing
 - * Experiential Activity: Visual Arts Exploration
 - * Creative Writing
 - * Check-Out
 - * Sharing and Closing
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Arrival Practice

Take a moment to arrive in your space. Let's slow down and really notice your surroundings.



Check-in Question

How would you describe your
current relationship with
caring for yourself?



Visual Check-In

- Check in with yourself. How are you feeling right now?
- Give it a colour, shape, size, or texture.
- Write 3 words that come up for you.



Sharing

Please share in the chat the words that came up for you in the visual check-in.



What is Expressive Arts Therapy (EXAT)?

Expressive Arts Therapy (EXAT)

- an intermodal arts-based psychotherapy
- centres the creative process to facilitate healing and growth
- a therapeutic approach that goes beyond words and leans into the wisdom of the body



Expressive Arts Modalities

- visual arts
- creative writing
- storytelling
- movement/dance
- voice/music



What does Expressive Arts Therapy offer?

- artistic expression
- personal growth and transformation
- to process emotions
- soothes nervous system
- build community



Who is Expressive Arts Therapy for?

- All human beings!
- All ages!
- Expressive Arts can be used across the lifespan, from early years to older adults.





Experiential Activity: Bilateral Drawing

Materials:

- paper
- tape or paper weights
- one drawing material in each hand





Why Bilateral Drawing?

- a playful and simple low skill activity
- stimulates both hemispheres of the brain
- emotional regulation
- soothes nervous system



Grounding & Breathing





Experiential Activity: Visual Arts Exploration

Materials:

- paper
- drawing materials



Creative Writing

Take a moment to really notice your image.

Write 4-6 words that come up when you look at your image.

Using those 4-6 words, weave them into a poem.



Visual Check-Out

- Check in with yourself as we close. How are you feeling now?
- Give it a colour, shape, size, or texture.
- Write 3 words that come up for you.





Sharing

Please share in the chat the words that came up for you in the visual check-out.



Thank you!

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