The Prescott College Expressive Art Therapy Summer Institute brings masters in the fields of Expressive Arts, Music, Dance Movement, and Art Therapy together with students and professionals for an unparalleled, intensive learning experience. Participants gain experiential knowledge of theories, applications, techniques, and methods of practice.

The internationally attended Institute is the core foundation for students in the Expressive Art Therapy program at Prescott College. The Institute also provides opportunities for those who want to learn more about the field of Expressive Art Therapy to gain first-hand knowledge and experience. Participants gain knowledge and skills in applying Expressive Art in work, educational, and community settings. All practitioners and interested community members are welcome.

For more information Contact:
Camille Smith: (602) 373-3881 | csmith@prescott.edu
Visit: www.prescott.edu/EATSI
**2018 Institute Schedule**

**Monday, July 30**
*Introduction and Orientation* – Camille Smith
9 a.m.–12 p.m.

*Intentions and Aspirations for Self and Community* – Camille Smith
9 a.m. – 4 p.m.

**Tuesday, July 31 – Wednesday, August 1**
*Expressive Arts Seminar* – Camille Smith
9 a.m. – 4p.m.

**Thursday, August 2 – Saturday, August 4**
*The Story of You at Any Age: SoulCollage® and MeCards4Kids®* – Kat Kirby
Thursday & Friday 9 a.m. – 4 p.m. & Saturday 10 a.m.–5 p.m.

**Saturday, August 4**
*Yoga and Meditation* – Camille Smith
9 a.m.–10 a.m.

**Sunday, August 5**
*Reflection Cards: Art Therapy Check-In Tool* - Cheri Epstein
10 a.m. – 2 p.m.

**Monday, August 6 – Wednesday, August 8**
*Person Centered Expressive Arts Therapy* – Maria Gonzales Blue
9 a.m. – 4 p.m.

**Thursday, August 9 – Saturday August 11**
*Writing from Darkness into Light*
Thursday & Friday – 9 a.m. – 4 p.m. & Saturday 10 a.m.–5 p.m.

**Saturday August 11**
*Yoga and Meditation* – Camille Smith
9 a.m.–10 a.m.

**Sunday, August 12**
*The Creative Bridge* – Camille Smith
10 a.m.– 4 p.m.

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“I have participated in a lot of workshops, retreats, and adventures on my personal journey, only to say that the Institute was one of the most significant and dynamic experiences of my life because, through the non-threatening explorations in art, music, poetry, movement, writing, drama and ritual, I felt loved, appreciated, listened to and celebrated so I could cross thresholds on many levels to gain practical skills, a broad community, and a deepened connection to Spirit. could cross thresholds on many levels to gain practical skills, a broad community, and a deepened connection to Spirit.”

- Marie Capizzi

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**Workshop Descriptions**

**Introduction and Orientation**
Camille Smith – July 30, 9 a.m.–12 p.m.
As we open the Institute we will come together as a community to build the foundation for what is to come.

**Intentions and Aspirations for the Self and Community**
Camille Smith – July 30, 1 p.m.– 4 p.m.
Participants engage in the Open Studio Process as developed by Pat B. Allen of creating intention, making art, and engaging in witness dialoging with their imagery. Intentions for self, community, and the Institute will emerge and guide the experience of the journey to come; creating a bridge that carries through to our closing. This process serves as a foundation for interactions between each individual and their art as well as sets the standard for non-judgmental, non-analytical encounters with all that is created within the overall Institute program.

**Expressive Arts Therapy Seminar**
Camille Smith – July 31 – August 1, 9 a.m.– 4 p.m.
The purpose of this class is for students to learn in-depth the theories and uses of Expressive Arts Therapy. Students will learn applications of therapy using the modalities of art, poetry, movement and performance with clients from different populations. Learning and skill building will take place through experiencing first-hand the expressive arts therapy process in combination with verbal processing and student-centered exploration and experimentation. This class will provide opportunities to enhance your relationships with your clients as well as your awareness of yourself in the therapeutic relationship and the power of the expressive arts in the therapeutic process.
The Story of You at Any Age: SoulCollage® and MeCards4Kids®
Kat Kirby – August 2 – 4, Thursday & Friday 9 a.m. – 4 p.m. & Saturday 10 a.m. – 5 p.m.
In this workshop, we will spend 3 days delving into the soul-nourishing processes of SoulCollage® and MeCards4Kids®. SoulCollage® is a process for creating a unique deck of cards, with each card referring to a part of our selves. A SoulCollage® Deck is the story of “you.” MeCards4Kids® takes this process and adjusts it for use with children and with vulnerable adults and trauma survivors. Joyfully deepen your understanding of the relationships between your personality parts, you and your family/community/world, and you and your dreams, symbols, and Spirit. We use our cards for our own guidance and as a meditation, as well as a wonderful tool within a counseling or therapy practice. The late Seena Frost, birth mother of this process, says, “It is a tangible way to know yourself in your diversity and depth, and also to show yourself to others. Showing your deck of SoulCollage® cards to another person can be a profound experience. In like-spirited groups, you can share cards and work with them in many sacred ways. You can consult them intuitively and discover wisdom within yourself, which will amaze you. Besides all this, creating them is just plain fun! You will love your deck -- a multi-card Mirror of your Self and your Soul -- whether it consists of three cards or a hundred.”

Yoga and Meditation
Saturday August 4, 9 a.m. – 10 a.m.

Reflection Cards: Art Therapy Check-In Tool
Cheri Epstein – August 5, 10 a.m. – 2 p.m.
A Reflection Card deck contains images of people, animals, or places designed to invite projective responses from the viewer. Reflection Cards offer the opportunity to choose and share images that focus on the “now” by reflecting the present moment. The intuitive process of selecting imagery helps clients identify feelings, connect emotions with body awareness, and describe experiences more completely. Choosing Reflection Cards can be a valuable starting point for further exploration in individual or group settings. Workshop participants will explore a variety of applications for using Reflection Cards, and will create their own starter set of cards with materials provided.

Person Centered Expressive Arts Therapy:
Maria Gonzalez-Blue – August 6, 9 a.m. – 4 p.m.
Person-Centered Expressive Arts Therapy, A Model for Compassion, Acceptance, Authenticity and the Creative Force. Person-Centered therapy holds that each individual has within, vast resources for self-understanding, the human organism having an innate tendency toward growth and healing. In this workshop, participants will help create an environment that can recover and hold deep soul material for both the self and for those with whom we work. We will explore Natalie Rogers' Creative Connection® process, a multi-modal experience that can deepen self-understanding as one explores personal stories via various art modalities. Visual art offers openings and exposes old and new material; movement awakens and releases; spontaneous writing mines primal material and taps potential. Music can support and soothe, while community ritual helps to strengthen and ground. Participants will be witnesses for each other as we create connections between theoretical concepts and spirituality as a creative force.

Writing from Darkness to Light, from Heavy to Uplifted:
The Power of Metaphor in Transformation
Nessa McCasey, August 9-11, Thursday & Friday 9 a.m. – 4 p.m. & Saturday 10 a.m. – 5 p.m.
Nessa McCasey is a poetry therapy practitioner/certified poetry therapist/mentor, who while training for the profession, named the process as a magical carpet ride. Poetry Therapy/Therapeutic Writing is about transforming words from black and white on paper to riding on a magic carpet wherever one needs to go, across difficult terrain, through dark canyons, uncharted deep woods. It is more comforting to make these journeys when accompanied with a poem written by another who likely knew the terrain. During our sessions together, I will start with an introduction or overview of poetry therapy and then we’ll experience poetry therapy - you will see/experience it in action! We will discuss crossovers between art therapy and poetry therapy and you be able to take away with you several tried and true poetry therapy facilitations to blend with other creative therapy projects. I believe it is creatively professional to have various expressive therapies in our toolboxes, both for our own benefit and our clients.

Yoga and Meditation
Saturday August 12, 9 a.m. – 10 a.m.

The Creative Bridge
Camille Smith, Sunday August 12 – 10 a.m. – 3 p.m.
As we bring the Institute to a close, the rich learning, the development of skills, the inspiration leading to action, is integrated. Conscious cultivation of gratitude will inform our reflection and integration of the many gifts received throughout the Institute. Using a variety of creative modalities, we will honor the individual and collective experience of Institute participants and ground the learning for personal and professional practice in the future.
Workshop Presenters

Camille Smith, MA, LPC, ATR-BC, is a graduate of Lesley University. Camille is a licensed professional counselor and Board Certified, Registered Art Therapist. Much of her work has focused on development of open studio programs for adults who experience psychiatric issues. Camille is the former Clinical Director of PSA/Art Awakenings, an open studio and gallery-based program throughout Arizona that uses creative expression as the empowering component in recovery. A practicing art therapist since 1990, Camille has taught undergraduate and graduate level Art Therapy since 1998 for Arizona State University, South Mountain Community College, and Prescott College respectively. Camille is now in her 11th year as the Associate Faculty for the Prescott College Expressive Art Therapy program and Director of the Expressive Art Therapy Summer Institute. Camille devotes her time to teaching, speaking, and consulting about the use of creative expression in healing and transformation.

Maria Gonzalez-Blue, M.A., REAT, REACE, is an Expressive Arts Therapist and Educator who has taught Person-Centered Expressive Arts therapy internationally. Maria taught with Natalie Rogers, PhD. at the Person-Centered Expressive Therapy Institute for 15 years and co-founded the Person-Centered Expressive Therapy Institute in Argentina in 1994. Maria taught at California Institute of Integral Studies in San Francisco, California for 13 years and currently teaches creative arts processes at Santa Rosa Junior College in California. As a board member of the International Expressive Arts Therapy Association, she drafted the first international registration for expressive arts consultants and educators, desiring to support non-therapists in creating diverse healing environments worldwide. A 30-year relationship with Huichol shamans from Mexico has influenced Maria’s commitment to the arts as a spiritual pathway and has inspired her to bridge theoretical concepts and spiritual exploration for facilitators, educators, clients and students.

Kat Kirby, M.Ed, ATR- BC - Retired, is an artist, workshop and retreats leader, Creativity Coach, and SoulCollage® Facilitator and Trainer, with a Master’s degree in Art Therapy from Lesley University. She has worked with individuals and groups in addiction and eating disorder recovery programs, with children facing adversity, and with people wanting to improve and enjoy their lives. Her light-filled studio and warm approachable style, combined with a rich variety of art materials, create a safe haven for self-expression and exploration. She enjoys leading creative retreats in beautiful parts of the world, and more information can be found on her website, www.2katstudios.com.

Cheri Epstein, MA, ATR-BC, NCC, LPAT is a Registered & Board Certified Art Therapist, National Certified Counselor, Licensed Professional Art Therapist (N.M.) Before she completed her Masters Degree in Art Therapy, she created one-of-a-kind enameled art jewelry for 18 years. As an art therapist, she worked with children and families at a Community Mental Health Center before opening her private practice where she offered Art Therapy to clients of all ages with a wide range of mental health needs. In recent years, she organized a community art center in Baja, taught creativity classes to seniors, and started Women’s Wisdom Circles. After moving to Prescott, I began mentoring students in the Expressive Art Therapy program at Prescott College. she teaches Creative Pathways art classes at Yavapai College in the OLLI and Community Ed Programs. My mono prints are shown at the Sedona Art Center and other local galleries. She can be contacted at cherart.mx@gmail.com

Nessa McCasey, PTP, CPT, Mentor, is a Poetry Therapy Practitioner/Certified Poetry Therapist/Mentor and is an Executive Director of the International Academy for Poetry Therapy, which is a training and credentialing organization (offering the credential of Poetry Therapy Practitioner, PTP). She offers local and online poetry therapy groups and travels worldwide to present workshops on the value of creative expression and wordplay.

Additional Information

• There will be a $25 charge for those participants who desire clock hour certificates for their learning at the Institute, payable with registration.

• Scholarships may be available for continuing students in good academic standing enrolled in Prescott College Master of Arts Program, EAT Concentration. The deadline to apply is June 15, 2018. The scholarship application is available by contacting the Director of The Expressive Art Therapy Institute @ 602 373-3881 or csmith@prescott.edu.

• A light breakfast is provided each morning from 8:30 a.m. to 9 a.m. Your cooperation in being ready to start promptly as scheduled is appreciated. In addition to breakfast, lunches are provided on site each day of the Institute. Lunch will generally be from noon to 1 p.m. State special dietary needs on your registration form an extra fee may apply.

• Your registration fee does not include lodging. However, lodging is available at Prescott College (for a fee). Contact Megan Letchworth, Residence Life Director at conference.housing@prescott.edu or call (928) 350-1006.

• Your first step is to fill out the on-line Housing Application: www.prescott.edu/explore/studentlife/residence-life/conference-housing/index.html