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.

www.prescott.edu/assets/documents/lifelonglearning/pdf-lifelonglearning-expressive-art-therapy-summer-institute.pdf
www.prescott.edu/lifelong-learning/courses/expressive-art-therapy-summer-institute.html
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.

-Marie Capizzi

2016 INSTITUTE SCHEDULE

Monday, August 1
- Introduction and Orientation – Camille Smith – 9 a.m.-Noon
- Drawing Out Your Soul – An Experience of Touch Drawing – Deborah Koff-Chapin - 1 p.m. – 5 p.m.

Tuesday, August 2 – Wednesday, August 3
- Drawing Out Your Soul – An Experience of Touch Drawing – Deborah Koff-Chapin - 9 a.m. – 5 p.m.

Thursday, August 4 – Saturday, August 6
- Restorative Fiction: Retelling Stories for Healing Effect – Pat Allen - 9 a.m. - 4 p.m., Thursday and Friday; 10 a.m. – 5 p.m. Saturday

Saturday, August 6 – Sunday, August 7
- Yoga and Meditation – 9 a.m.–10 a.m.

Sunday, August 7
- Spirit Wands – Kat Kirby - 10 a.m. - 2 p.m.

Monday, August 8 – Wednesday, August 10
- Expressive Arts Therapy for the Greater Good – Cathy Malchiodi - 9 a.m. – 4 p.m.

Thursday, August 11
- Self-care and Self-Compassion through an Expressive Arts Lens – Camille Smith – 9 a.m. – 4 p.m.

Friday, August 12 – Saturday, August 13
- The Practice of Authentic Movement: The Body as a Source of Wisdom – Zoë Avstreih - Friday 9 a.m. – 4 p.m.; Saturday 10 a.m. – 5 p.m.

Saturday, August 13 – Sunday August 14
- Yoga and Meditation – 9-10 a.m.

Sunday August 14
- The Creative Bridge – Camille Smith – 10 a.m.–4 p.m.
**Workshop Descriptions**

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**Introduction and Orientation**  
*Camille Smith, August 1 – 9 a.m.- Noon*  
As we open the Institute we will come together as a community to build the foundation for what is to come.

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**Drawing Out Your Soul – An Experience of Touch Drawing**  
*Deborah Koff-Chapin, August 1 - 1:00 – 5 p.m.; August 2 - 3, 9 a.m. – 5 p.m.*  
Touch Drawing is a simple technique and a profound transformative art form. Place paper over a smooth layer of paint. As you touch the page, imprints are formed on the underside. Moving your hands in response to inner sensations, you give form to subtle dimensions of your soul. You create many drawings in each session, which supports you to enter a more fluid state. Each is a stepping-stone on an interior journey. After the drawing session, you witness a record of your transformation. Deborah holds sacred space while you draw, with drum, chimes, crystal bowls and evocative vocal toning. Drawing sessions are enriched with circle sharing, group vocalizing, reflective writing, and meditative movement.

As touch drawing is a non-threatening visual art form, people with little artistic confidence find easier access to authentic creative expression. Those with visual art skills find deeper sources of inspiration. Touch Drawing has applications in therapy, healthcare, hospice, education, social work, intuition and spiritual practice. Deborah encourages you to develop your own unique way to integrate the process into your life and work.

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**Restorative Fiction: Retelling Stories for Healing Effect**  
*Pat Allen, August 4 – 6, Thursday and Friday, 9 a.m. – 4 p.m.; Saturday, 10 a.m. – 5 p.m.*  
In this workshop we will engage in Collaborative Inquiry through Art, the advanced level of the Open Studio Process, to identify, engage and explore cultural stories that we tell that keep oppressive versions of reality in place. The experiential format using art, text, sound, movement and drama allows each participant to bring his or her questions, fears and aspirations into the communal space for consideration and transformation. We will travel between the communal and the personal level of our stories to understand how to transform them. We will co-create a ritual enactment of healing to shift the story to a more joyful, functional and inclusive version.

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**Spirit Wands**  
*Kat Kirby, August 7, 10 a.m. – 2 p.m.*  
If you’ve ever felt that a magic wand might be helpful in your life, here’s your chance to create one of your very own. You will use sticks, yarn, feathers, shells, beads and more to create this special spirit wand. Meditative and fun, you will enjoy infusing your wand with an intention, a wish, or an affirmation. We will use journaling, poetry, meditation and a closing ritual to share the power of our wands. Be sure to bring any special charms or items you might want to include.

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**Yoga and Meditation – Saturday and Sunday, August 6 & 7, 9 – 10 a.m.**

**Expressive Arts Therapy for the Greater Good**  
*Cathy Malchiodi, August 8-10, 9 a.m. – 4 p.m.*  
The expressive arts open us to new possibilities for not only personal change, but also community transformation on a larger scale. During this threeday workshop participants will explore the connections between creative expression and resilience, compassion, gratitude, altruism and hope through individual process and group collaborations. We will also use our own “art-based research” capacities to identify how these approaches support personal and community transformation and how expressive arts can manifest the “greater good” in each of us and within society. This workshop will also provide an introduction to the positive psychology concepts that form the core of Trauma-Informed Expressive Arts Therapy.

**Self-care and Self-compassion through an Expressive Arts Lens**  
*Camille Smith, August 11, 9 a.m. – 4 p.m.*  
As empathetic professionals dedicated to the service of assisting others in their healing process it is easy to neglect our own self-nurturance and care. This workshop will delve deeply into the reasons why self-care and self-compassion are so important for your personal and professional sustainability through a variety of expressive arts modalities. We will examine ways to intentionally pay attention to our own self-care and self-compassion while keeping ourselves available for others. Poetry, art, and sacred play will inform our understanding of the broader implications of self-care. Gratitude, forgiveness and mindfulness will provide a framework as we take this journey together.

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**The Practice of Authentic Movement: The Body as a Source of Wisdom**  
*Zoë Avstreih, August 12 – 13, Friday 9 a.m. – 4 p.m.; Saturday 10 a.m. – 5 p.m.*  
The workshop will provide a safe container to experience the ground form of Authentic Movement, defined by mover, witness and the relationship between them. As mover, one will have the opportunity to develop the capacity to yield to the wisdom of the Self, the archetype of wholeness, as it emerges into consciousness through sensation, impulse, movement and image. As witness, one will deepen the capacity for presence, cultivating the ability to provide a safe container for the mover to listen deeply to wisdom of the body as it emerges into consciousness. The workshop will include opportunities for both mover and witness to share one’s embodied truth through gesture, image and language, providing an opportunity to experience the individual and collective body as a sacred vessel for integration, healing, transformation and creative process. - No previous movement experience required. Please wear comfortable clothing and bring a journal/sketchbook.

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**Yoga and Meditation – Saturday and Sunday, August 13 & 14, 9 –10 a.m.**

**The Creative Bridge**  
*Camille Smith, August 14 – 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.
Camille Smith, 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 in Phoenix 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 9th 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.

Kat Kirby, M.Ed, ATR, BC, is an artist and SoulCollage® Facilitator and Trainer, with a BA from Kean University and an M.Ed in Art Therapy from Lesley University. She is a mentor at Prescott College in the Expressive Art Therapy program, and teaches mosaics, collage and SoulCollage® in her renovated, light-filled, spacious studio in Prescott. Kat has worked with individuals and groups in addiction and eating disorder recovery programs, as well as with children facing adversity. She enjoys leading retreats in beautiful places around the world as well as here in Arizona.

Zoë Avstreih, the Founder and Director of the Center for the Study of Authentic Movement, is a Board Certified Dance/Movement Therapist, a Licensed Professional Counselor in Colorado and a Licensed Psychoanalyst and Creative Arts Therapist in New York State. In June 2014, Zoë retired from her position as the Director of the Graduate Program in Dance/Movement Therapy at Naropa University in Boulder, Colorado and was awarded the honorary title of Professor Emeritus. She now devotes her professional time to offering retreats and training opportunities for mature individuals to immerse in the practice of Authentic Movement for personal and professional development. A pioneer in the development of Authentic Movement, she lectures and teaches internationally and has published widely in the field.