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Practicing with Play; Creative Interventions Across the Lifespan

Description and Objectives

The focus of this 2-day retreat style workshop is on the integration of various play and expressive arts modalities within one's clinical practice. Through experiential and didactic learning we will practice playing with sand, symbol, art, animals, and movement, and more. Throughout the activities there will be reflection, writing, and discussion as we explore together how play and art work to address many clinical issues such as attachment, trauma, grief, anxiety.

Therapists will have the opportunity to learn how and when to use more experiential approaches with across the lifespan. We will be playing and creating together, 2 days of depth and delight!

Objectives:

Assess various expressive arts through didactic & experiential methods;

Assess, analyze & discuss the relationship of play and expressive arts therapies through the broad lens of neuroscience and nervous system development/ attachment theory;

Identify intrapersonal experiences that inhibit spontaneity & creativity within play and expressive arts therapies;

Utilize play, movement, art, and reflection to enhance self-understanding;

Revise personal patterns held in neural networks;

Apply principles of art, movement and play therapies to deepen understanding of how to shift embedded patterns of stress and trauma;

Interact with llamas, alpacas, pigs and other animals onsite,
let us know your personal outcomes and objectives 😊;

Compile activities to use in clinical practices, as well as for one's own wellbeing.