

The Painting Experience

THE INSTITUTE FOR ART AND LIVING CONTINUING EDUCATION PROVIDER

Program Goals:

The goals of this program are to:

- Activate imaginal awareness in order to discover creative solutions that can be foundational for clinical interventions.
- Identify the inner voices of self-criticism and self-doubt, and employ process painting methods to decrease their negative impact.
- Develop skills for deep inner listening in order to stay in the present moment with openness and empathy.
- Examine assumptions and biases that interfere with the therapeutic relationship.
- Alleviate burn out by providing an outlet for engagement without needing to accomplish a defined outcome in order to feel successful.
- Recognize somatic responses and develop patience with the ebb and flow of emotional and psychological states.
- Build clinical competency by cultivating an on-going creative practice.

Learning Objectives

At the end of a course, participants will be able to:

- Identify the three predominate voices of self-criticism that limit creative possibilities and inhibit individuation.
- Define the two necessary conditions required for working with the artistic medium to break up fixed cognitive and psychological patterns.
- Identify the course fundamentals to Initiate an experience of play and non-goal directed activity.
- Name four keys in the environment so that psychological content can emerge and be witnessed.
- Identify the guidelines for engaging uncomfortable feelings in an effective manner.
- Label states of fatigue and boredom as the body's way of suppressing emotion.
- Name reasons why one may abandon the creative product prematurely.

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These courses meet the qualifications for continuing education credit for LMFTs, LCSWs, LPCCs and/or LEPs as required by the California Board of Behavioral Sciences. The Institute for Art & Living is an approved provider of continuing education by the California Association of Marriage and Family Therapists (Provider # 132709).

These courses also meet the qualifications for continuing education credit for RNs as required by the California Board of Registered Nursing (CEP #14207).

The Institute for Art & Living maintains responsibility for this program and its content. You may contact us at 415-488-6880 or CE@processarts.com. We encourage you to be in touch with our office with any grievances in a timely manner.

There is a \$25 fee for each letter of attendance or CE certificate. In order to receive continuing education credit, you must sign in for each session.

After completion of the course, you will be required to fill out the online Continuing Education Assessment and Evaluation Form before your Continuing Education Completion letter.

Note: Many states other than California will honor these continuing education credits. Please check with your local state agency to confirm their applicability. Upon request, The Painting Experience will provide you or your organization with documentation required for compliance or proof of participation.

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