

## RE-ESTABLISHING SAFETY AFTER CRISIS USING ART-BASED PRACTICES



Inviting art practices into a client's life during crisis can honor the non-verbal avenues of expression, offer a reinvestment in a rich mode of processing emotions, and develop deeper senses of safety, coping, and inner resourcing that can be used throughout their lives. Everyone has the innate ability to use creativity to reconnect with inner strength. Creative practices can be used with high functioning individuals and those who have severe physical, mental, or emotional challenges.

This workshop will provide applicable art-based information and creative practices for counselors, social workers, caregivers, and other mental health professionals. You will be introduced to several techniques complementary to your current skill set that will further your practice with clients and create a thread between sessions.

*Facilitator: Meg Carlson, MA, Art Therapist*

Meg Carlson has worked in the field of Art Therapy since 2010, both in agencies and in private practice. She graduated from Naropa University with a master's degree in Transpersonal Counseling and Art Therapy.

Meg has worked with a wide variety of populations including, LGBTQ elders and adolescents, refugee children, individuals with sexual abuse and ritual abuse histories, and children and adults with developmental and cognitive disability. Meg is dedicated to sharing and teaching about the innate therapeutic qualities of art and bridging the knowledge of art practices and counseling techniques.



Thursday

July 24<sup>th</sup> 2014

1:30-6pm



**Date:** Thursday, July 24th

**Time:** 1:30pm - 6:00pm

**Location:** People House, 3035 W. 25th Ave., Denver, CO 80211

**Cost:** \$65 or \$200 for a package of 4 workshops (save \$60!)

**Register:** <http://peoplehouse.org/services/professional-development-series/>  
or call **303.480.5130**

**Registration deadline:** July 21st