

## **FINDING BEAUTY IN THE BRILLIANCE OF DARKNESS: A Virtual 4 Day Expressive Arts Retreat**

**October 9– 12, 2020**

***Karen Stefano, L.P.C., NCC: facilitator***

***This event is co-sponsored by R. Cassidy Seminars for 24 CE's.***

The Tissue Paper Collage Playshops expose participants to a new and significant synergy of expressive arts and self-discovery. This Tissue Paper Collage Method developed by Jungian analyst Dr. Edith Wallace, uses C.G. Jung's technique of active imagination to express what is held deep within the psyche. Allowing meaning to emerge and show itself is at the very core of active imagination; this way of working allows for participants to express feelings and dilemmas that are difficult to address in traditional therapeutic contexts. Using tissue paper collage as the catalyst to connect to the part of ourselves where inspiration, joy and creativity live, we discover our hidden potential. A deep level of insight arises as each person reflects on emergent meanings in relation to self, family, community and culture from the personal to the archetypal.

This workshop includes writing the story of your life as a myth or fairy tale (bibliotherapy), collage making, expressive movement to help deepen the work that emerges from the collage process, journaling to gain insight as well as ground the experience of our inner world, private viewing of collages to reflect on feelings, sensations and thoughts, and group viewing of collages where the group reflects on shared meanings and insights.

**Target Audience:** Counselors, mental health care workers, psychologists, social workers and other related fields.

### **Course Objectives**

1. Utilize the basic technique of making collages.
2. Review collage images and make their content intelligible by amplification to process the imagery and uncover both individual and group issues.

3. Apply body/mind techniques of meditation, breath and movement to deepen the connection to sense of self.
4. Utilize biblio-therapy as a way to uncover deeply held emotions and broaden one's insight.
5. Observe through the process of making and processing the collage images how the images themselves provide a new language for expressing emotions, thoughts, and feelings that may have no other outlet.
6. Utilize movement to learn how the images represent a new language connected to deeply embedded body states and feelings.

### **Cancellation Policy:**

Payment in full due before the start of the workshop. 40% refund up until the start of the workshop. Payment is nonrefundable once workshop begins. For Grievances contact KarenStefano@icloud.com

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### **Satisfactory Completion**

Participants must have paid tuition fee, signed in, attended the entire seminar, completed an evaluation, and signed out in order to receive a certificate. Failure to sign in or out will result in using both free association and forfeiture of credit for the entire course. No exceptions will be made. Partial credit is not available.

### **Psychologists**

R. Cassidy Seminars is approved by the American Psychological Association (APA) to offer continuing education for psychologists. R. Cassidy Seminars maintains responsibility for this program. **(24)CE** hours

### **Psychoanalysts**

**NY:** R. Cassidy Seminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved

provider of continuing education for licensed psychoanalysts. #P-0005. **(24)** clock hours.

## **Social Workers**

R. Cassidy Seminars, ACE provider #1082, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) [www.aswb.org](http://www.aswb.org), through the Approved Continuing Education (ACE) Program. R. Cassidy Seminars maintains responsibility for the program. Approval Period: April 15, 2015-April 15, 2018. Social workers should contact their regulatory board to determine course approval. Social workers participating in this course will receive **(24)** continuing education clock hours.

**CA:** The Board of Behavioral Sciences has deferred CE course approvals to APA and ASWB for its licensees. See those approvals under Psychologists and Social Workers

**OH:** Provider approved by the Ohio Counselor, Social Worker and Marriage and Family Therapist Board for **(24)** clock hours, #RCST110701

## **Counselors/Marriage and Family Therapists**

**CA:** The Board of Behavioral Sciences has deferred CE course approvals to APA and ASWB for its licensees. See those

approvals under Psychologists and Social Workers.

**Other States:** If your state is not specifically listed, nearly all state Counselor and MFT boards accept either APA or ASWB approval, or are reciprocal with other state licensing board approvals, such as those listed below. Check with your board to be sure. The Ohio Board includes Counselors and MFTs.

**IL:** Illinois Dept of Professional Regulation, Approved Continuing Education Sponsor, #168-000141. **(24)** hours.

**NY-LMHCs:** R. Cassidy Seminars is recognized by the New York State Education Department's State Board of Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0015. **(24)** contact hours.

**NY-LMFTs:** R. Cassidy Seminars is recognized by the New York State Education Department's State Board of Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0011. **(24)** contact hours.

**OH:** Provider approved by the Ohio Counselor, Social Worker and Marriage and Family Therapist Board for **(24)** clock hours, #RCST110701

**TX:** Approved CE Sponsor through the Texas State Board of Examiners of Marriage & Family Therapists. **24** CE hours. Provider #151

### **Creative Arts Therapists**

**NY:** R. Cassidy Seminars is recognized by the New York State Education Department's State Board of Mental Health Practitioners as an approved provider of continuing education for licensed creative arts therapists. #CAT-0005. **(24)** contact hours

### **Chemical Dependency Counselors**

**CA:** Provider approved by CCAPP; CCAPP Provider #4N-00-434-0218 for **(24)** CEHs. CCAPP is an IC&RC member which has reciprocity with most ICRC member states.

**TX:** Provider approved by the TCBAP Standards Committee, Provider No. 1749-06, **(24)** hours general hours, Expires 3/31/2018. Complaints about provider or workshop content may be directed to the TCBAP Standards Committee, 1005 Congress Avenue, Ste. 460, Austin, Texas 78701, Fax Number (512) 476-7297. **Educators**

**TX:** R. Cassidy Seminars is an approved provider with the Texas Education Agency CPE# 501456. This course is **(24)** CE Hours. **Nurses**

**CA:** Provider approved by the CA Board of Registered Nursing, Provider #CeP12224, for **(24)** contact hours. Some state nursing boards are reciprocal. Check with your licensing board to be sure.

**Disability Access** - If you require ADA accommodations please contact our office 30 days or more before the event. We cannot ensure accommodations without adequate prior notification. **Please Note:** Licensing Boards change regulations often and while we attempt to stay

abreast of their most recent changes, if you have questions or concerns about this course meeting your specific board's approval, we recommend you contact your board directly to obtain a ruling.