



Zoom Webinar

1.5 CE
Applied

Expressive Therapy *in Treating Addiction*

April 8, 2021
9:00am-10:30am EST

Summary

Expressive Therapies include largely non-verbal ways of self-expression of feelings and perceptions through the use of art, music, dance and dramatic reenactment, co-facilitated with a trained therapist. They are action oriented, emotionally inclusive, and touch the implicit embodied experiences of people who struggle with addictions. People who struggle with addiction often have trouble initially accessing through verbal, and cognitive avenues. Trauma reparation, integration, and recovery can be more easily tapped into through the re-experiencing, re-sensitizing and re-connecting that expressive therapies can help foster.

Objectives

1. Understand and be able to give examples of the Expressive Therapies Continuum
2. Experience and process at least 2 expressive therapies techniques
3. Learn five principles of Trauma-Informed Expressive Therapies that are essential when working with individuals and families struggling with addiction.

Presenter

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Register at: sbhc.tech/ExpressiveTherapy

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