



Art and Expressive Therapy for Trauma Treatment

May 31 2018
10 am - Noon

The session will take the audience from a definition of art therapy, through principles of Trauma Informed Art Therapy, and then examples of some of the art therapy directive used at the Be Brave Ranch, including the different ways they help the children visualize their trauma, and explore creative solutions to some of the obstacles they encounter in dealing with their trauma.

Learning Outcomes:

- 1) A working definition of art therapy
- 2) The ways that art therapy is used to overcome trauma and trauma histories
- 3) To view examples of art therapy 'product', with explanation of how the process worked.

Upcoming Trauma Information Series sessions:

- Trauma and Attachment (June 6th)
- Trauma: The impact of the individual and family system (June 20th)

Trauma Information Series Session 4 of 6

HOW TO REGISTER— YOU CAN REGISTER FOR THIS SESSION ON THE FIRST NATIONS TELEHEALTH PORTAL (WWW.FIRSTNATIONSTH.CA)

TARGET AUDIENCE— ANYONE WHO IS INTERESTED IN EXPANDING THEIR KNOWLEDGE ABOUT TRAUMA AND THE LITTLE WARRIORS ORGANIZATION

PRESENTED BY: YONA MCGINNIS

YONA HOLDS A MASTERS DEGREE IN PSYCHOTHERAPY AND SPIRITUALITY – ART THERAPY SPECIALIZATION, AND IS A REGISTERED ART THERAPIST WHO FOCUSES ON USING CREATIVE EXPLORATION AND EXPRESSION TECHNIQUES TO HELP PEOPLE HEAL FROM A WIDE RANGE OF TRAUMAS, INCLUDING CHILD SEXUAL ABUSE. AS A REGISTERED ART THERAPIST ACCREDITED BY THE CANADIAN ART THERAPY ASSOCIATION, YONA CONTRIBUTES 8 YEARS OF VALUABLE COUNSELLING EXPERIENCE TO THE BE BRAVE RANCH CLINICAL TEAM.

YONA'S PASSION FOR STRENGTHENING INDIVIDUALS' RESILIENCE IN THE FACE OF TRAUMA EXTENDS BEYOND HER ROLE AS ART THERAPIST AT THE BE BRAVE RANCH TO HER WORK AS A YOGA TEACHER. IN THIS CAPACITY, YONA BLENDS THE TEACHINGS OF YOGA WITH FLUID EXPLORATION OF THE ARTS TO HELP STUDENTS OVERCOME EMOTIONAL CHALLENGES.

FOR ANY FURTHER QUESTIONS PLEASE CONTACT THE FIRST NATIONS TELEHEALTH NETWORK AT 1-888-999-3356 OR VCHELP@FIRSTNATIONSTH.CA