Land-Based Art Therapy: Cultivating Relationship and Reciprocity

April 2, 2025

1:30-3:00pm MDT

This presentation explores land-based art therapy through a relational approach, emphasizing the interconnectedness between individuals, communities, and the natural world. Drawing from ecological and therapeutic perspectives, the session will examine how creative modalities —such as art, storytelling, mindfulness, and ritual—can deepen relationships with nature and foster hope, emotional resilience, and collective healing. The presenter will discuss key concepts, methodologies, and real-world applications of land-based art therapy, offering insights into how this approach supports personal and community well-being in times of ecological and social challenge. There will be an opportunity to engage in an arts-based invitation using nature materials you collect ahead of time (ie: feathers, sticks, stones, shells, seeds, flowers, etc.) or any basic drawing materials you have on hand, as well as an opportunity to share takeaways with the group.

Please note that this session will not be recorded or uploaded to our website.

Learning Outcomes:

- Understand relational land-based healing principles
- Learn how nature-based creative practices support emotional resilience and well-being
- Explore the role of art and storytelling in ecological connection
- Identify ways to integrate land-based approaches into practice

Speakers:

Laura Andrew, Registered Art Therapist, BSc, DKATI, RCAT, Kutenai Art Therapy Institute, Faculty member + Clinical Supervisor

Target Audience: This session is ideal for members of the public interested in how our connection with the natural world enhances wellbeing; community members, caregivers, educators, healthcare professionals

Please register for session at: https://fntn.ca/Home/Register-VC?eid=21941

To access this session from *zoom*: https://fntn.zoom.us/j/87356040699
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To access this session from an *audio line*:
1-587-328-1099
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To join via internet browser

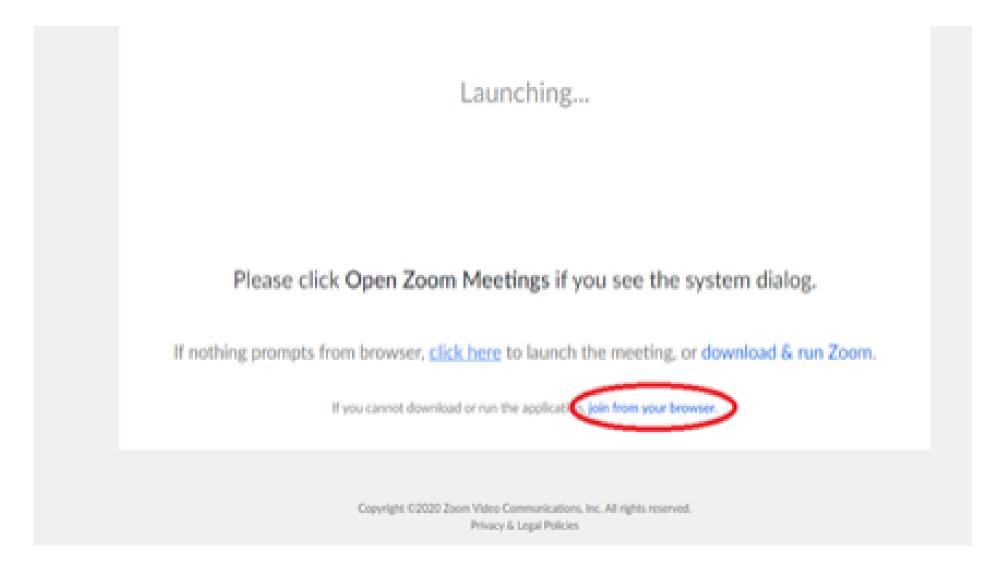1. Please click the link below to join the webinar:
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