Self-Care for Caring Professionals

Friday Sept. 15th, 2017
9:00 am - 4:30 pm, $200 (includes all materials)
200 Main St. #9, Burlington, Vermont 05401

This workshop is intended for clinicians, social workers, nurses, caregivers, teachers, body workers, or any helping professional. Created as an introduction to multi-modal expressive arts, we will explore the use of these modalities as a resource for self-care and harvesting a more ‘embodied’ presence in our lives and work.

The workshop engages in experiential exercises to explore career values, strengths, and the integration of the two utilizing movement, art making, written/spoken word, as well as process/discussion. No talent or previous art experiences are required.

Expressive arts are often used for stress reduction, physical and emotional healing, and the understanding of self. Everyone needs to care for themselves, but those of us in the helping professions need to take special care to do this, as we are the resource that drives our work.

Approved for 6 CEU through NASW-VT

For registration please go to: www.expressiveartsburlington.com
For info call: (802) 343-8172 or (802) 881-7607

About the Facilitators:

Michelle Turbide, LICSW has been a social worker for 22 years and holds a bachelors and Masters degree in Social work. Michelle has worked in community mental health, substance abuse, child welfare, and has been a practicing psychotherapist since 2011. In 2013 Michelle earned her Level II certificate as an expressive arts facilitator, as well as additional training in the areas of process painting, mindfulness, and creative practice. Along with more traditional therapy of CBT, Narrative and trauma informed practices, Michelle utilizes a multi-modal and mindfulness based approach of expressive arts within her therapy practice to assist clients in a more ‘fully embodied’ approach to heal from anxiety, trauma, depression, and grief/loss.

Topaz Weis is an Expressive Arts Facilitator holding a BA in Expressive Therapies and Level II certificate in EXA Facilitation. She is the founder of Expressive Arts Burlington where she offers inter-modal expressive arts consultations, workshops and classes to individuals, groups and businesses. Her work enables participants to explore their past, present, and future directions in a multi-sensory way, providing different perspectives on life and new ways of knowing.