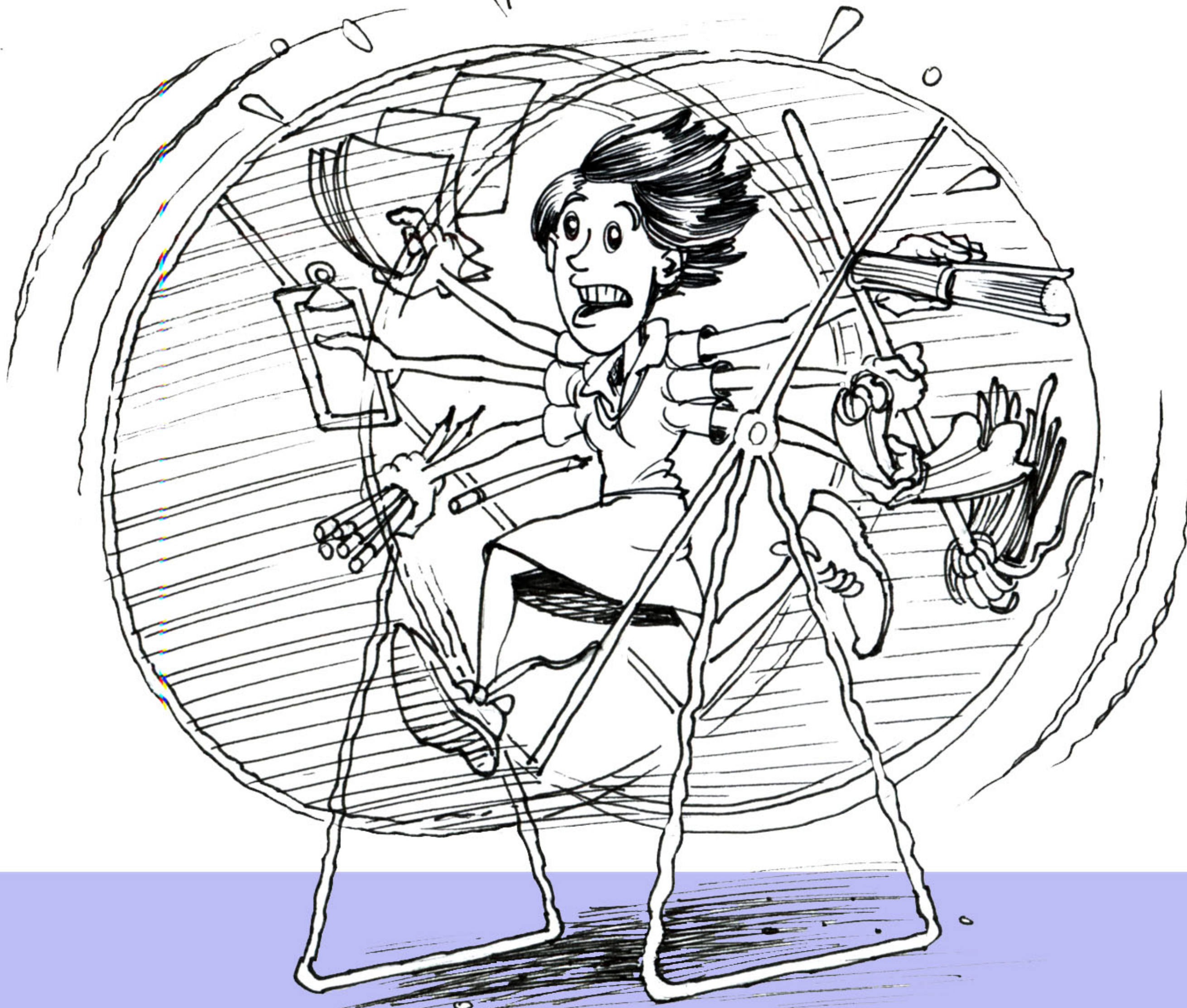


SELF CARE FOR THERAPISTS



An Introduction to Compassion Fatigue and the Healing Power of Art Therapy

- Feeling overwhelmed with your job? • Are you anxious, irritable or fatigued?
- Are you always taking care of everyone but yourself?

Compassion Fatigue is common among health care professionals!

This workshop will help you be a calmer, more creative therapist

LPCs and MSWs can earn up to 12 CEUs while rekindling the creativity and joy in your life.

Best of all, no artistic skills are needed to fully benefit from this course!

Presented by Dianne Tennyson Vincent MAT, ATR-BC

Board Certified Registered Art Therapist and Certified Art Teacher, K-12

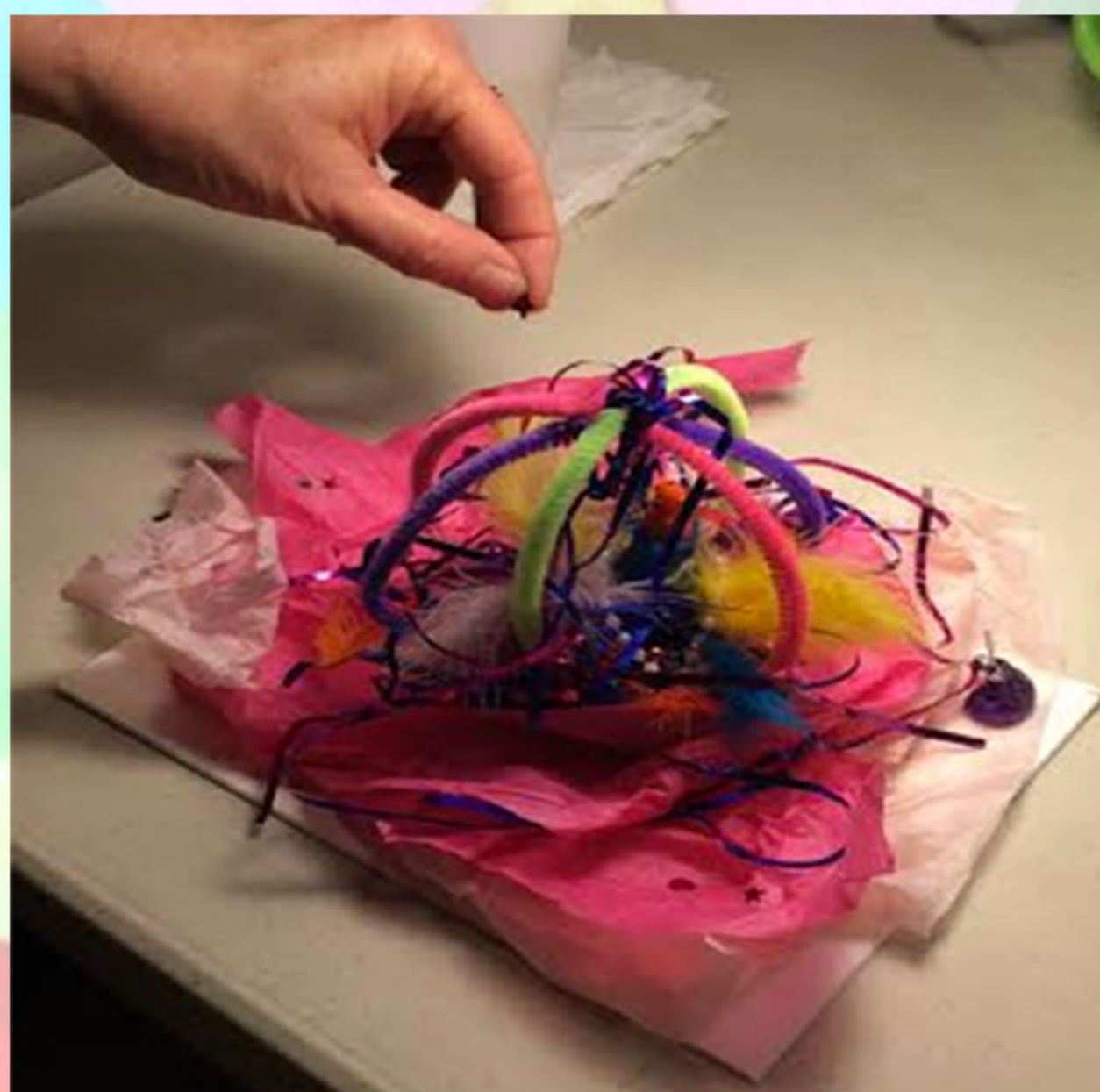


Self Care Art Therapy Workshop for Therapists

This FUN, interactive workshop allows mental health care professionals to personally experience the art therapy process, individually tapping into their inner creativity while connecting with others. These sessions are designed to be a safe place to express feelings in new ways, communicate and promote community. Creating art, writing, and processing will become an exciting avenue for self-discovery. NO artistic skills are required for the art therapy process!

Objectives

- To provide an introduction to the neurobiology of trauma and how the arts heal
- To learn and experience self-regulation techniques
- To introduce therapists to the creative process of art therapy
- To learn about and experience the physiological benefits of art therapy
- To demonstrate this avenue for self-discovery through a creative process that allows the unconscious mind to speak through art
- Sessions include exploratory feedback from both art therapist and group members
- Explore psychological universality while sharing information and interpersonal insight
- Participants will learn and experience the calming effects of the mandala



Please note: This course does not prepare participants to be art therapists

Compassion Fatigue and the Neurobiology of Trauma

When we experience trauma, our left hemisphere may go “off-line” as a protective defense. Since both left and right hemispheres work together, even a temporary blockage can be disabling. If the emotions created by the trauma are not released, they will be embedded in the Amygdala, stimulating the continuous secretion of hormones like cortisol and andrenline that can manifest as crippling emotional and physical problems. Learn how art therapy restores communication between the hemispheres and heals the damage created by trauma.



Comments from workshop participants

“The art therapy workshop was very informative and eye opening. The connection between our unconscious expressed through art is truly unique and opens doors to uncovering a person’s true feelings.” **Sandra Quest**, MA, LPC-I • Myrtle Beach, SC

“Dianne is an intuitive teacher who helped me explore parts of myself in safety and acceptance. I highly recommend her workshop to any mental health professional looking to expand their expressive arts knowledge.”

Joanna Shumaker, LPC-I • Lexington, SC

“‘The best teachers lead one to the teacher within.’ Dianne is an experienced artist, teacher and therapist. Her experiential and practical knowledge allow her to lead intuitively, creating an experience that is accessible, meaningful, and practically relevant for all participants.”

Samantha Maierle, PhD • Charleston, SC

“Dianne’s art therapy workshop is very relevant. I will definitely utilize the information presented. The art portion was very fun and therapeutic and the processing was very important too! Very insightful and loved the use of metaphor.”

Katy Stebbins Yahr, MA, LPC, NCC • Mt. Pleasant, SC

“This workshop provided hands-on experience with the modality and encouraged application of professional knowledge and expertise.”

Kathy McGrogan, LPC • Georgetown, SC

“Dianne provides a hands-on, experiential workshop. Not only are you learning about the process but also learning about yourself by participating in the process.” **Carrie Lusk**, LPC, NCC, KHY-I • Florence, SC

“Great workshop! Thank you. You are compassionate and kind. Your knowledge base is wonderful. You shared so much expertise.”

Julie Murphy, PhD, LPC, NCC • Beaufort, SC

“Art therapy’s efficacy as a PRIMARY approach for exploring one’s unspoken and even unrecognized primal emotions becomes apparent as you gain a knowledge of powerful art based tools for your practice as well as the recognition the place an art therapist has on your therapeutic team. Dianne’s generous tutelage enhanced my own growth in ways I could use in support of my own insights while also promoting the same in my clients. Her workshops are invaluable! Don’t miss the chance to learn from a master.”

Patricia Maderson, LISW • Summerville, SC



BIO



Dianne can bring her program to your workplace! Adapt her workshop to your needs and timeframe.

Contact Dianne at:
843.870.7236 or email her at
artconnectsus@gmail.com



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ith degrees in both nursing and art, and a master's degree in art education and additional graduate work in art therapy, Dianne Vincent, MAT, ATR-BC is a board certified registered art therapist in private practice in Mt. Pleasant, South Carolina. She brings fifteen years of clinical experience to her work as an art therapist for children, adolescents and adults. She sees clients individually and offers support groups designed to facilitate healing and provide the insight needed to live an authentic life.

She has been to Haiti and Bosnia twice to help train teachers and children in the use of art as a tool for healing the trauma of war and natural disaster with the ArtReach Foundation. Dianne's medical background is combined with a focus on mental, physical and spiritual concerns for a holistic approach to therapy.

Dianne is a certified art teacher and has taught art in public schools and privately for twenty-eight years combined. She founded Art Connects Us Art School and teaches with her husband Eric Vincent. She is a professional artist and exhibits locally. Dianne gains both insight and emotional and spiritual growth through the creative process, and feels that creativity is fundamental to being an effective therapist, artist and teacher.

Dianne recently founded HEARTS MEND HEARTS, a non-profit organization created in the aftermath of the Mother Emanuel AME Church massacre to help the Charleston community heal through the use of art therapy.



ART REVEALS • ART HEALS

Dianne Vincent, MAT, ATR-BC

Board Certified Registered Art Therapist
843.870.7236 • artconnectsus@gmail.com