

The Institute for Art & Living presents ~

AWAKENING THE CREATIVE: THE PAINTING EXPERIENCE

Continuing Education Credits for LMFT, LCSW, LPCC, LEP and RN

Facilitated by Stewart Cubley & Staff

Where: Esalen Institute, 55000 Highway 1, Big Sur, CA, 93920 888-837-2536

When: Sunday evening through Friday noon.

Program Goals: To understand and use the creative process as a personal practice of self-renewal and a therapeutic tool for clinical settings.

Learning Objectives

- Activate imaginal awareness in order to discover creative solutions that can be foundational for clinical interventions.
- Identify the inner voices of self-criticism and self-doubt, and employ process painting methods to decrease their negative impact.
- Develop skills for deep inner listening in order to stay in the present moment with openness and empathy.
- Examine assumptions and biases that interfere with the therapeutic relationship.
- Alleviate burn out by providing an outlet for engagement without needing to accomplish a defined outcome in order to feel successful.
- Recognize somatic responses and develop patience with the ebb and flow of emotional and psychological states.
- Build clinical competency by cultivating an on-going creative practice.

CONTINUING EDUCATION

26 Continuing Education credits are available for a \$25 fee, payable online after course completion. Certificates are mailed or emailed after workshop completion.

This course meets the qualifications for 26 hours of continuing education credit for LMFTs, LCSWs, LPCCs, LEPs and RNs as required by the California Board of Behavioral Sciences and the California Board of Registered Nursing. The Institute for Art & Living is an approved provider of continuing education by the California Association of Marriage and Family Therapists.

The Institute for Art & Living maintains responsibility for this program and its content. You may contact us at 415-488-6880 or CE@processarts.com. We encourage you to be in touch with our office with any grievances in a timely manner.

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Daily Schedule

Sunday 8:30 pm - 10:00 pm

Monday – Tuesday – Thursday 10:00 am - 12:00 pm

Monday – Tuesday – Wednesday – Thursday 4:15 pm - 6:15 pm

Monday – Tuesday – Thursday 8:00 pm - 10:00 pm

Wednesday 9:30 am - 12:00 pm

Friday 10:00 am - 12:00 pm

Cost: including workshop tuition, all art materials, five nights lodging and all meals, beginning with Sunday dinner and ending with Friday lunch - \$725 to \$6352 depending on your choice of accommodations. Detailed information about each option and its cost is provided on the Esalen website www.esalen.org/page/esalen-workshop-tuition-including-accommodations.

Registration is completed through the Esalen Institute, either by phone: 1-888-8-ESALEN or online at: <http://www.esalen.org>.

This course is intended for marriage and family therapists, clinical social workers, professional clinical counselors, educational psychologists and registered nurses who would like to learn to use the creative process as a personal practice of self-renewal and a therapeutic tool for the clinical setting.

Refund/Cancellation Policy: To Read Esalen's refund/cancellation policy online, visit: <http://www.esalen.org/page/registration-cancellation-policies>.

Disabilities: Esalen Institute is committed to accommodating guests who have disabilities. If you have a disability and think you might need assistance participating in the workshop, please contact Esalen with as much advance notice as possible at 888-837-2536.

INSTRUCTOR

Stewart Cubley, BS, University of Rochester, MS, Brown University. Stewart Cubley is founder and director of The Institute for Art and Living, a California nonprofit organization. For over forty years he has pioneered a way of integrative and creative living through the practice of process painting. He has brought his work to multinational corporations, art therapy organizations, professional conferences, programs in prisons and countless public forums. Stewart is the co-author of *Life, Paint & Passion: Reclaiming the Magic of Spontaneous Expression*, (Penquin Group).