

Interactive Workshop on Creative Arts Therapies for Self-Care of Mental health professional

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Duration: 2 hours

Introduction

Depression, anxiety, sleep disorders, burn-out syndrome and suicide is not uncommon among mental health workers – how to we unwind?

Self – medicate ourselves everyday?

There is a role for creative arts therapies: everyone has his/her inclination and it maybe time to explore it for a handy recharge and own healing.

Content

Introduction to Creative Arts Therapies modalities

Art Therapy

Dance Movement Therapy

Drama Therapy

Music therapy and vocalization

Poetry therapy

Interactive exercises using different modalities

Individual setting

Dyadic setting

Group setting

Requisites

No experience is required

Comfortable breathable clothes

Preferably cotton