2026 Expressive Arts Training Menu

June 17, July 15, Aug. 19: Imagining the Sacred with Renee Bhatia and Tamara Knapp
6-9 pm ET
This expressive arts training series offers ways to engage the arts and facilitate others to explore that which matters most – our ultimate values, the presence of the sacred, and the meaning we make of our life experiences. It is for anyone who wants to explore the spiritual dimension in their work.
Live Online
For Spiritual Directors and Facilitators
Clinicians welcome to attend

June 26: Guided Meditation in Expressive Arts Practice, with Kathleen Horne and Tamara Knapp
12-5 pm
Through instruction, guided experiences, discussion, and hands-on practice. You will learn foundational principles for creating and facilitating guided meditations that support presence, imagination, and creative flow, and lead clients gently into artmaking.
Live online
5 Expressive Arts Training hours
5 CEU's
For Therapists and Facilitators

July 27: Love Letters, Poetry, and Art with Ericha Scott, licensed as E. Hitchcock Scott, PhD., LPCC917, in California, REAT®
4-9:30 pm ET
Do you ever sense distance where there could be warmth—simply because the right words were never spoken? This creative, therapeutic experience blends poetry, art, and reflective writing to help you voice the love that too often remains unexpressed. A unique training and workshop devoted to crafting love letters that truly touch the heart.
Live online
5 Expressive Arts Training hours for Therapists and Facilitators
5 CEU's - Can also be taken as a workshop for personal growth

August 6: Stitching Together: Community Based Frameworks for Expressive Arts with Shabrae Jackson, MA, PhD (c)
With increased needs for mental health support, how might we stitch together communal responses that expand individual therapy? Join us to explore emerging frameworks for expressive arts community-based interventions where the body can practice returning to safety and the imagination rehearses possibility.
Live online
2.5 Expressive Arts Training hours / 2.5 CEU's - Appropriate for both therapists and facilitators

August 22: Leading Through Crisis: Creative Practice and Adaptive Leadership in Complex Environments with Nathalie Timtchenko, LMHC, MPA, MA-ET
Have you ever wondered what it means to lead and respond creatively in the midst of crisis and uncertainty? This workshop explores how expressive arts principles can support adaptive leadership, presence, and resilience in complex and rapidly shifting landscapes.
Who is if for? Both clinicians and facilitators, as well as anyone interested in applying creative and relational approaches to leadership and community support in complex environments.
Live online
3 CEU's
3 hours of Expressive Arts Training
Appropriate for both therapists and facilitators

August 28: Creative Parts Work: Integrating IFS with Expressive Arts
with Julie Collura and Tamara Knapp
An experiential training that brings together expressive arts and IFS to support insight, embodiment, and parts-based healing. Through guided creative processes—such as visual parts mapping, movement exploration, and IFS-informed collage work—participants learn how to make internal systems visible and engage them with curiosity, compassion, and imagination.
2-5 pm
3 Expressive Arts Training hours for Therapists and Facilitators
3 CEU's
Live Online

Sept. 9: Rhythmic Attunement: An Expressive Arts Therapy approach to working with individual and collective trauma with Mitchell Kossak, PhD, LMHC, REAT
Are you curious how the arts can help with individual and collective trauma?
Do you want to learn more about the role the arts play in nervous system regulation, healthy attachment and embodied empathy?
Live online
2.5 hours of Expressive Arts Training for Therapists and Facilitators / 2.5 CEU's
For: Clinicians, students, facilitators, artists, educators

Sept 24-25: Creative Presence: Facilitating Expressive Arts with Individuals with Kathleen Horne and Tamara Knapp
Creative Presence is an experiential, skills-based course focused on the application of expressive arts in one-on-one contexts. The course emphasizes intermodal practice, ethical role clarity, and practitioner presence when working with individuals in therapeutic, consultative, educational, spiritual, or healing settings. Participants will develop practical competencies in engaging clients through gentle invitations, facilitating intrapersonal intermodal processes, structuring expressive arts sessions, and maintaining an attuned, responsive presence.
Live online
10 hours Expressive Arts Training for Therapists and Facilitators / 10 CEU's LMHC, LCSW, LMFT

Oct. 4-8: Deep Roots, Radiant Branches: Nurturing the Soil of Your Creative Calling with Tamara Knapp and Kathleen Horne
An immersive expressive arts intensive that invites you to explore the roots, pioneers, and evolving pathways of this vibrant field. Through intermodal practice—visual arts, movement, writing, drama, music, and more—you'll discover your own foundations, illuminate your vision, and embody your unique path in the growing expressive arts community.
Live online
25 hours Expressive Arts Training for Therapists and Facilitators / 25 CEU's LMHC, LCSW, LMFT

Oct. 19 and 26: Poetic Medicine: Nourishing our Hearts in Turbulent Times with Susan O'Connell, REACE®
1-3 pm ET (enroll in the first, or in both sessions
Would you like to participate in the art of co-creating poetically nourishing sanctuaries? Engage in a creative and reflective process to nourish hope, build resilience and community.
4 hours of Expressive Arts Training for Facilitators
Poetic Medicine is a workshop for clinicians, facilitators, students, and all others. The applications of poetic medicine reach into all sectors of lived experience - across lifespan and culture.

Nov. 9: Why Metaphors Matter with H. Fay Wilkinson, REACE®
What comes to mind when you hear 'Grief is an ocean…'? We will explore how metaphors can express the inexpressible providing an opportunity to fine tune and stretch listening skills, deepen understanding, shift perceptions and enrich connections.
11:00 am to 1:30 pm
Live online
2.5 hours Expressive Arts Training for Facilitators
A workshop for expressive arts students, emerging practitioners, palliative care workers, those leading grief groups and individuals drawn by personal interest.

Oct. 29 - Dec. 10: Facilitation Skills with Tamara Knapp, Susan Paul Johnson, and Kathleen Horne
This course provides students with the essentials of facilitating intermodal expressive arts process, with both groups and individuals. Attention is given to creating the container, defining your purpose, choosing modalities, and implementing EAFI's 5 step process, Opportunities to practice facilitating are included in the course structure.
6 Thursday evenings, 6-9 pm
Live online
25 hours of Expressive Arts Training for Therapists and Facilitators
25 CEU's LMHC, LCSW, LMFT