FSAP

Faculty and Staff Assistance Program

Sponsored Seminar

Art Therapy for Enhanced Well-being

Art therapy is a mental health modality, in which clients, facilitated by an art therapist, use art media, the creative process and resulting artwork (AATA, 2013) to explore, express, identify, reconcile and manage challenging mental, physical, emotional, spiritual and relational experiences. As such, art therapy, as part of a comprehensive, curative course, provides therapeutic opportunity for self-and-situational acceptance, significance, reorientation and renewed motivation in/towards personal wellness pursuits. Seminar participants are invited to engage in both the educational process and experiential practice of art therapy for enhanced well-being.

This seminar will be facilitated by Rachel A. Upton-Rice, MPS, ATR-BC, LCAT a registered, board certified and licensed creative arts therapist from the University of Miami Hospital's Behavioral Health Services Department.

ATTEND:

Coral Gables campus: Tuesday, September 26th, 12-1:00 p.m., McKnight Building, Room 201AB

Miller School campus: Wednesday, September 27th, 12-1:00 p.m., Clinical Research Building, Room 692

To register, go to http://ulearn.miami.edu.
For help with ULearn registration, or to receive email announcements of upcoming seminars, please call the FSAP @ 305-284-6604.

FSAP

well 'canes