

Integrative Therapies Certificate Program

Beginning date: August 18, 2011

This certificate program is intended to provide participants clinicians with basic knowledge and skills needed to integrate the expressive arts and experiential mind-body therapies into their practice. The course is approved for 1.8 CEU's through the VCU School of Social Work.

The therapeutic use of music, guided imagery, mandalas, poetry, journaling, mindfulness meditation, movement, and sculpture will be of benefit in your work with children, adolescents and adults presenting with depression, anxiety, addictions, PTSD, grief, transitions, health challenges, relationship problems, and school/career issues.

The course consists of six monthly three hour sessions as outlined below:

An Introduction to Integrative Therapies in Clinical Practice

This workshop will introduce participants to the benefits of using integrative therapies as an adjunct to traditional methods of therapeutic practice. Based on established methods of expressive arts and experiential mind-body therapies, this session will provide an overview to these methods as well as foundational knowledge for using them in a supportive way in therapeutic practice. In this session, participants will have an opportunity to experience a sample of the therapeutic techniques covered in this program. An ethical framework for using this method will be introduced which includes an understanding of the clinical issues that are appropriate for using these methods, as well as contraindications.

Mandalas and Clay Sculpture

This workshop will introduce participants to using drawn mandalas and clay sculpture as a means of exploring, expressing, and processing issues that are non-verbal or still in the formative unconscious realms. As an expressive art, these methods can be used to contain strong emotions, promote greater self-awareness, and support the process of other therapeutic efforts. Participants will be introduced to Jung's theories and experience how these techniques invite a person to engage with their inner process through external representation.

Music and Imagery

This workshop will introduce participants to the theory and application of using music and imagery. This method is adapted from the Bonny Method of Guided Imagery and Music (GIM) and has been researched for more than thirty years. This method has been demonstrated to be effective for clients with anxiety, depression, grief, trauma, addictions, spirituality, and creative expression.

Creative Expression through Poetry and Journaling

This experiential workshop invites participants to understand the ability of poetry and journaling to support emotional expression and cognitive integration for the therapeutic process. A primary focus for this workshop will be the use of these techniques in creative visioning. Creative visioning can tap into solutions for clients and is an empowering method that facilitates positive change, growth, and movement towards goals. Participants will leave with an understanding of how to use these tools to facilitate self-awareness in people and systems experiencing transition.

Mindfulness Meditation, Body Awareness, and Sound Healing

This workshop explores the concept of music meditation by introducing basic skills of mindfulness, meditation practices, and how music can provide a focus for meditation. Mindfulness meditation has been shown to be helpful with anxiety, depression, addictions, and reducing stress. Participants will be introduced to the therapeutic benefits of movement, yoga, and dance. Participants will learn how to help clients develop body awareness.

The Ethics of Incorporating Integrative Therapies into Your Practice

This workshop will provide a comprehensive review of the ethics of incorporating integrative therapies in therapeutic practice. Special attention will be paid to the ethics of working with clients in non-ordinary states of consciousness.

Facilitators

Erin Johnson, LPC, LMFT, FAMI is a therapist in private practice in Charlottesville, Virginia. She has over twenty-five years experience providing individual, couples and family therapy. In addition, she has provided numerous workshops on Solution Focused Therapy and was a VISSTA trainer. She is a graduate, supervisor and faculty of the Mid-Atlantic Training Institute. She is a Primary Trainer, certified by the Association for Music and Imagery.

Cara Marinucci, LPC, FAMI is a counselor in private practice in Charlottesville, Virginia. She has over twenty years experience providing individual and family therapy with children, adolescents and adults. She is a graduate, supervisor and faculty of the Mid-Atlantic Training Institute. She is a Primary Trainer, certified by the Association for Music and Imagery. She has presented numerous workshops at health conferences, addiction conferences, and in schools and the community. Also, she is a Registered Trainer with the National Acupuncture Detoxification Association.

Integrative Music Institute

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