



TIME: Registrations 8:30 - 9:00
9:00 - 16:30

During this workshop participants will actively engage in their journey of transformation through body engagement, sensory awareness and creative expressive arts. Dress comfortably to move freely

FEE: R1300,00 per person (all materials will be provided)
R800 for Masters Students
Maximum twenty participants

R.S.V.P. elzette@elzettefritz.com
Tel: 0833251794
By Monday 4 July 2016

6 CPD accreditation points for psychologists

Accredited by the Milton H. Erickson Foundation, Phoenix, Arizona

THE JOURNEY FROM CATERPILLAR TO BUTTERFLY
Presented by Elzette Fritz & Fred Schouwink
8 July 2016

Eligibility

Open to psychologists and masters psychology students in accredited programmes registered with the Health Professions Council of South Africa for CPD points. Psychiatrists, social workers and counsellors are welcome to attend for personal development, they will however not receive CPD points.

CV - Dr Elzette Fritz (D.ED Educational Psychology)

Biography: Elzette Fritz (D.Ed Psych; M.Ed Psych; B.Ed Psych; HED; BA) is a registered Educational Psychologist in private practice and research and teaching associate in the Department of Educational Psychology, at the University of Johannesburg, South Africa. She was the coordinator for the Masters Educational psychology programme with lecturing responsibilities in therapeutic interventions and counselling skills in the Department of Educational psychology, University of Johannesburg, for nine years. She is a fellow director of MEISA (Milton Ericksonian Institute of South Africa) that provides training to professionals in Ericksonian hypnotherapy and ego state therapy and is the president of SAPSAC (South African Professional Society for the Abuse of Children). Elzette has been trained through the Milton Ericksonian Institute of South Africa in Ericksonian and ego state psychotherapeutic approaches and her research interest lies in school community therapeutic interventions, with the focus on creative expressive arts in psychotherapy. She has presented at international and national conferences on the utilization of Ericksonian principles in conjunction with ego-states therapy, especially utilizing creative expressive arts in therapy.

CV – Fred Schouwink (M.Ed Educational Psychology)

Biography: Fred Schouwink {M.Ed Psych (cum laude), B.Ed Hons (Ed Psych), B.Ed Hons (Life and Career Orientation), HED} is a registered Educational Psychologist currently working in school, private practice as well as higher education contexts. Fred has been trained in a variety of therapeutic modalities, including Clinical Hypnosis, Ego State Therapy, Gestalt Therapy, Narrative Therapy as well as Eye Movement Integration. His interest lies in the assessment and remediation of learning difficulties from the perspective of neuropsychology, as well as providing therapeutic support to children and adolescents who present with developmental trauma. He has presented at both national and international conferences on a wide variety of topics, including the neuropsychology of attachment, creative expressive arts therapy and ego states therapy. Fred is currently pursuing his specialist doctorate degree in Child Psychology at the University of the Free State.

Abstract

It was once said that what the caterpillar calls the end of the world, the master calls a butterfly. It reminds us that as with the butterfly, adversity is often the catalyst for connecting with inner strength and resilience. Positive psychological change can indeed be facilitated as a result of adversity and other challenges in our lives in order to rise to a higher level of functioning and being in the world. This change and growth is not about merely returning to the same life as it was previously experienced; rather it is about undergoing significant life-changing psychological shifts in thinking and relating to the world, that contribute to a personal process of change, that is deeply and profoundly meaningful. This workshop will enable participants to explore life changing events, that put their 'imaginal disks' in motion and that resulted in transformation through creative expressive arts engagement. Creative expressive arts include the use of visual arts, music, dance, movement, drama, poetry, creative writing, play and sandtray within the context of psychotherapy, counselling and health care. When creative expressive arts are used in therapy and conducted in a supportive setting, it can facilitate growth and healing for individuals of all ages, presenting with various difficulties.

The Ethical Component of the workshop

At the onset, throughout and at the end of the workshop, the ethical principles relevant for engaging in creative expressive arts in psychotherapy, also considering bodily sensations, thoughts, images and behavior, will be emphasized, especially in terms of valuing the voice of the artifact and respecting the representational space between the client as artist, the artifact and the therapist. The risk of interpretation of the creative product will also be highlighted. The balance between the creative process and the product will receive attention. At the end of the workshop the following points will also be addressed:

- What do we mean by ethics in creative expressive arts in psychotherapy?
- Ethical Considerations: respecting the product versus process, interpretation considering a person-centered approach and cultural diversity and personal/professional ethics.
- Respecting the sensations the body provides along with the associated images, thoughts and behaviour.
- Utilising inner resources to provide healing.

Learning Objectives:

In this highly fascinating and interactive workshop, participants will ...

- Colorfully blend insights from the field of Ericksonian and Ego State psychotherapy, Narrative Therapy, Mindfulness and Positive Psychology
- in order to better understand inner strength, post traumatic growth, meaning and purpose in the life of the client as well as the therapist.
- Experientially journey through their own life story as a therapist to explore turning points and transitions which opens up possibilities
- and opportunities of growth and transformation by means of Creative Expressive Arts engagement.

Programme

The workshop will entail three hours of practical engagement

8:30 – 9:00	Arrival and welcome
9:00 – 10:15	Enacting and discussing ethical principles relevant when engaging in creative expressive arts in psychotherapy, considering the creative connections process and Ericksonian principles or visualization and utilization when creating a sense of safety, grounding and regulating.
10:00 – 11:00	Exploring the colors and textures of life changing events on life's journey.
11:00 – 11:15	TEA BREAK
11:15 – 13:00	Exploring sensations and bodily movements that speak of life changing events on life's journey.
13:00 – 13:30	Relaxing during lunch
13:30 – 15:30	Engaging with transformation as a butterfly takes shape
15:30 – 16:30	Reflection – bringing sensations, images, behavior, affect and memory together