

Melt Stress with Creativity

An ART RELAXATION TRAINING

Presented by Angelina H. Rodriguez, LPC, ATR-BC

1.5 Hour Continuing Educational Units

Sample Agenda

<u>Length</u>	<u>Time</u>	<u>Activity</u>
	8:30	Sign In & Register
15 mi	9:00-9:15	Welcome Icebreaker/Introductions Purpose and Overview
30 min	9:15-9:45	Introduction to Art Therapy Materials, Applications, and Participation Requirements Warm up Art Activity to Lower Stress
30 min	9:45-10:15	Group Cohesive Art Activity Build Trust/Unity/Dialogue Reduce Anxiety & Stress
15 min	10:15-10:30	Witness, Process, and Practice Empathy Skills Questions & Answers Evaluations

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