

Drawing With Inspiration

A Creative Way to A Build Positive Team

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

3 Hour Continuing Educational Units

Sample Agenda

<u>Length</u>	<u>Time</u>	<u>Activity</u>
	8:30	Register & Breakfast
15 mi	900-9:15	Welcome Icebreaker/Introductions Purpose and Overview
15 min	9:15-9:30	Introduction to Art Therapy Materials, Applications, and Participation Requirements Warm up Art Activity to Lower Stress
30 min	9:30-10:00	Group Cohesive Art Activity Build Trust/Unity/Dialogue Reduce Anxiety & Stress
120 min	10:00 -11:30	Featured Art Activity I Face Fears/Unknowns, Increase Self Esteem, Let Go of Out Comes, Trust
20 min	11:30-11:50	Witness, Process, and Practice Empathy Skills
10 min	11:50-12:00	Questions & Answers Evaluations

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