

Melt Stress Create Art Workshop

A FULL-DAY RELAXATION TRAINING

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

6 Hour Continuing Educational Units

Agenda

8:30 am -4:00 pm

<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 -12:00	Featured Art Activity I Face Fears/Unknowns, Increase Self Esteem, Let Go of Out Comes, Trust
60 min	12:00-1:00	LUNCH
55 min	1:00-1:55	Meditation, Reflection, Journal Techniques
95 min	1:55-3:30	Featured Art Activity II Provide Non Judgmental Communication, Support & Acceptance of Self/Others
15 min	3:30 -3:45	Snack Break
30 min	3:45-3:15	Witness, Process, and Practice Empathy Skills
30 min	3:45-4:00	Questions & Answers Evaluations

4130 Bellaire Blvd., Ste. 210 *Houston, Texas 77025

Tel.: 713.206.8429* life@therapybyangelina.com * www.therapybyangelina.com