

# Person-Centered Expressive Arts Therapy CERTIFICATE PROGRAM

[www.personcenteredexpressivearts.com](http://www.personcenteredexpressivearts.com)



SIX WEEK, TWO YEAR PROGRAM STARTING MARCH 27—31, 2022

## EXPRESSIVE ARTS

### for Healing and Social Change: A Person-Centered Approach

This unique certificate program for 2022-2023 combines experiential learning, theory, and practice in the person-centered philosophy of Carl Rogers and the expressive arts of Natalie Rogers: movement, sound, visual arts, creative writing, and drama in a safe, non-judgmental environment. The program is six residential weeks over two years, with a commitment to both years.

Participants come from around the globe to learn to use the expressive arts in counseling, teaching, nursing, education, social work, mediation, social action, and group facilitation, and/or to awaken personal growth and creativity. They attend six five-day Residential Intensives over two years at Westerbeke Ranch in Sonoma, CA. You'll love the peaceful country retreat nestled among oak trees, surrounded by rolling hills and the vineyards of Sonoma's Valley of the Moon. Starting March 2022.

[www.thewesterbekeranch.com](http://www.thewesterbekeranch.com)



This program was developed by **Natalie Rogers**, Ph.D., REAT (1928-2015), author of *The Creative Connection: Expressive Arts as Healing* (1993) and *The Creative Connection for Groups* (2011). Dr. Rogers practiced as a psychotherapist for 30 years and facilitated many workshops with her father, Carl Rogers. This program is a culmination of Natalie's pioneering work in the field of expressive arts that took her around the world and has inspired a new generation of PCEAT practitioners.



**Sue Ann Herron**, Ph.D. Psychology. Dr. Herron is Director and Executive Faculty of the Person-Centered Expressive Arts Program at PCEATI and has taught at Saybrook, Sofia, and Meridian Universities. She worked with Natalie Rogers for 13 years collaborating, designing, and co-facilitating the PCEAT program for psychology students, educators, counselors, social workers, and healthcare professionals from around the world. Dr. Herron wrote Natalie Rogers' biography and co-authored chapters, "Person-Centered Expressive Arts Therapy: An experiential psychology of self-realization" in P. Wilkins, *Person-Centered and Experiential Therapies* and "Cutting-edge person-centred expressive arts" in C. Lago & D. Churara, eds., *Person Centred Counselling and Psychotherapy Handbook: Origins, Developments and Contemporary Applications*, and authored "Natalie Rogers's Person-Centered Expressive Arts Therapy" in



**Leora Bar-Din**, BA, BSN, RN. Leora is a licensed registered nurse, certified massage therapist, and co-facilitator for the Person-Centered Expressive Arts Program at PCEAI. Throughout her nursing career, she recognized the importance of providing care based on the person-centered approach. It has been this philosophy that continues to define her work. She is honored to carry forward Natalie Rogers' legacy of offering an authentic connection to self and others by recognizing the inherent therapeutic nature of expressing oneself through person-centered expressive arts.

**TUITION** \$8,000 per year (\$16,000 total) for this six week, 450 hour training.

**Payment plan available.** Delightful rooms and healthy on-site chef-prepared meals at Westerbeke Ranch. Individual rooms are \$1,075 per five-day residential stay and include three meals per day.

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**TO APPLY** Please email Sue Ann Herron at [sueannaherron@comcast.net](mailto:sueannaherron@comcast.net)

### Course Titles & Dates

- ◆ **Nourishing the Soul**  
March 27 – 31, 2022
- ◆ **Client-Centered Expressive Arts for Counseling**  
August 18 – 23, 2022
- ◆ **Expressive Arts and Wisdom of the Body**  
January 23 – 28, 2023
- ◆ **Expressive Arts for Social Change**  
April 3 – 8, 2023
- ◆ **Expressive Arts: Group Dynamics and Facilitation I**  
June 24 – 29, 2023
- ◆ **Expressive Arts: Group Dynamics and Facilitation II**  
to be announced

### We Will Explore

- ◆ How the creative process connects us to body, psyche, soul, and the world
- ◆ How the person-centered approach enhances emotional intelligence, healing, relationships, and self-empowerment
- ◆ The use of expressive arts in counseling, teaching, and group work

