

Person-Centered Expressive Arts Therapy CERTIFICATE PROGRAM

www.personcenteredexpressivearts.com



ONE YEAR PROGRAM: 3 IN-PERSON COURSES & 3 VIRTUAL COURSES STARTING JAN 2023

EXPRESSIVE ARTS

for Healing and Social Change: A Person-Centered Approach

This unique certificate program for 2023-2024 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 courses over one year, with a commitment to all six courses.

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 Intensives over one year; three at Westerbeke Ranch in Sonoma, CA and three virtually. 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 January 2023.



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 Fracasso, Krippner, and Harris, *Holistic Treatment in Mental Health*.



Leora Bar-Din, BA, BSN, RN. Leora is a registered nurse, certified massage therapist, and currently working towards an MA in Counseling at Sonoma State University. Throughout her nursing career she recognized the importance of providing care based on the person-centered approach. It has been this philosophy and practice that continues to define her work. She is honored to co-facilitate this program and 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.

Course Titles & Dates

- ◆ *Nourishing the Soul*
JAN 2023 IN-PERSON
- ◆ *Client-Centered Expressive Arts for Counseling*
APRIL 2023 VIRTUAL
- ◆ *Expressive Arts and Wisdom of the Body*
JUNE 2023 IN-PERSON
- ◆ *Expressive Arts for Social Change*
AUG 2023 VIRTUAL
- ◆ *Expressive Arts: Group Dynamics and Facilitation I*
OCT 2023 IN-PERSON
- ◆ *Expressive Arts: Group Dynamics and Facilitation II*
JAN 2024 VIRTUAL

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



TUITION: \$2,666 per course for the 300 hour, 6-course PCEAT Certificate Program.

PAYMENT PLAN: Tuition and residential fees may be paid in 6 interest-free installments over 1 year.

RESIDENTIAL LODGING for in-person courses: \$1,120 for 5 days, includes 3 meals per day.

TO APPLY: Please email Dr. Sue Ann Herron at sueannaherron@comcast.net