SPRING INSTITUTE

The Spring Institute is a three-day introductory educational program exploring creative arts therapy. Nine modules will be offered examining various aspects of creative arts therapy. Participants may take any combination of these non-credit modules.

DAY ONE:

Module 1: Wednesday May 22nd, 9:00 AM – 11:00 AM, North Hall Room 210

Intro to Creative Arts Therapy – Jean Davis and Joan Wittig

The theory and practice of creative arts therapy will be explored through experiential exercises. The use of kinesthetic experience, movement expression, and visual knowledge, as well as their integration will be explored.

Module 2: Wednesday May 22nd, 11:15 AM – 1:15 PM, North Hall Room 213

Open Studio Process – Kim Bush

Open Studio Process combines art making and writing to engage deeply in personal creative process while being witnessed and held by the collective without judgment. Pat Allen describes the process as “allowing the image to lead by following its energy, and writing and reading a witness to the art” to provide access to the “unlimited potential of the Creative Source” within. Through engagement with Open Studio Process, participants will experience witnessing as a way of engaging with the world in a reflective way that enhances the ability to attune empathically to both themselves and others.

Module 3: Wednesday May 22nd, 2:30 PM – 4:30 PM, North Hall Room 212

Introduction to the Practice of Authentic Movement – Cara Gallo-Jermyn and Deniz Oktay

Authentic Movement is the practice of moving from impulses in the body in the presence of a witness. This workshop will be experiential and didactic. We will explain the basic practice of Authentic Movement and engage in a movement experiential for a fuller understanding of the practice.
DAY TWO:

Module 4: Thursday May 23rd, 9:00 AM – 11:00 AM, North Hall Room 210

**Creating Space: Yoga and Art Therapy – Sara Rothstein**

In Creating Space you will be guided through the use of yoga to create space within yourself and use art making as an external awareness of this process. Yoga breath work (pranayama) and movement (asana) will help you create internal space and then we will explore, through the experience of art making, how the use of this space may serve as a tool for life. You’re welcome to bring your own yoga mat. No previous art or yoga experience is necessary.

Module 5: Thursday May 23rd, 11:15 AM – 1:15 PM, North Hall Room 213

**Shifting Space, (Re)Building Connection – Stephanie Condra**

Judith Hermann tells us in her classic review of recovery from trauma, that the final stage is “reconnection.” Using current approaches in a trauma-informed lens of treatment, in what ways can art therapy bridge the gap from isolation to trust and connection into the community? How can it reconstruct meaning for the Self? This workshop will introduce participants to group and social action oriented work using community and clinical case discussion, while also integrating themes from mindfulness and transpersonal practice. A guided inter/intrapersonal art therapy experiential encounter, using easy and accessible large scale communal art-making, will invite each member to explore personal meaning—and the ways in which that meaning may be amplified within a group space and community context.

Module 6: Thursday May 23rd, 2:30 PM – 4:30 PM, North Hall Room 212

**From Gesture to Improv to Choreographed Expression – Julie Miller**

Dance/Movement Therapy provides access to the most authentic and unmediated aspects of the self. It is often when these aspects are expressed through dance that transformation can take place even without words. This workshop will look at the spectrum form personal gesture through choreographed steps to explore how dance provides the structure for self-awareness and deep knowledge of the self.
DAY THREE:

**Module 7: Friday May 24\(^{th}\), 9:00 AM – 11:00 AM, North Hall Room 213**

**Materials and the Environment in Art Therapy – Dina Schapiro**

This experiential workshop will explore the use of art materials in art therapy and the impact of the environment on both the artist and the artmaking.

**Module 8: Friday May 24\(^{th}\), 11:15 AM – 1:15 PM, North Hall Room 213**

**Dreams, Myths, and Creative Arts Therapy – Melissa Klay**

Dreams, myths, and the creative arts therapies have been in existence since the beginning of man. Each form not only serves as a function but also as a creative outlet. In the Creative Arts Therapy field, the nonverbal language of art, dance, drama, music, and poetry help the individual bridge the unconscious to the conscious. The same is true for dreams and myths. In this workshop, we will discover how dreams and myths are integrated into the creative arts therapies in order to explore one’s psyche and to help tend to the soul.

**Module 9: Friday May 24\(^{th}\), 2:30 PM – 4:30 PM, North Hall Room 212**

**Introduction to Chace Dance Therapy – Elissa White**

This workshop will be an introduction to the work of Marian Chace, one of the pioneers in the dance therapy field. Participants will be introduced to empathic reflection in the therapeutic relationship in dance, the skill of picking up and developing movement to facilitate emotional expression the use of group rhythm and the development of imagery and symbolic play.

Access To Pratt Programs And Activities

The Pratt campus and many of its buildings are historic in nature and thus not all spaces on campus are readily accessible and the accessibility of certain buildings and spaces on campus may not be immediately apparent to campus visitors. However all programs, services and activities will be accessible and Pratt will accommodate any individuals with a disability who wish to avail themselves of any of its programs or activities.

To facilitate ease of access to all programs and activities, you have the option to indicate if you require an accessible space, have any mobility restrictions (e.g. inability/difficulty navigating stairs), or have any similar considerations or concerns, when registering in advance or scheduling an appointment for any program or activity on campus. Appropriate measures will then be taken to ensure that the relevant programs or activities are readily accessible with the least amount of delay or inconvenience to you.

Students should contact the Director of the Learning/Access Center, Elisabeth Sullivan, esulliv5@pratt.edu, (718) 636-3711 in advance, according to the procedures for requesting accommodations established by the Learning/Access Center. Requests for accommodation should be made as far in advance as reasonably possible to allow sufficient time to make any necessary modifications to ensure the relevant classes, programs, or activities are readily accessible. The Learning/Access Center is available to Pratt students, confidentially, with additional resources and information to facilitate full access to all campus programs and activities and provide support related to any other disability-related matters, and is located in the ISC Building, Room 104.

Employees should contact Director of Human Resources, Steven Riccobono, sriccobo@pratt.edu, (718) 636-3787 reasonably in advance of an appointment or program, to allow sufficient time to make any necessary modifications to ensure the relevant programs or activities are readily accessible. Human Resources is available to Pratt employees, confidentially, needing a reasonable accommodation or regarding any other needs or issues related to accessibility on campus and is located in Myrtle Hall, 2nd Floor.

Security personnel, located at a booth inside the main gate at 200 Willoughby Avenue, are also available to assist visitors with directions, locating accessible routes, or providing any other assistance in navigating the campus grounds.

Website Accessibility

Pratt Institute is committed to its policy that that persons with disabilities have a full and equal opportunity to benefit from the goods, services, privileges, advantages, and accommodations offered by Pratt Institute. In keeping with that policy, Pratt Institute has retained an accessibility consultant to implement and maintain compliance with the relevant portions of the World Wide Web Consortium's Web Content Accessibility Guidelines 2.0 Level AA (WCAG 2.0 AA) as well as state and federal accessibility requirements. As part of this commitment, we are continually improving our website at www.pratt.edu to make it more accessible. If you encounter any difficulty using our website, have suggestions about improving the usability or accessibility of the website, or would like to know more about Pratt Institute's commitment to accessibility, please contact the service desk by emailing services@pratt.edu.