

Name: \_\_\_\_\_ License type and #: \_\_\_\_\_  
Address: \_\_\_\_\_ If only attending one: am or pm please circle  
Phone #: \_\_\_\_\_ email: \_\_\_\_\_

NCAMP MEMBERS : MFT/LSCW \$65 for one \$125 for both with lunch Ph.D/ Psy.D \$72 for one  
\$137 for both with lunch Pre-Licensed \$50 for one \$95 for both w/ lunch Students \$25 for one or both

Non-Member: Add an additional \$35 to the above fees.

Please make checks payable to NCAMHP and send check and registration to Educational Coordinator

PO Box 6860, Eureka, Ca. 95502 Questions: 707-443-3384

## USING DREAMS AND EXPRESSIVE

### ARTS IN PSYCHOTHERAPY

#### Morning Workshop 9am to 12:15 pm (3 CEUS):

##### *Dreams and the Creative Process with Madeline McMurray, Ph.D.*

Madeline McMurray has been a Marriage Family Therapist in private practice, as well as a lecturer in Religious Studies at Humboldt State University, for over twenty years. In 2008 she retired from HSU where she was teaching the relationship between psychology, mythology, and religion. Madeline's orientation is depth psychology. She originally got her master's degree at HSU. In 1990 she received a Ph.D. in archetypal psychology from Sierra University, a university without walls. She has also completed ten years of training with the Guild for Psychological Studies in San Francisco, and post graduate training in Dream Work with Stephen Aizenstat at Pacifica Graduate Institute in Santa Barbara. Madeline is a painter and mask maker which clearly influenced her approach to psychology. She has published two books; the first being about the importance of art as part of the therapeutic process and the second centered on mythology and psychological development.

This three hour workshop is designed to explore both theory and practice in the use of creativity as part of psychotherapy. The approach of this workshop assumes that art, writing, movement, active imagination, and sand play, to name some of the creative approaches, are therapeutic tools that can enhance most forms of talk therapy. Although each of these processes may be a theoretical approach in its own right, most therapists tend to be somewhat eclectic in actual practice. The more tools we have as part of our professional development, the greater our effectiveness in companioning clients in their particularity.

#### Afternoon Workshop 1:15pm to 4:30pm (3 CEUS):

##### *Creative Renewal Through Movement and Expressive Arts with Cathy Chandler-Klein, MFT and Miriam Labes, MFT.*

Cathy Chandler-Klein, licensed Marriage and Family Therapist, has been in private practice in Eureka for the last 25 years. Her client-centered work with teens and adults encompasses both in-depth personal exploration and brief solution-focused work, drawing from a range of approaches including expressive art therapy, sandtray, DBT, and somatic techniques. Cathy has facilitated workshops for various agencies and conferences including expressive art therapy, stress reduction, body image, parenting adolescents, boundaries and conflict resolution. She designed and ran The Dance Therapy Program for At Risk Adolescents Girls locally for 12 years, combining expressive art therapy with a performance component. Cathy is a dancer and musician and believes deeply in the healing and enlivening process of movement, and all of the arts, for everyone.

Miriam Labes, MFT provides holistic, integrative and traditional approaches to therapy. She offers strength based, humanistic, body oriented and mindfulness based approach to health and healing. She has extensive training in Movement and Dance Therapy, Somatic Therapy, Expressive Arts Therapy, Mindfulness and Play Therapy. Miriam has taught Person Centered Expressive Arts Therapy nationally and internationally. She is also a licensed massage therapist, a long time practitioner of yoga, meditation, and authentic movement. She is passionate about the transformational power of creativity and the arts to awaken and restore balance and increased joy with individuals, families, and groups. She is committed to designing and facilitating opportunities for people of all ages to tap into their inherent creativity and make positive changes in their life.

This three hour workshop combines theory, practice and an experiential process that weaves movement, body awareness, art, sandtray, mindfulness and writing. It is designed for therapists, social workers, and educators to introduce them to expressive art therapy approaches for use in their professional practice and personal growth. Within us each is a creative spirit that connects us to our inner wisdom. Allowing self-expression through movement, art, music, sand tray and writing is often a transforming and enlivening experience. It helps us discover our innate creativity, access personal resources, accept and express feelings and deepen communication. The expressive arts therapy process invites us to be curious and compassionate witnesses to the self in a safe, person-centered environment.

*Participants of the morning workshop will gain a basic understanding of a Jungian Approach to dreamwork and have some of the tools and techniques needed for working with dream and images. They will also be given resources to further their knowledge base on this subject.*

Registration is limited to 40 people for each workshop, so please register early

*Participants of the afternoon workshop will gain an understanding of how expressive arts help us connect to our body, mind, and heart; how the creative process offers us access to increased joy and healing; and how to use the expressive art process to access inner resources and integrate strengths and vulnerabilities. Participants will learn the applications of this work in psychotherapy.*

*Please wear comfortable clothes to move in, and bring a journal with your own colored pastels to use during the workshop.*

Menu  
Green Salad w/ Balsamic Vinaigrette  
Baked Teriyaki Mahimahi  
Teriyaki Tofu, Lemon-Garlic Chicken  
Sushi Rice Salad, Asian Broccoli and Mushroom Sald  
Bread Basket w/ butter and olive oil  
Almond Cookies and Chocolate Cake (incl. dairy and gluten free option)  
Fruit and Beverages

## ***ATTENDANCE and CANCELLATION***

**Confirmations:** Confirmation Notices are not required for admittance and will not be sent. If you wish to confirm receipt of your registration, please contact Judy Judge @ (707) 443-3384 or [precisionbilling@sbcglobal.net](mailto:precisionbilling@sbcglobal.net)

**Attendance:** Attendance at all CE activities must occur in full (100%) from start to end, in order to receive CE credit. Variable or partial credit based on a percentage of attendance will not be provided. In special circumstances, a 10-minute allowance may be provided at the discretion of the NCAMHP Board representative at that training. Also, you must complete and turn in a Workshop Evaluation for each session you attend in order to receive your certificate. If you do not pick up your certificate at the workshop, you will be charged \$20 for a copy.

**Cancellation/ Refunds:** Cancellation prior to and on the day of the workshop entitles an individual to a refund of the workshop fee minus a \$50 administrative fee. **After the day of the workshop, no refund will be given.** Cancellation notification can be made by contacting Educational Coordinator Judy Judge at 443-3384 or [precisionbilling@sbcglobal.net](mailto:precisionbilling@sbcglobal.net)

## ***ABOUT CONTINUING EDUCATION CREDITS***

**NCAMHP** is an approved provider of Continuing Education by the Board of Behavioral Sciences(BBS #335) and by the California Psychological Accrediting Agency (CPAA #NOR-048)

**MFT & LCSW:** This course meets the BBS requirements for 6.0 hours of continuing education credits. (3.0 for each session)

**Psychologists:** This course is approved for 6.0 of MCEP credits by the CPAAA. Course code: NOR048-0047-000 (morning Session) NOR048-0048-000 (afternoon session)

**If you are interested in  
\*JOINING NCAMHP\*  
Please call NCAMHP  
At (707) 441-3832**

*If you join NCAMHP when registering  
for a course, you will receive  
membership rates for the course.*

**For more information about  
NCAMHP, please visit:  
[www.NCAMHP.org](http://www.NCAMHP.org)**

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North Coast Association of  
Mental Health Professionals  
P.O. Box 5363  
Eureka, CA 95502  
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## ***Using Dreams and Expressive Arts in Psychotherapy Two exciting workshops***

*By:*  
*Madeline McMurray, Ph.D.*  
*And*  
*Miriam Labes, MFT*  
*And Cathy Chandler-Klein, MFT*

**Humboldt Area Foundation**  
*373 Indianola Road, Bayside, Ca. 95524*

**Sat April 21, 2012**  
**9am to 12:15**  
**first workshop (3 CEUS)**

**Lunch 12:15 to 1:15pm**

**1:15pm to 4:30pm**  
**Second Workshop**  
**(3 CEUS)**