



The Art2Healing Project

Empowering the world through Creative Art Therapies

The Art2Healing Project

Psychological First Aid & Art Therapy Training Program

5 Day Capacity Building Program & 2 Day Training of Trainers Program

26th August – 8th September

RE: INVITATION WELCOME LETTER

To Whom It May Concern:

The Art2Healing Project is an Australian non-for-profit organization committed to supporting the trauma healing and empowerment of disenfranchised women and children globally through effective training and delivery of mental health programs through the utilization of creativity and the expressive art therapies. We have been training with various anti-trafficking shelters and psychosocial organizations in Nepal since 2008, delivering training programs in art therapy, counseling, trauma recovery techniques and providing supervision and setting up recovery programs in various shelters. We have found art therapy, coupled with other trauma recovery techniques, a very effective tool in supporting the recovery of trauma with different populations such as the victims of sex trafficking, women and children at risk, and refugees.

We are facilitating a 5 - day non-residential art therapy training program and a 2 day Training of Trainers (TOT) on **Psychological First Aid and Art Therapy** from the **26th August – 8th September 2014**.

The main aim of this 5 – day Psychological First Aid and Art Therapy Training, is to build the capacity of the trainees in their understanding of how to use Expressive arts therapies interventions and somatic experiencing techniques with their client population. The content of the materials will focus on arts based interventions with children who are experiencing PTSD, but these interventions can be modified for other populations too.

The training program will assist trainees to learn and apply these arts based interventions and foundations of Somatic Experiencing (SE) for post disaster recovery.

Themes which will be covered will be: nervous system and emotional regulation, expressive arts therapies techniques, play techniques, establishing inner and outer safety, containment of grief and loss, and building strength and resiliency.

In the 5 day training, the trainees will learn:

The trainees will learn how to:

1. Understand nervous system and emotional regulation.
2. Foundational theories on SE on stabilization and self-care.
3. Establishing inner and outer safety.
4. Techniques on Art Therapy and Focusing.
5. Art Based Interventions for containment and holding grief and loss.
6. Arts based activities to build resilience, strength and a healthy sense of self.

At the end of the training program, the trainees will be able to apply all the above techniques and interventions with their client population and work setting. This 5 – day training will be followed up with a 2 - day Training of Trainers (TOT), where interested trainees will learn how to train others in the above techniques and theories. Our trainers will continue to provide supervision and consultancy through visiting the various local organizations after the TOT.

We believe that this training will be an invaluable part of your work as a mental health worker, and art therapy is a powerful and effective tool in post-disaster trauma recovery. We hope that you will be able to join us for the training. Our numbers are limited to 30 pax for the training, so if you would like to register or if you have any queries, please contact our local project coordinator, Hira Dahal, at hira@sika@gmail.com, for your confirmation. Thank you.

Warmest Regards,



Lydia Atira Tan

Executive and Clinical Director

Founder

The Art2Healing Project