

# EXECUTIVE SUMMARY

## Course Title

*The Use of Expressive Therapies for Self-Care*

## Instructor

Eliana Gil, Ph.D., Director of Clinical Services, Childhelp Children's Center of Virginia

## Course Description

*Self-care* is absolutely necessary to work longevity and satisfaction. Working with abused and traumatized children and their families can create feelings of vicarious traumatization which must be addressed and prevented. The expressive therapies can provide a useful and readily accessible way of processing and managing negative countertransference so that it does not interfere with our functioning. This afternoon session is experiential and designed to provide useful strategies for self-care.

## Course Objectives

Participants will be able to:

- Describe an art technique which address negative countertransference;
- Define metaphor work and how it can be useful to manage negative countertransference;
- List two benefits to expressive work;
- Discuss two benefits to nonverbal, expressive work;
- List two negative consequences of not attending to self-care;
- List two physical strategies that might be useful self-care techniques;

## Outline

1:00	-	2:30	Experiential Expressive Therapy
2:30	-	2:45	Break
2:45	-	4:00	Experiential Expressive Therapy