



East Bay
Art Therapy



ARTS-BASED WELLNESS WORKSHOP FOR EDUCATORS

Presented by Tonia Herrero, MPS, ATR-BC, LCAT, ATCS

Licensed & Board-Certified Art Therapist, Certified Art Therapy Supervisor and Owner of East Bay Art Therapy (And Former Oakland Educator)

Eastbayarttherapy.com / Tonia@eastbayarttherapy.com



LEARNING OBJECTIVES

- Identify the difference between Art Therapy and Therapeutic Art Making.
- Explore your boundaries between the external and internal.
- Explore and identify your personal values and strengths.
- Identify your outside support system.
- Reignite your creativity through hands-on and experiential art-making.
- *REMINDER: This is not a therapy group. The activity may bring up difficult feelings, please take care of yourself throughout the process.*

QUESTIONS TO CONSIDER

- How can I use creative self-care practices to maintain emotional safety while working within oppressive or harmful systems?
- How can I tap into both my internal and external strengths (support system)?

ART THERAPY VS THERAPEUTIC ART MAKING



- Art Therapy requires a relationship between a client and a credentialed Art Therapist.
- Art Therapists are master's level mental health clinicians registered with the Art Therapy Credentials Board (and sometimes also licensed with their state licensing board).
- Art Therapy enriches the lives of individuals, families, and communities through active art-making and the creative process integrated with psychological theories and interventions.
- Therapeutic Art Making is any creative art making process that an individual engages in for the purpose of self-care, reflection, individual processing or simply for grounding or fun!

ART MAKING ACTIVITY: INSIDE/OUTSIDE SHAPE

MATERIALS: Drawing Paper, Pencils, Markers, Sharpies, and/or Colored Pencils

GOALS: To explore your boundaries between the external and internal.

INSTRUCTIONS:

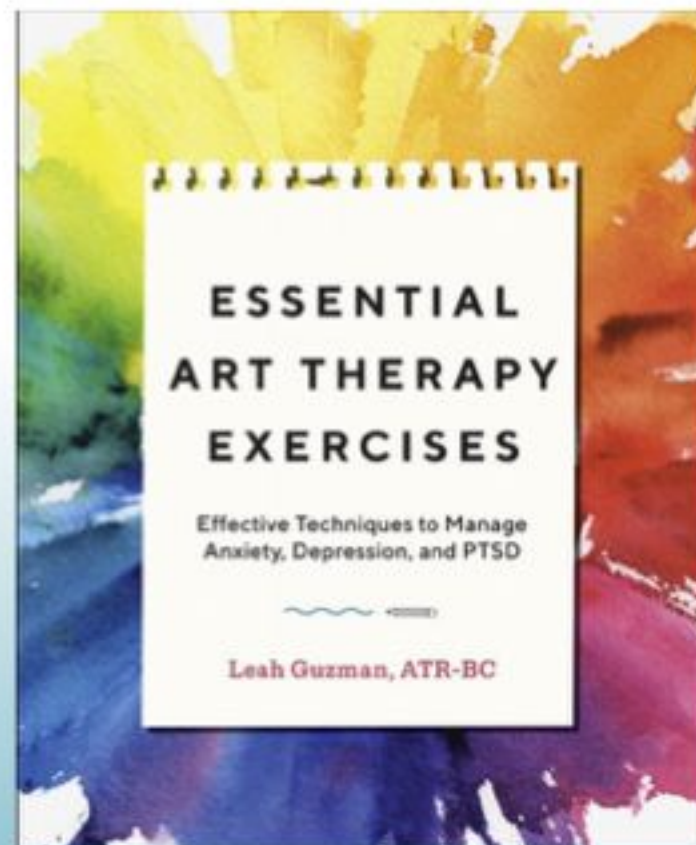
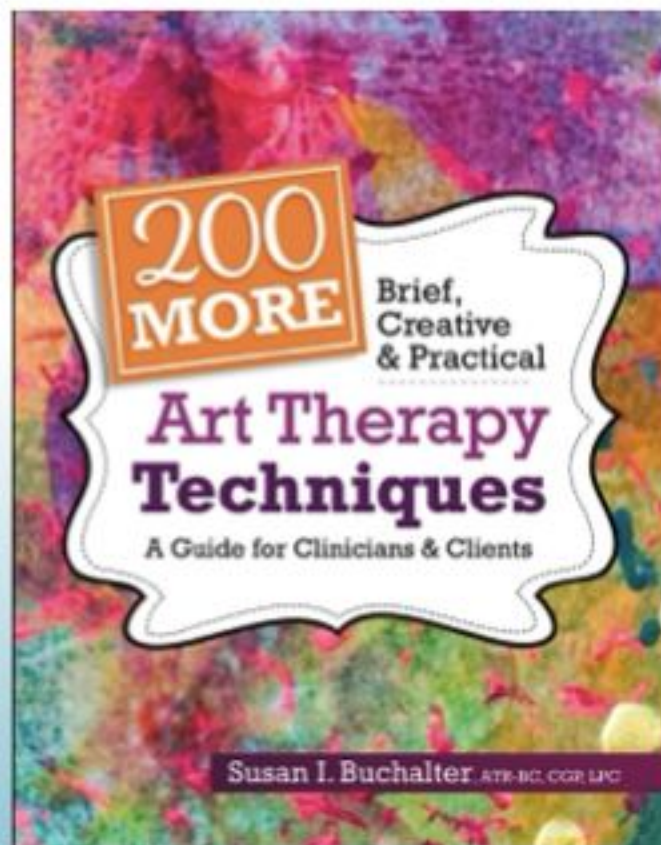
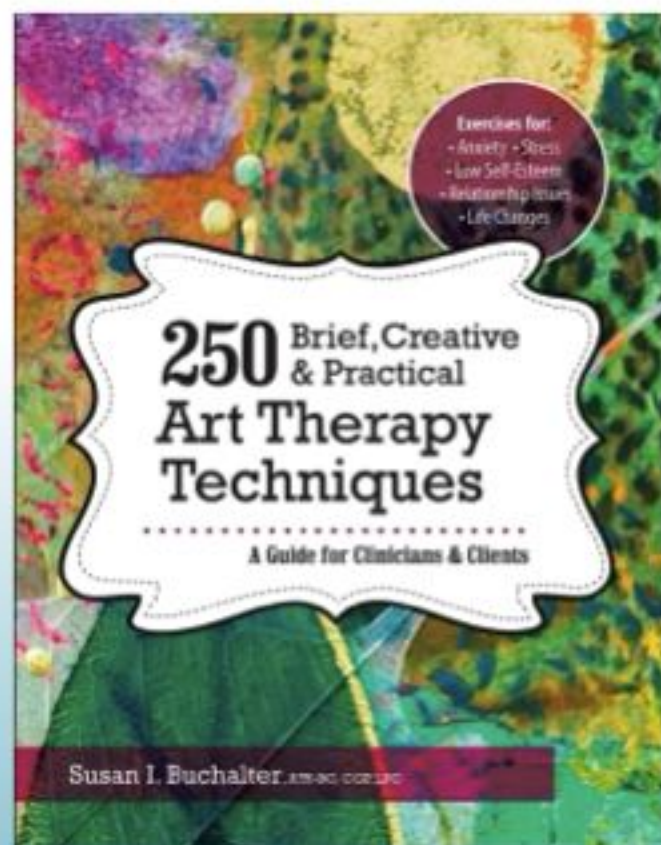
- Draw a shape that represents you. This is the boundary between you and the external.
- On the inside of the shape, represent your “inside” self: core values, strengths, personality traits, feelings, thoughts, memories.
- On the outside of the shape, represent your external world (family, friends, work, hobbies, community, systems and/or societal issues that impact you, etc)
- This can be realistic, abstract, cartoon, or text. You can use symbols, stick figures, words, shapes, lines, and/or colors to represent these things.
- Don't feel like you need to include everything in your life, just what's present for you right now.
- Think about what you would like to allow to pass in through the boundary and what you wouldn't?



JOURNALING / SHARE OUT

- Write 3-5 I AM _____ statements about the inside of your shape.
- Write 3-5 I AM _____ statements about the outside of your shape.
- How can you tap into your internal strengths as self-care resources?
- How can you lean on your external support system as a resource?
- How can you maintain boundaries to protect yourself and keep yourself safe while working within harmful or oppressive systems?

RECOMMENDED BOOKS



CONTACT

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