

# Melt Stress Create Art Workshop

## A FULL-DAY RELAXATION TRAINING

Presented by Angelina H. Rodriguez, LPC, ATR-BC

### 6 Hour Continuing Educational Units

#### Sample Agenda

8:30 am -4:00 pm

<u>Length</u>	<u>Time</u>	<u>Activity</u>
	8:30	Register & Breakfast
15 mi	900-9:15	<b>Welcome</b> Icebreaker/Introductions Purpose and Overview
15 min	9:15-9:30	<b>Introduction to Art Therapy</b> Materials, Applications, and Participation Requirements Warm up Art Activity to Lower Stress
30 min	9:30-10:00	<b>Group Cohesive Art Activity</b> Build Trust/Unity/Dialogue Reduce Anxiety & Stress
120 min	10:00 -12:00	<b>Featured Art Activity I</b> Face Fears/Unknowns, Increase Self Esteem, Let Go of Out Comes, Trust
60 min	12:00-1:00	<b>BUFFET LUNCH</b>
55 min	1:00-1:55	<b>Meditation, Reflection, Journal Techniques</b>
95 min	1:55-3:30	<b>Featured Art Activity II</b> Provide Non Judgmental Communication, Support & Acceptance of Self/Others
15 min	3:30 -3:45	Snack Break
30 min	3:45-3:15	<b>Witness, Process, and Practice Empathy Skills</b>
30 min	3:45-4:00	<b>Questions &amp; Answers</b> Evaluations