

No Mess, No Fuss: Expressive Arts Without the Hassle



March 26, 2021

INTEGRATIVE
COUNSELING SOLUTIONS

FEATURING:

Jenny Redlin, MS, LMHC, NCC

Incorporating the arts into your practice doesn't mean you have to be an artist. It doesn't mean you or your client need tons of supplies, will make a huge mess or need to experience the discomfort sometimes associated with creative expression. What it does mean, is working with clients of all ages in deeply personal and therapeutic ways that allow us to get in touch with the true self, with buried trauma and conflict, and to communicate in the language of the limbic system. This training will help you expand your clinical toolbox by giving you every day ideas that don't require special knowledge or fancy tools... and you can use them with the next client you see!

Objectives:

- Identify the benefits of creative expression in counseling
- Explore approaches to client healing using a variety of creative interventions aimed at breaking down barriers often associated with making art
- Apply a variety of creative interventions to help clients self-regulate, heal trauma and enhance resiliency
- Begin building a quick and easy cache of "go-to" ideas in session that don't require much pre-planning and can be used in a pinch when clients get "stuck"

Registrar online:

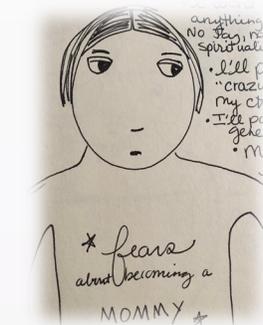
<https://integrativecs.ticketspice.com/no-mess-no-fuss-expressive-arts-without-the-hassle>

Registration **\$75**

Agenda:

8:45 - 9:00am: Log On
9 am - Noon: Training

Jenny Redlin, MS, LMHC, NCC is a Licensed Mental Health Counselor and recovering "fine artist." Her background at the University of Iowa is in Fine Art and Reading Education. Jenny's love of stories led her to a career in library science and adult literacy, but all the stories in the library weren't enough, so she became a therapist. With a Masters in Mental Health Counseling from Capella University, Jenny has worked for Integrative Counseling Solutions, Inc. since 2012. There she is a clinical therapist and serves as co-clinical director. Jenny has a passion for trauma work, expressive arts therapy, neurofeedback and mentorship. She is also a training



addict and is working toward certifications in both expressive arts trauma therapy and brainspotting. If she isn't teleconferencing, she's watching true crime shows with her husband and son, making art or she has her nose in a book.

Earn 3 continuing education credits*

Integrative Counseling Solutions, Inc. has determined that this program meets the criteria for the Iowa

Board of Behavioral Science Examiners and the Iowa Board of Social Work Examiners for 8 hours continuing education for social workers, mental health counselors, and marriage and family therapists.

