

# FRUITION

## An Expressive Arts Immersion

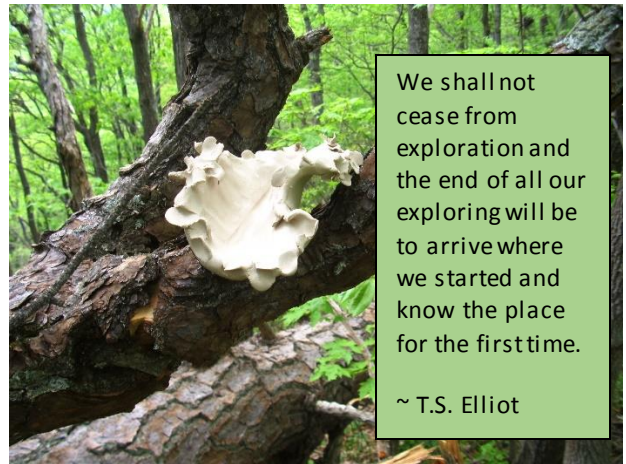
October 2-4, 2015

Join us for our Expressive Arts Immersion Weekend at the beautiful Prama Institute- just 30 minutes from downtown Asheville.

**Explore your inner landscape through nature, clay, music, writing and movement!**

**Early bird rate before July is \$325. After July \$425.**

Price includes lodging, all meals, and materials. Space is limited. CEUs available.



**For registration and more info  
please contact Taisir at  
828.214.5123  
[www.taisirexarts.com](http://www.taisirexarts.com)**

### Program Location:

Prama Institute

The Prama Institute is a non-profit, holistic retreat center located on forested hilltops and grasslands surrounded by the Appalachian Mountains. See [www.pramainstitute.org](http://www.pramainstitute.org) for a gallery of images.

### Program Facilitators:



**Taisir El-Souessi, LPC** - Taisir is a Licensed Professional Counselor, Expressive Arts Therapist and co-founder of FRUITION. She currently manages the Family Program at SUWS of the Carolinas. She specializes in guiding others in personal growth and expression through a variety of arts modalities. Dance, music, theater, writing and visual arts have had a profound effect on her throughout her life. She believes the arts are a powerful tool to affect individual, community and social change.



**Cindy Shealy, LCSW, RYT** - Cindy Shealy is a Licensed Clinical Social Worker, Expressive Arts Therapist and co-founder of FRUITION. Cindy currently works in private practice in Asheville, NC. She completed the ASU Expressive Arts Therapy certificate program in 2011, is a registered yoga teacher and certified EMDR practitioner. Cindy draws upon expressive arts, mindfulness, and creativity to facilitate the healing process.

FRUITION is open to any adult interested in personal growth work through expressive arts modalities. Expressive Arts work is experiential. Multiple modalities are layered together to enhance self-exploration and personal growth. Experience Expressive Arts while learning to apply expressive arts modalities in your own growth work as well as with clients.

Participants will learn about use of Expressive Arts Therapy as well as experience it for themselves. No experience necessary. A syllabus, reference list and academic discussion will be included as part of the program.

Participants will stay at Prama Institute throughout the weekend to be in an "immersion" experience in expressive arts. Facilitators have experience in use of Expressive Arts Therapy with a variety of client populations as well as in individual and group work and will be available for specific questions participants may have about applying Expressive Arts in treatment settings where they work.

## **FRUITION 2015 Tentative schedule:**

### **Friday 10/02/15**

- 1-2 pm Arrive
- 2-5 (3 hours) opening circle/Session 1
- 5-7 break/dinner
- 7-9 (2 hours) course instruction/activity
- 9... community leisure

### **Saturday 10/03/15**

- 730 – 800 meditation
- 8 – 9 breakfast
- 9-12 (3 hours) Session 2
- 12-2 break/lunch
- 2-5 (3 hours) Session 3
- 5-7 break/dinner
- 7-9 (2 hours) course instruction/activity
- 9... community leisure

### **Sunday 10/04/15**

- 8-9 breakfast
- 9-12 (3 hours) meditation/process & sharing/closing circle
- 12-2 lunch/goodbyes

**Total expected NBCC hours = 16**

## **Content areas:**

- Counseling Theory/Practice and the Counseling Relationship in Expressive Arts Therapy
- Group Dynamics and Counseling in Expressive Arts Therapy
- Counseling Professional Identity and Practice Issues – Utilizing Expressive Arts for personal and professional growth and wellness
- Community based wellness – utilizing Expressive Arts for community growth and wellness.

## **Accommodations:**

Meals, beverages and snacks are included. Prama serves delicious gourmet vegetarian meals. Adjustments can be made regarding food sensitivities and special diets with advanced notice. Sleeping arrangements are bunk style in eco-friendly dorm rooms. Each bunk has a privacy curtain and personal reading lamp. Linens and towels are provided. Please bring your own yoga mat and small pillow for sitting. Prama also has several walking trails of varying difficulty. Please plan to wear clothing that is comfortable for movement and being both indoors and outside.

**We look forward to meeting you in artistic community!**

## **FRUITION PARTNERS**

Taisir Expressive Arts [www.taisirexarts.com](http://www.taisirexarts.com)

Crossing Point Counseling [www.crossingpointcounseling.com](http://www.crossingpointcounseling.com)

SUWS of the Carolinas [www.suwscarolinas.com](http://www.suwscarolinas.com)