



TATI PRESENTS

COGNITIVE-BEHAVIOURAL ART THERAPY

**WITH GUEST SPEAKER
BRUCE TOBIN, Ph.D., A.T.R. (BC) HLM**

PRESENTATION DATE/TIME: May 1, 2015: 9:00 a.m – 4:00 p.m

LOCATION: Mowat Block, 900 Bay Street, Toronto, Niagara Room, Second Floor

LEVEL: beginner/intermediate

COST:	Earlybird (<i>received prior to March 1, 2015</i>)	After March 1, 2015
	Regular: \$125.00	Regular: \$140.00
	Student Rate: \$75.00	Student Rate: \$90.00

PRESENTER: Bruce Tobin, Ph.D., A.T.R. (BC) HLM

Registered Clinical Counsellor (BC)

Registered Psychologist (NWT)

Dr. Tobin has been a Registered Art Therapist since 1977. He is a founding member and a past-president and Ethics Chair of the B.C. Art Therapy Association, and was recently awarded Honorary Life Member status. Bruce is an Adjunct Assistant Professor at the School of Child & Youth Care, and a member of the Graduate Faculty in counseling psychology at University of Victoria, where he has taught Art Therapy and Expressive Therapies for thirty years in addition to conducting many professional development workshops and maintaining a private practice in art psychotherapy.

WORKSHOP DESCRIPTION: Some clients, often men and boys, have greater difficulty acknowledging, identifying, describing or expressing emotion in the clinical session than do most females. For these clients, cognitive and behavioral approaches are often attractive alternatives to psychodynamic interventions with their focus on client feelings.

This experiential workshop explains just what the cognitive and behavioral therapy approaches are, and shows how we can integrate them into an art therapy format. It introduces you to a specific cognitive-behavioral art therapy activity developed by the presenter: the REPLAY-REMAKE activity¹, for use in working with specific situations in which cognitive and behavioral change is desired. You will gain some practice in its use - both in the role of a client and a therapist. Come and have some fun with it!

¹ As described in the text *Expressive Therapies Now*, Bruce Tobin, 2007