

Bridging the Gaps - Connecting and Communicating Across Differences through Image, Metaphor and Story – Stone/Scherlong – Workshop Agenda

12:00 – 12:15

- Entrance / writing exercise to set tone and expectations for workshop
- Exploring expectations

12:15-12:30

- Overview of the core principles of REBT, art therapy and poetry/narrative. Provide a map to the workshop's intent to combine the structure, psycho-educational and philosophical roots of each method with fluid & flexible, self-directed and open-ended approaches.

12:30-12:45

- Overview of selected research in REBT, art, poetry/narrative and in particular metaphor and discuss hybrid approaches in therapy.
- Brief educational video
- Warm-up/entry exercise that leads into our exploration of selves/roles from which we have interaction/misunderstandings

12:45-1:00

- Explain activity: Identify a situation to explore (some examples will be offered through a variety of poetic examples and metaphors - handout)
- Select one to explore - writing/reflection write experiential

1:00 - 1:15

- Share situations to be explored (or reflections) and apply principles of REBT: ABC framework to identify “Adverse Event,” “Irrational” and “Rational” Beliefs, and emotional / behavioral consequences using narrative techniques as well as poetic devices.

1:15-1:30

Break

1:30-1:45

- Engage art (and/or writing) to illustrate the results of irrational & irrational beliefs or stories (using handout on Jumpstarters)

1:45-2:00

Reflection on artwork and /or writing

2:00 - 2:15

- Dyad and breakout group work to process the response to the various works of art and writing

2:15 - 2:30

- Whole group processing

2:30-2:45

- Unpack experience through reflective writing, questions/discussion

2:45-3:00

- Application to one's own practice

3:00-3:15

- Closure activity and evaluation