VULNERABILITY AND SHAME REDUCTION: ART THERAPY EXPERIENTIAL
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ABOUT FRANK

• Frank graduated from Marywood University in 2013 with a Masters in Art Therapy. Frank began working in the substance abuse treatment field right after graduation. Over the last 5 years Frank has obtained credentials as a ATR-BC, Board Certified and Registered Art Therapist, LPC, Licensed Professional Counselor, LCADC - Licensed Clinical Alcohol and Drug Counselor, CCTP - Certified Clinical Trauma Professional, ATCS - Art Therapy Certified Supervisor and ACS - Approved Clinical Supervisor. Frank is currently the Program Director at Enlightened Solutions, which is a co-occurring substance abuse treatment program offering the full continuum of care from detox through outpatient services. Frank is the founder of Creative Recovery LLC, which is an outpatient private practice located in Somers Point, NJ.

WHAT IS ART THERAPY

• Art therapy is for everyone, no matter what your artistic abilities may be. Sessions may include the use of paint, clay, collage and many other styles of art making.
• A typical session may include making art and speaking with your therapist while in the process of creating. This active form of therapy is useful for children, families and adults with varying issues such as depression, anxiety, substance abuse and much more.
MANDALS

- Sanskrit for Circle
- What is a mandala?
- Take a moment - Where do you see mandalas?

SHAME AND VULNERABILITY

- The difference between guilt and shame.
- What is vulnerability?
- Somatic experience
- Emotional experience
- Brené Brown on Vulnerability

JOURNEY TO VULNERABILITY

- Vulnerability is the birthplace of innovation, creativity and change.
- Embrace discomfort.
COMBINING THESE IDEAS

• How this directive was created.
• Trauma informed treatment.
• Experiential therapies.

TRUST THE PROCESS

• Silence
• Teamwork
• Layers
• Creativity
• Holding the space
• The Process
• Experiential
• Processing
• Carrying the weight

EXPERIENTIAL

• Materials
• Creation
• Process
ALTERNATIVE APPLICATIONS

- Yoga
- Group cohesion
- Trauma-informed treatment: Fostering safety and building trust

QUESTIONS

THANK YOU

- Contact information
  - Cell: 609-788-3401
  - Email: CreativeRecoveryLLC@gmail.com
  - Website: www.CreativeRecoveryLLC.com
RESOURCES

- www.CreativeRecoveryLLC.com
- www.ATCB.com
- https://www.youtube.com/watch?v=AO6n9HmG0qM
- https://www.youtube.com/watch?v=3j4a5ijDazE