

☒ IN-PERSON ☒ LIVE-ONLINE**JUNE 30-JULY 4, 2025**

Cathy Malchiodi, PhD, LPCC, LPAT, ATR-BC, REAT is a research psychologist and expressive arts therapist specializing in the treatment of traumatic stress. She is the executive director of the Trauma-Informed Practices and Expressive Arts Therapy Institute dedicated to providing somatosensory, expressive, and trauma-informed learning for psychotherapists, coaches, educators, and facilitators. Cathy has authored 20 books, 50 chapters and refereed articles, and given over 750 invited keynotes and workshops around the world. Widely interviewed by a variety of news outlets, she has been featured in Time Magazine, CNN, Cosmopolitan, Natural Living, Marie Clare, Australia Childhood Foundation, US News and World Report, and VICE, among others. Cathy is a contributing writer for Psychology Today and has a readership of approximately 6.5 million. Her latest books are *Trauma and Expressive Arts Therapy: Brain, Body and Imagination in the Healing Process*; *Handbook of Expressive Arts Therapy*; and *The Trauma and Expressive Arts Therapy Card Deck* (late 2024).

Speaker Disclosures

Financial: Cathy Malchiodi has no financial relationships with ineligible organizations. She receives a speaking honorarium from MAK Continuing Education, LLC, Cape Cod Institute.

Non-financial: Cathy Malchiodi has no non-financial relationships with ineligible organizations.

Cathy Malchiodi, PhD, LPCC, LPAT, ATR-BC, REAT**Expressive Arts Therapy and Sensory Processing to “Reset” the Nervous System**

Monday - Friday: 9:00a.m. - 12:30p.m. EDT | 30-Minute Break Daily
15-Hour Course | Delivery Format: In-Person or Live-Online

Expressive arts therapy and sensory processing are part of the current forefront of emerging methods that incorporate both neuroscience (brain-wise) research and somatosensory (body-wise and sensory-oriented) findings within the contemporary treatment of stress and traumatic stress. Expressive arts therapy integrates the arts—movement, music/sound, drawing, storytelling, improvisation, dramatic enactment, play, and creative writing – within the practice of psychotherapy and counseling. Material presented in this course draws not only from the healing components of the arts themselves, but also from Polyvagal theory, autonomic nervous system, bilateral work and sensory integration, mindfulness practices, and narrative therapy approaches.

In each session, participants will explore and experience why expressive and sensory-based practices go beyond what language and traditional talk therapy capture to access implicit, sensory-based experiences. These approaches not only “reset the nervous system”, reduce stress, distress, and traumatic stress reactions, but also enhance and increase our capacities for joy, enlivenment, playfulness, curiosity, and resilience. It is this reparative nature found in expressive arts and the senses that help individuals “re-sensitize” both body and mind to positive sensations rather than simply learning to expand tolerance for distressful reactions. It also helps individuals to begin to live in the present, rather than remaining stuck in the distressful sensations of past events.

Participants will experience one or more expressive and sensory-based practices each day, approaches that can be immediately applied to clinical practice with a variety of individuals, groups, and families. A four-part expressive therapies framework, the Circle of Capacity Model, and a bottom-up/top-down framework that explain how to develop, initiate, and apply interventions to address distress and traumatic stress. The emphasis is on establishing internal safety, supporting self-regulatory and co-regulatory skills, and communicating the implicit and interoceptive experiences of trauma in the body through expression and the senses.

Each session includes lecture, media, films, hands-on experientials, and group discussion. The goal of this course is to demonstrate why these practices should be a key part of clinical practice when it comes to trauma. Based on the book *Trauma and Expressive Arts Therapy*, participants will learn numerous methods and approaches that can immediately be applied in their work with children, adults, families, groups, and communities experiencing traumatic stress. No previous arts experiences are required; just come prepared to engage your capacity for creativity, play, and imagination.

Special Note: This course qualifies master’s and doctoral level participants for a certificate of completion in Expressive Arts Therapy: The Foundations from the Trauma-Informed Practices and Expressive Arts Therapy Institute. 15 Continuing education hours can also be applied toward the Expressive Arts Therapist EXAT or Expressive Arts-Coach Educator EXA-CE designations or additional Institute specialty certificates.

Cathy Malchiodi, PhD, LPCC, LPAT, ATR-BC, REAT | Expressive Arts Therapy and Sensory Processing to “Reset” the Nervous System | June 30-July 4, 2025

Course Agenda

Monday:

The Art and Science of Expressive Arts Therapy and Sensory Processing

- Foundations of Expressive Arts Therapy as a form of psychotherapy;
- The role of sensory processing in stress, distress, and traumatic stress;
- Circle of Capacity—a complement to the Window of Tolerance;
- Applying an Autonomic Nervous System Wheel: Fight-Flight-Freeze-Flow-Fun
- Creating an “Autonomic Ladder” to track client nervous system responses

Tuesday:

Co-Regulation: The Foundation for Self-Regulation

- Applying the MSSS Model (movement, sound, storytelling, silence) as a psychotherapeutic strategy;
- The role of exteroception, interoception, neuroception, and the “felt sense” in expressive arts approaches to traumatic stress;
- Using the breath, gesture, and sound to track autonomic states and support the capacity to shift toward regulation;
- The experience of “feeling felt”—positive attachment through the senses, synchrony, rhythm, social engagement, and “pro-social expression.”

Wednesday:

Connecting the Senses to Emotion and Cognition

- Bottom up or top down? Deciding where to start with expression and sensory-based strategies;
- The default mode network: Using the senses to shift focus;
- Working bilaterally: Accessing Flow and Fun on the Autonomic Ladder;
- Interoception as a foundation for connecting the senses to affect and cognition;
- The importance of connecting interoception and exteroception in repairing traumatic stress;
- Interoceptive expressive arts approaches to support capacity and self-agency.

Thursday:

From Implicit to Explicit: Working with the Sense of Distress

- Setting a foundation of safety for expression of somatosensory experiences through expressive approaches;
- Subjective Maps of Feelings in psychotherapy; Research data on interoception of emotions and the senses
- Supporting clients in becoming “autonomic researchers” on their lived experiences of distress, eustress, and restoration;
- Exploring touch as a form of haptic communication and regulation;

Friday:

Play and Imagination: Reestablishing a Sense of Aliveness in Brain and Body

- Revisiting the Autonomic Ladder
- The Three R’s—reexperience, resensitize and reconnect—as key principles in expressive arts and sensory processing approaches to psychotherapy;
- The transformative role of play and imagination in work with individuals, groups, and communities experiencing traumatic stress;
- Holding onto the glimmers, letting go of the activation: A final reset of the nervous system through expression and the senses

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Course Objectives

Upon completion of this course participants will be able to:

1. Define expressive arts therapy and sensory processing
2. Apply at least five expressive and sensory processing practices to enhance clients' abilities to “reset the nervous system
3. Define default mode network, somatosensory cortex, and primary regulatory network as they relate to expressive and sensory-based psychotherapeutic approaches to stress and trauma
4. Define at least three differences between the Window of Tolerance and Circle of Capacity Models
5. Explain the importance of co-regulatory experiences in supporting self-regulation
6. Define the terms synchrony and attunement as an evidence-based experiences that support nervous system regulation
7. Identify at least two psychotherapeutic applications of bilateral movement to address hypoactivation and hypoactivation
8. Define exteroception and interoception as key concepts in restoring capacity in individuals with traumatic stress
9. Apply at least three expressive arts therapy approaches to support interoceptive awareness in individuals with traumatic stress
10. Describe the four major components of the Expressive Arts Therapy Autonomic Wheel
11. Define Maps of Subjective Feelings as a source of large scale research on interoceptive and affective experiences
12. Identify and apply at least three evidence-informed expressive arts therapy and sensory integration approaches to create resourcing experiences
13. Define expressive arts therapy and sensory processing approaches as “bottom up” and “top down” interventions
14. Define the importance of the haptic sense as a foundation for sensory processing and as a form of psychotherapeutic communication
15. Define why the Three Rs—re-experience, re-sensitize and re-connect—are key to trauma recovery via expressive approaches
16. Define the transformative roles of play and imagination in work with groups and communities experiencing traumatic stress

Continuing Education

*Course Content Level: beginner, intermediate, and advanced. This course is open, and content is, suitable for all clinicians and learning levels, beginning, intermediate and advanced. **Courses must be completed in one delivery format.***

Psychologists: This course is only eligible for continuing education credits in California, Canada, New York, Ohio, and Pennsylvania.

This program is being offered for 15 NBCC credit hours. Please see the CE section starting on pg. 71 for the NBCC Approval Statement.

Please see the [course CE page](#) for a complete listing of course-specific CE approvals.

For a full list of continuing education approval statements please visit <https://www.cape.org/ce-credit>.

Tuition, Registration & Course Formats

Registration:

Visit www.cape.org to register for our In-Person & Live-Online course offerings. All major credit cards are accepted. No cash or check payments will be accepted.

Course Formats:

15-hour course format: Monday-Friday 9:00a.m. - 12:30p.m. EDT with a 30 min break daily

12-hour course format: Monday-Wednesday 9:00a.m. - 1:30p.m. EDT with a 30 min break daily

8-hour course format: Thursday-Friday 9:00a.m. - 1:30p.m. EDT with a 30 min break daily

In-Person Location:

Nauset Regional Middle School, 70 MA-28, Orleans, MA 02653

Live-Online Course Format:

Interactive synchronous online: Live-Online sessions are held via Zoom Meetings. Live-Online courses will include opportunities for interaction with colleagues and faculty members via group discussions, break-out groups, and Q&As.

System requirements: • Operating Systems: Windows XP or higher, MacOS 9 or higher, Android 4.0 or higher • Internet Browser: Internet Explorer 9.0 or higher, Google Chrome, Firefox 10.0 or higher • Broadband Internet connection: Cable, High-speed DSL & any other medium that is internet accessible.

Tuition:

Early tuition rates (through 4/1/25)		Full tuition rates (after 4/1/25)		Student pricing*:	
15-hour in-person early:	\$750	15-hour in-person full:	\$800	15-hour in-person:	\$600
15-hour live-online early:	\$625	15 hour live-online full:	\$675	15 hour online:	\$475
12-hour in-person early:	\$650	12-hour in-person full:	\$700	12-hour in-person:	\$500
12-hour online early:	\$550	12-hour online full:	\$600	12-hour online:	\$400
8-hour in-person early:	\$450	8-hour in-person full:	\$500	8-hour in-person:	\$300
8-hour online early:	\$350	8-hour online full:	\$400	8-hour online:	\$200

*Full-time graduate students, doctoral students, and resident physicians must upload documentation at the time of registration to qualify for a reduced tuition

Veteran Affairs Employees:



MAK Continuing Education, LLC, Cape Cod Institute is vendorized in SAMS in station 703. Active-duty and retired military members are eligible for 10% off. Please upload your military ID / verification at the time of registration and you will automatically get the discounted rate.

Cancellation & Change Policy

Up until two weeks (14 days) prior to your course start date: For cancellations (in-person or live-online), you will receive a refund less a \$50 cancellation fee

Between 14 days and 1 day: Credit may be applied to any 2025 or 2026 Cape Cod Institute course. No refunds will be issued within this time period.

Once your course begins: No credit or refund is available if you cancel on the day of arrival, do not show up, are dissatisfied with the presentation or content, or leave an event early for any reason. No partial credit/CE hours can be given if you need to leave for any reason. We understand that circumstances outside of your control may impact your ability to continue attending your course. Common examples include: situations affecting a participant directly or their travel plans, unexpected injury or illness, and significant connectivity problems; however, we cannot offer credit or refunds for these scenarios.

The Cape Cod Institute is not responsible for participants' travel, lodging, or incidental expenses.

Course Changes:

Before June 1: You may switch your course or the format (in-person or live-online) without a fee. A refund will be provided for the difference in price.

After June 1: Course or format (in-person or live-online) changes made after June 1, will incur a \$50 change fee. There will be no price reduction for switching to a live-online course.

You can notify our staff of your cancellation or change requests at info@cape.org

Please visit <https://www.cape.org/policies> for more information.

Continuing Education Information

Full attendance of in-person and live-online courses is required to meet the standards of accrediting organizations. No partial credits will be provided. CE certificates are distributed by email for both in-person and live-online courses following the conclusion of your course, confirmation of full attendance, and completion of an online evaluation form.

You will receive additional details regarding the online evaluation process at the end of your assigned course. Evaluations must be submitted within three weeks of the end date of your course. You will receive a copy of your certificate of attendance with detailed CE approval statements, once you submit your evaluation. Please check with your regulating body/organization that this certificate is sufficient proof for you to claim continuing education credits/credit hours/clock hours/contact hours.

Most courses are eligible for 15 credits/credit hours/clock hours/contact hours. Exclusions will be listed on individual course pages as well as below. Please check individual course pages for course learning objectives.

All courses are open and suitable for all clinicians and learning levels, beginning, intermediate and advanced unless otherwise noted on the course page.

Please contact your licensing board to determine your continuing education requirements and check for reciprocal approvals.

Continuing Education Approvals:

Current continuing education approvals for MAK Continuing Education, LLC, Cape Cod Institute are listed on our website: <https://www.cape.org/ce-credit>

You can also contact our staff with any CE-specific questions at + 1(203) 781- 6492 or info@cape.org.

Travel Information

All in-person sessions are held at the Nauset Regional Middle School at 70 MA-28, Orleans, Massachusetts. Orleans is a 2-hour drive from Boston or Providence (expect traffic delays on Saturdays). There are scheduled flights from Boston and Providence to Hyannis, a 40-minute drive to Orleans. A car is needed for full access to lower Cape Cod. Biking around Orleans is easily done via the rail trail, and local buses between towns are available.

Cape Cod is about 70 miles long, and 75 miles from Logan Airport in Boston and Green Airport in Providence, Rhode Island. Driving distances to the Lower and Outer Cape are:

Boston 77 miles; Providence 77 miles; New York City 245 miles; Montreal 355 miles.

Please visit our travel page for specific directions, lodging and travel information: <https://www.cape.org/travel>

Contact Information

Cape Cod Institute Administration
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E-mail: info@cape.org

Please contact us by email or phone with any questions regarding accessibility accommodations, questions, or concerns.

JUNE 30 - AUGUST 22, 2025

JUNE 30-JULY 4, 2025

Amanda Blake, PhD

Embodied Intelligence at Work: Leveraging Mind-Body Science to Enhance Professional Performance
In-Person

Janina Fisher, PhD

Transforming Trauma-Related Resistance and Stuckness
In-Person & Live-Online

Cathy Malchiodi, PhD, LPCC, LPAT, ATR-BC, REAT

Expressive Arts Therapy and Sensory Processing to "Reset" the Nervous System
In-Person & Live-Online

Natasha Prenn, LCSW

Put Deliberate Practice into your AEDP Practice
In-Person & Live-Online

JULY 7-11, 2025

Suzanne Goh, MD, BCBA

Transformative Care for Neurodivergent Individuals: State-of-the-art Therapies to Optimize Health, Development and Wellbeing
In-Person & Live-Online

Gabriella Rosen Kellerman, MD

Tomorrowmind: Building Intra- and Interpersonal Resilience at Work and Beyond
In-Person & Live-Online

Licia Sky

Embodied Awareness: The Art of Presence & Attunement
In-Person

Bessel van der Kolk, MD

Frontiers of Trauma Treatment
In-Person & Live-Online

JULY 14-18, 2025

Lana Epstein, MA, LICSW

Putting It All Together: Combining Somatic and Ego-State Therapies with EMDR
In-Person & Live-Online

Meghan Riordan Jarvis, MA, LICSW

Grief as a Daily Practice: Tools to Educate and Support in Times of Profound Loss
In-Person & Live-Online

Richard Schwartz, PhD &

Jeanne Catanzaro, PhD

Internal Family Systems Workshop
In-Person & Live-Online

Stan Tatkin, PsyD, MFT

Introduction to a Psychobiological Approach to Couple Therapy (PACT)
In-Person & Live-Online

JULY 21-25, 2025

Sebastian Barr, PhD

Affirming and Effective Work with Trans and Nonbinary Adolescents and Young Adults
In-Person & Live-Online

Jeanne Catanzaro, PhD

Unburdened Eating: An IFS Workshop for Mental Health Professionals
In-Person & Live-Online

Deb Dana, LCSW

Polyvagal Theory in Therapy: Practical Applications for Treating Trauma
In-Person & Live-Online

Richard Schwartz, PhD

Transformative Healing: An IFS Workshop on Addressing Legacy Trauma
In-Person & Live-Online

JULY 28-AUGUST 1, 2025

Farah Harris, MA, LCPC

The Color of Emotional Intelligence: Leveraging Self-Awareness to Address Inequities in Clinical and Organizational Practice
In-Person & Live-Online

Deborah Korn, PsyD

EMDR Therapy and the Treatment of Complex PTSD in Adult Survivors of Childhood Abuse and Neglect
In-Person & Live-Online

Maria Sirois, PsyD

The Fateful Story: How Narratives Shape Health, Growth and Resilience
In-Person & Live-Online

Jeffrey Zeig, PhD & Julie Anné Zeig, PhD

Master Class in Experiential Psychotherapy
In-Person & Live-Online

AUGUST 4-8, 2025

Gloria Burgess, PhD

Sanctuary: Rekindling the Heart of Leadership®
In-Person

James Hawkins, PhD, LPC

Emotionally Focused Therapy: Strengthening Bonds in Couples, Individuals, and Families
In-Person & Live-Online

George McCloskey, PhD

Intervention for Child and Adolescent Executive Function Difficulties
In-Person & Live-Online

8 & 12 HR COURSES - NEW!

AUGUST 4-6, 2025 *12-HR

Jonah Paquette, PsyD

Positive Psychology 2.0: Creating a Life of Meaning, Purpose, and Connection
In-Person & Live-Online

AUGUST 7-8, 2025 *8-HR

Christopher Willard, PsyD

Adapting Mindfulness Techniques for Children, Teens, and Adults
In-Person & Live-Online

AUGUST 11-15, 2025

Bob Anderson

The Journey of Conscious Leadership
In-Person

John Forsyth, PhD & Jamie Forsyth, PhD

Harnessing the Transformative Power of Mindful ACT Therapy: How to Live Well When Life is Hard
In-Person & Live-Online

Pilar Jennings, PhD

Buddhism & Psychotherapy in Conversation: A Healing Partnership
In-Person & Live-Online

Cece Sykes, LCSW, ACSW

Internal Family Systems: Compassion for "Big A" and "Small a" Addictive Processes
In-Person & Live-Online

AUGUST 18-22, 2025

Edward Hallowell, MD with Sue George Hallowell, LICSW

Unwrapping the Gifts: A Strength-Based Approach to ADHD Across the Life Span
In-Person & Live-Online

Rubin Naiman, PhD, FAASM

Healing Our Sleep, Dreams, and Consciousness: An Integrative Approach
In-Person

Ronald D. Siegel, PsyD

What Clinicians Need to Know about Non-Ordinary States: Mindfulness, Compassion, & Psychedelic-Assisted Psychotherapy
In-Person & Live-Online

Eboni Webb, PsyD, HSP

From Chaos to Calm with DBT – A Path to Connection and Emotional Regulation
In-Person & Live-Online

All courses are suitable for all clinicians and learning levels, beginning, intermediate, and advanced unless otherwise noted.
For a complete list of CE approval statements, please visit: www.cape.org/ce-credit

FOR COMPLETE COURSE INFORMATION AND TO REGISTER, VISIT: www.cape.org