

IN-PERSON LIVE-ONLINE**JULY 29-AUGUST 2, 2024**

Juliet King, PhD(c), ATR-BC, LPC, LMHC, is an Associate Professor of Art Therapy at The George Washington University and an Adjunct Associate Professor of Neurology at the Indiana University School of Medicine. Juliet has over two decades as a clinician, administrator, and educator. She developed and implemented the graduate art therapy program at Herron School of Art & Design-IUPUI, where her leadership spearheaded over 30 graduate student internships in the Indianapolis community and throughout the state. She developed and continues to oversee the Art Therapy in Neurology program at the Indiana University Neuroscience Center. Professor King's research delves into the systematic integration of art therapy and neuroscience, with a specific emphasis on neuroaesthetics and innovative neuroimaging) to advance the scientific understanding of therapeutic arts practices. In 2016 Juliet wrote and edited *Art Therapy, Neuroscience and Trauma: Theoretical and Practical Perspectives* and recently completed a co-edited second edition, set for publication in June 2024.

Speaker Disclosures:

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

Non-financial: Juliet King has no relevant non-financial relationships with ineligible organizations.

Juliet King, PhD, ATR-BC, LPC, LMHC**Arts & the Brain: Evidence-Based Therapeutic Arts Interventions for Optimal Health & Well-Being**

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

Substantial evidence supports the value of therapeutic arts interventions to effect positive mental health and medical outcomes. Receptive and expressive arts strategies encourage self-expression, assist in nervous system regulation, and promote mind-body connection. Research on how neuroscience informs arts, culture, and health outcomes has garnered considerable interest worldwide, and these advancements have great potential to influence education, healthcare, and community sectors. Translating neuroscience evidence and principles into practical arts-based therapeutic interventions will enhance your knowledge and improve outcomes across populations and contexts.

In this experiential course, participants will journey through the historical, cultural, and therapeutic dimensions of aesthetics and creativity, learning how neuroscience evidence and principles underscore the use of creative, expressive, and receptive practices. Emphasis will be placed on primary agents of change in the application of arts in the context of health: creativity, symbolism and metaphor, materials and methods, embodiment, and the therapeutic relationship. Using the arts for health purposes recognizes body-mind integration as central to well-being, allowing people to access and work through dynamics situated at non-verbal, implicit, and sensory-based levels of experience.

Built on evidence and insights from humanities, philosophy, and science, through the lens of therapeutic arts and within a wide socio-cultural context, participants will learn how to translate scientific evidence and principles into targeted interventions for a range of stakeholders. This course will consist of didactic sessions, small group discussions, art-making and viewing exercises, neuroimaging technology demonstrations, and case presentations and is open to clinicians, educators, students, administrators, policy-makers, thought leaders, and anyone interested in exploring how the intersections of neuroscience, creative expression, aesthetic engagement, and therapeutics facilitate learning and can lead to meaningful intrapsychic change. No previous art-making experience is required.

Course Agenda**Monday:****The Evolution of Aesthetics, Science, & Medicine**

- Paleo-archeology of the human brain
- Eastern and Western aesthetics in philosophy, arts, and culture
- Intersections of aesthetics, science, and medicine
- Neuroaesthetics: The cognitive neuroscience of aesthetic experiences
- Emerging trends in neuroaesthetics, psychology, and creativity studies
- *Art-Making, Self-Assessment, and Artistic Inquiry*: Identifying personal and professional beliefs, values, strengths, and barriers to adopting novel approaches in service of clients

Juliet King, PhD, ATR-BC, LPC, LMHC | Arts & the Brain: Evidence-Based Therapeutic Arts Interventions for Optimal Health & Well-Being | July 29-August 2, 2024**Tuesday:****The Neuroscience of Creativity**

- Network Neuroscience: The new frontier in understanding the structure, function, and relationship of the brain and nervous system
- Creativity: a neurologically complex evolutionary event central to human functioning and flourishing
- Biological and physiological evidence that supports the health benefits of creative expression and flow
- How scientifically-sound creative interventions serve to enhance learning and behavioral change
- Limitations of current research systems, worldview, and methods
- *Art-Making, Self-Assessment, and Artistic Inquiry*: Exploring creative potential and construct of Self

Wednesday:**Symbolism and Metaphor: The Universal Human Language**

- The use of symbol and metaphor to communicate, concretize, and externalize experiences and sensations in multiple relational learning environments
- Using the creative process and resulting artwork/form to construct personal and shared meaning
- How the arts increase access, are cost-effective, and improve mental and physical health outcomes via non-verbal and symbolic expression, witness, and observation across clinical populations and community settings
- Art as a mechanism to name and begin to understand the biological and epigenetic drivers for implicit bias and the technology that can assist in the process
- *Art-Making, Self-Assessment, and Artistic Inquiry*: Exploring universal and personal symbols to unite diverse cultures within the clinical and community context

Thursday:**The Relationship**

- How elements of the therapeutic relationship are enhanced with advancements in neuroscience
- How the therapeutic relationship and ethics surrounding service provision influence theory and applications in education, clinical, and community practice
- Develop concrete applications to update existing knowledge with insights from embodied cognition, predictive processing, and contemporary neuroimaging
- How aesthetic engagement influences biological, physiological, and neurological processes that inform constructs central to education, psychotherapy, and therapeutic community-driven approaches, such as trust, empathy, and collaboration
- *Art-Making, Self-Assessment, and Artistic Inquiry*: Exploring the multi-dimensional relationships within the art-driven homeostatic feedback loop of action, perception, and behavior

Friday:**Materials and Methods**

- Explore how the thoughtful use of artifacts, art materials, and creative engagement has been used to enhance learning and conduct research and practice in education, healthcare, and community settings
- Identify materials and methods to support expressive and receptive arts within your scope of practice
- The use of neurotechnology to complement your theory, practice, and research
- *Art-Making, Self-Assessment, and Artistic Inquiry*: Reflection, intervention, and critical analysis/critique, action plans for the future

Course Objectives

Upon completion of this course participants will be able to:

1. Demonstrate an understanding of the history, evolution, and convergence of humanities, science, and philosophy
2. Demonstrate an understanding of the evidence supporting the intersections of neuroaesthetics, creativity studies, psychology, and related therapeutics
3. Discuss how the science of creativity can be used to understand the mind-body connection in arts-based therapeutic practices
4. Evaluate research and build theory for how neuroscience informs arts, culture, and health outcomes
5. Update psychological theories based on advancements in neuroscience evidence and inclusive practices
6. Synthesize neuroscience evidence and principles into practical and culturally-informed therapeutic arts applications
7. Demonstrate improved knowledge and skills in neuro-informed arts-based theory and practices through self-assessment measures
8. Discuss issues pertaining to the development of trust, empathy, and collaboration in the therapeutic relationship
9. Discuss the efficacy and limitations of art therapy interventions in the treatment of mental and physical health disorders

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.

Arts & The Brain: Evidence-Based Therapeutic Arts Interventions for Optimal Health & Well-Being, Course # 5626, is approved by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program to be offered by MAK Continuing Education, LLC, Cape Cod Institute as an individual course. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE course approval period: 5/7/2024-5/7/2026. Social workers completing this course receive 10 general and 5 clinical continuing education credits.

Please see the CE section on the **individual course page** for a full listing of CE course 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:

In-Person Course Format: Monday through Friday from 9:00a.m. to 12:30p.m. EDT with a 30-minute break.

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 Monday-Friday mornings from 9:00a.m. - 12:30p.m. EDT, with a 30-minute break. 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:

In-Person Course:

Early Tuition Rate: \$700 (through 04/01/2024)

Full Tuition: \$750

Full-time graduate students, doctoral students, and resident physicians must upload documentation at the time of registration to qualify for a reduced tuition of \$575 for in-person courses.

Live-Online Course:

Early Tuition Rate: \$575 (through 04/01/2024)

Full Tuition: \$625

Full-time graduate students, doctoral students, and resident physicians must upload documentation at the time of registration to qualify for a reduced tuition of \$450 live-online courses.

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 & Refund Policy

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

Within two weeks: If you give notice between fourteen and one day(s) before your course start date a credit for a 2024 Cape Cod Institute program is available. Credit may be applied to any 2024 or 2025 Cape Cod Institute course. There will be no price reduction for switching to a live-online course within two weeks of the course start date.

Once your course begins: No credit or refund is available if you cancel on the arrival day, if you do not show up, or if you leave an event early for any reason. No refund will be available if you attend a program and are dissatisfied with its presentation or content. If you need to leave for any reason, no partial credit can be given.

You can notify our staff of your cancellation at info@cape.org or by calling + 1 (203) 781-6492.

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 15-hour 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

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Norwalk, CT 06852
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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.

JULY 1-AUGUST 23, 2024

JULY 1-5, 2024

Janina Fisher, PhD

Transforming Trauma-Related Resistance and Stuckness

In-Person & Live-Online

Rubin Naiman, PhD, FAASM

Healing Our Sleep, Dreams, and Consciousness: An Integrative Approach

In-Person & Live-Online

LaTonya Wilkins, PCC, MBA

Belonging: Fostering Psychological Safety and Below the Surface Leadership in Organizations, Clients, and Yourself

In-Person & Live-Online

JULY 8-12, 2024

Lana Epstein, MA, LICSW

Putting It All Together: Combining Somatic and Ego-State Therapies with EMDR to Change the Valence of Emotional Memories

In-Person & Live-Online

Barry Prizant, PhD, CCC-SLP

Understanding and Supporting Autistic and Neurodivergent Individuals through the Uniquely Human Lens

In-Person & Live-Online

Licia Sky, BFA

Embodied Awareness: The Art of Presence and Attunement

In-Person Only

Bessel van der Kolk, MD

Frontiers of Trauma Treatment

In-Person & Live-Online

JULY 15-19, 2024

Sebastian Barr, PhD

Affirming and Effective Work with Trans and Nonbinary Adolescents and Young Adults

In-Person & Live-Online

James Hawkins, PhD, LPC

Facilitating the Function of Attachment in Distressed Adult Romantic Relationships: An Emotionally Focused Therapy (EFT) Framework

In-Person & Live-Online

Stewart Levine, JD

Building a Culture of High Performance Sustainable Collaboration: Mindset and Tools

In-Person Only

Richard Schwartz, PhD & Jeanne Catanzaro, PhD

Internal Family Systems Workshop

In-Person & Live-Online

JULY 22-26, 2024

Deb Dana, LCSW

Polyvagal Theory in Therapy: Practical Applications for Treating Trauma

In-Person & Live-Online

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

Flint Sparks, PhD

Growing Up and Waking Up: Applied Mindfulness in Psychotherapy and Buddhist Practice

In-Person Only

Cece Sykes, LCSW, ACSW

Internal Family Systems and Compassion for Addictive Processes

In-Person & Live-Online

JULY 29-AUGUST 2, 2024

Margaret Blaustein, PsyD

Fostering Resilience in Trauma Impacted Youth through Attachment, Regulation, and Competency

In-Person & Live-Online

Diana Fosha, PhD, Kari Gleiser, PhD, & Ben Medley, LCSW, with Molly Eldridge, LICSW

"HOT" Topics in AEDP™

In-Person & Live-Online

Franklin King, MD

The Promise of Psychedelics: A Critical Look at the Therapeutic Potential of Psychedelic-Assisted Treatments

In-Person & Live-Online

Juliet King, PhD, ATR-BC, LPC, LMHC

Arts & the Brain: Evidence-Based Therapeutic Arts Interventions for Optimal Health & Well-Being

In-Person Only

AUGUST 5-9, 2024

Harville Hendrix, PhD, Helen LaKelly Hunt, PhD, Carol Kramer, LICSW, & Joanne Audyatis, LMHC

IMAGO: Proven Strategies for Helping Couples Move from Conflict to Connecting

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

AUGUST 5-9, 2024

George McCloskey, PhD

Intervention for Child and Adolescent Executive Function Difficulties

In-Person Only

Maria Sirois, PsyD

Paradoxes in Resilience: Leveraging Moments of Grief, Illness, Hardship and Sudden Change to Accelerate Growth

In-Person & Live-Online

AUGUST 12-16, 2024

Bob Anderson

The Journey of Conscious Leadership

In-Person Only

Edward Hallowell, MD

Unwrapping the Gifts: A Strength-Based Approach to ADHD Across the Life Span

In-Person & Live-Online

Donald Meichenbaum, PhD

Addressing Issues of Violence and Aggression in Individuals and Communities: Development, Prediction, and Intervention

In-Person & Live-Online

Ronald D. Siegel, PsyD

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

In-Person & Live-Online

AUGUST 19-23, 2024

Amanda Blake, PhD

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

In-Person Only

Mary-Frances O'Connor, PhD

The Grieving Brain: The Surprising Science of How We Learn from Love and Loss

In-Person & Live-Online

Jonah Paquette, PsyD

Positive Psychology 2.0: Creating a Life of Meaning, Purpose, and Connection

In-Person & Live-Online

Eboni Webb, PsyD, HSP

Dialectical Behavior Therapy (DBT): Effective Tools for Navigating Trauma and Attachment in Complex Clients Across the Lifespan

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