



# Expressive Therapies: Integrating Mind/Body Therapies into Practice

## A Study Class for Professionals



Mind/body therapies have become increasingly popular in clinical and psychotherapeutic settings and are especially useful as non-verbal complements to traditional medical and psychotherapeutic practices. While mind/body medicine is a field that is ripe for psychologists, most psychologists are not trained in how to integrate these techniques into their ongoing therapeutic practices. This workshop will provide a basic introduction for therapists interested in learning how to integrate some of these practices into their own work. After a theoretical orientation, participants will begin to learn and practice these skills in small groups.

**Ilene A. Serlin, PhD, BC-DMT**, is a licensed psychologist and registered dance/movement therapist in practice in San Francisco and Marin County. She is past president of the San Francisco Psychological Association, a Fellow at the American Psychological Association and past president of the Division of Humanistic Psychology. Ilene Serlin taught at Saybrook University, Lesley University, UCLA, the NY Gestalt Institute, and the C.G. Jung Institute in Zurich. She is the editor of *Whole Person Healthcare* (2007, 3 vol., Praeger), over 100 chapters and articles on art and psychotherapy, and is on the editorial boards of *PsycCritiques*; *the American Dance Therapy Journal*; *Journal of Humanistic Psychology*; *Arts & Health: An International Journal of Research; Policy and Practice*; *Journal of Applied Arts and Health*; and *The Humanistic Psychologist*.

*American Dance Therapy Journal; Journal of Humanistic Psychology; Arts & Health: An International Journal of Research; Policy and Practice; Journal of Applied Arts and Health; and The Humanistic Psychologist.*

**Dates:** Fridays: September 10, October 8, November 12, December 10, 2010; February 18, 2011 and May 13, 2011  
**Time:** 10am to 12pm  
**Location:** CIP, 1330 Lincoln Ave, San Rafael, Room 203  
**CE Credits:** 12 CEUs approved for MFT's and LCSWs and 12 CEUs approved by the MCEPAA for Psychologists

*To reserve a space, please submit the form below or call 415-459-5999 x101. Cancellations must be received in writing 10 days prior to the first session. We will refund the fee minus a \$10 administrative charge.*

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- CIP Members:** \$180 or \$200 if received after August 27<sup>th</sup>, 2010
- CIP Non-Members:** \$200 or \$220 if received after August 27<sup>th</sup>, 2010

Name (Please print) \_\_\_\_\_ Daytime Phone Number \_\_\_\_\_

Address \_\_\_\_\_

Email Address: \_\_\_\_\_ License Number \_\_\_\_\_

Total Amount: \_\_\_\_\_ Checks payable to Community Institute for Psychotherapy

Credit Card: VISA MasterCard \_\_\_\_\_ Exp: \_\_\_\_\_ Code: \_\_\_\_\_

**Return via fax to 415.459.4502 or mail to: CIP, 1330 Lincoln Ave #201, San Rafael, CA 94941  
 You can also register online at [www.cipmarin.org](http://www.cipmarin.org)**