

RAMS is offering a
“Leadership Academy”
training series
designed to support
and educate peers who
provide services in the
behavioral health field.

**Participate in a 3 hour
Interactive Training for
Peer Providers.**

**Gain Knowledge About the
Foundations of Expressive
Arts & Learn Interventions
to Use with Clients & for
Your Own Self-Care!**



**JULY 27, 2018
FRIDAY * 9AM-12PM
SFSU Downtown Campus
835 Market Street
Room 619, 6th Floor**

**Light breakfast &
refreshments provided.**

LEADERSHIP ACADEMY

TOPIC: USING EXPRESSIVE ARTS WITH CLIENTS

About the Workshop: Are you looking for ways to improve your ability to provide person-centered peer counseling by adding a dynamic and experiential component? This month's Leadership Academy will explore ways to help clients use their imaginations and creativity in the healing process through Expressive Arts. This is a type of intervention that encourages the client to engage in a variety of artistic modalities as a therapeutic tool to promote growth and change. These modalities can include drawing, movement, poetry, music and drama. Participants in this workshop will have the opportunity to learn the basic principles of Expressive Arts and will walk away with techniques they can use immediately in session with clients. Additionally, participants will have the opportunity to engage in wellness activities that utilize a sampling of expressive art forms. Please join us for what is sure to be an enjoyable and informational event!

“Because art comes from a deep emotional place inside you, creative endeavors enable you to undergo a profound process of self-discovery and understanding.” - Psychology Today

About the Presenter: Cynthia T. Diwan graduated from the California Institute of Integral Studies with a Masters in Counseling Psychology and focus on Expressive Arts Therapy in 2008. She completed a year-long Expressive Arts Therapy practicum at CPMC in the skilled nursing facility and Alzheimer's unit. Cynthia started her work in community mental health at Pyramid Alternatives in Pacifica and DesiCouch in South San Francisco where she provided bilingual therapy to children, adolescents and adults. Cynthia started at UCSF Langley Porter in 2014 and currently works in the Partial Hospitalization and Intensive Outpatient programs as a Primary Clinician where she leads groups in Expressive Arts Therapy and Dialectical Behavior Therapy. She assists in the mentoring of music therapy interns, has led an expressive arts training for clinical staff and has most recently given a training in DBT to the SF Depression and Bipolar Support Alliance.

Please RSVP (now required 😊), as space is limited!

RSVP to Kristin Snell: (415) 579-3021 Ext. 102 / certificate@ramsinc.org