



# LEARN ABOUT EXPRESSIVE ARTS!

**September 11, 2018**

**6:30-8:00PM**

Children naturally live in their creative brains. They love telling you about their creations and their artistic process. By utilizing this comfort zone therapists AND parents can aid the process of self-growth.

The Institute for Girls' Development will be hosting a free discussion on the use of Expressive Arts to foster personal growth. Join us to learn more about the benefits of Expressive Arts, how children benefit from working with Expressive Arts therapeutically and to get some tips on how to dialogue deeper with your children around the art they are making.



## **Speaker: Sushi Frausto, MA, LMFT**

"My training is based in using the expressive arts combined with therapeutic approaches such as Narrative, Cognitive Behavioral, Dialectical and Developmental. My expressive arts training includes the use of art materials, drama, music, poetry, writing, play and all forms of creative expression to help clients engage and process at the deepest level. This is especially useful when working with children and teens." (LMFT #101031)

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