

THE NORWEGIAN ASSOCIATE OF EXPRESSIVE ARTS THERAPY

NATURE, EXPRESSIVE ARTS, AND ALWAYS THE BODY

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In this time of unprecedented ecological and social crises in the world, what is the role of expressive arts professionals in meeting the challenges of our time? How do we experience our interconnectedness within the cycles of the natural world as resource for personal wellbeing, professional work in expressive arts, and a way of being in the world? In this course we will explore theoretical foundations and practical tools for practicing somatic nature-based expressive arts work.

Goals of the Course

To explore nature-based expressive arts within the cultural and natural contexts of our time.

To examine the fundamental importance of nature as the basis of expressive arts work and somatic sustainability.

To experience and practice tools for implementing somatic nature-based expressive arts in personal, community, and ecological wellbeing.

Materials Needed

personal journal and a yoga mat or blanket

Background Reading

Atkins, L.E. (2018). The nature of the body in in Atkins, S. and Snyder, M. *Nature-based expressive arts therapy: Integrating the expressive arts and ecotherapy*. Philadelphia and London: Jessica Kingsley.

Atkins, S. & Snyder, M. (2018). *Nature-Based Expressive Arts Therapy*. London & Philadelphia: Jessica Kingsley.

Knill, M. F. & Atkins, S. (2021). *Poetry in Expressive Arts*. London & Philadelphia: Jessica Kingsley.

Eberhart, H. & Atkins, S. (2014). *Presence and Process in Expressive Arts Work*. London & Philadelphia: Jessica Kingsley.

TOPICS TO BE DISCUSSED

NATURE-BASED EXPRESSIVE ARTS (NBEA):

All the arts are based in the body and Nature.

“All the arts we practice are apprenticeship. The big art is our life.” M.C. Richards

SENSES and IMAGINATION:

We are in the world both through our somatic sensory experience of the world and through the dreams, myths and stories of our individual, cultural, and universal consciousness.

THE IMPORTANCE OF STORY:

The stories we tell shape our view of the world and ourselves.

PROCESS/ORIENTED SYSTEMS VIEW OF THE EARTH/WORLD:

The world is made up of layers and layers of interrelated systems of processes.

ANIMA MUNDI:

The world is ensouled.

A COMMUNITY OF SUBJECTS:

The world is a communion of subjects rather than a collection of objects.

INTERRELATIONSHIP:

Everything is alive and interrelated.

ECOPOIESIS/SYMPOIESIS:

When we are creating, we are participating in communion with the ongoing creative process of the universe.

ARTS IN SERVICE OF LIFE:

The arts belong together and they belong to everyone in the service of life, healing and community.

BEAUTY AND SUSTAINABILITY:

“Anything we love can be saved.” Alice Walker

HOW DO WE LIVE NATURE-BASED EXPRESSIVE ARTS? CULTIVATING AN AESTHETIC RESPONSE TO THE WORLD

TWENTY PRACTICES OF NBEA

1. The Practice of Presence
2. The Practice of Honoring
3. The Practice of Reverence for Life
4. The Practice of Gratitude
5. The Practice of Offering
6. The Practice of Noticing
7. The Practice of Paying Attention
8. The Practice of Encounter
9. The Practice of Responding
10. The Practice of Story
11. The Practice of Imagination
12. The Practice of Ritual and Ceremony
13. The Practice of Communion
14. The Practice of Celebration
15. The Practice of Letting Go and Grieving
16. The Practice of Forgiveness
17. The Practice of Receiving
18. The Practice of Blessing
19. The Practice of the Wild
20. The Practice of Alchemy

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