



How can playing with the arts support your self-care and help you to build personal resilience and professional sustainability?

Hello. I'd like to let you know about a series of **monthly Saturday afternoon experiential workshops** I will be offering in Sydney this year. Their purpose is to pass on some arts-based and body-based tools that my Music Therapy students and I have found valuable for self-development and self-care. No previous arts therapy experience is required - just curiosity and a willingness to play!

Descriptions of the workshops and dates are provided on the following pages.

The workshops will be facilitated by me: **Dr Rosemary Faire**, Registered Expressive Arts Therapist and Music Therapist, and formerly the coordinator of the MA in Music Therapy course at UTS (there's more about my background after the workshop descriptions).

Location: teaching rooms of the
Alexander Technique and Somatic Education Centre,
89b Cowles Rd Mosman.

Each workshop will be held from **1:30pm to 4:30pm on the fourth Saturday** of the month.

You can enrol in all eight workshops for \$800, or select individual workshops for \$120 (concessions available).

Bookings and inquiries: contact me as [roseyfaire at ozemail.com.au](mailto:roseyfaire@ozemail.com.au).

(I intend to limit the workshop sizes to twelve participants so please book early to ensure your place.)

The Workshops

March 23 - *Playful Growing Edges: An experiential introduction to the field of Expressive Arts Therapy in self-work*. No expertise in the arts is necessary for this workshop based on my studies with ExArT founders Paolo Knill and Steven Levine.

April 27 - *The Soundtrack of your Life as a Mirror: exploring song lyrics that still reverberate inside you.*

http://www.zulenet.com/ecosomatics/workshop_songlyric.html

May 25 - *Stories from Out of the Blue: bringing forth your own self-healing stories.*

I wrote a book about my own process of discovering these stories within me:

<http://www.zulenet.com/ecosomatics/RosemaryFaire/RosemaryFaire.html>

June 22 - *Centering & Grounding: an introduction to somatic education self-care tools.*

Life skills that form the bodily bases of personal sustainability, drawn from my participation in the Movement Arts MA program at Ohio State University.

July – break

August 24 - *What do I Care About?... the arts as mobilising and empowering.* Ways in which the arts therapies can help prevent burnout, based on Joanna Macy's framework and Ecological Expressive Therapies.

http://www.zulenet.com/ecosomatics/community_music_therapy.html

Faire, R.J.(2005). *What do you care about? Arts therapies in support of civil courage in a "World gone slightly mad". Poiesis: Journal of the Arts & Communication, 7:178-190.*

September 28 - *Exchanging support in pairs: An Arts-based peer supervision method.* (An e-book summary will be provided – this workshop works best combined with October.) This paper I wrote on "The Presentation" provides a background to arts-based exchanges:

<https://normt.uib.no/index.php/voices/article/view/630>

October 26 - *The Arts in Peer Supervision Groups: forming your own support group.* (An e-book summary will be provided – best combined with September workshop.)

November 23 - *Drumming Support Groups: rhythm in education and therapy.*

This little book I wrote describes a group I co-founded which was great fun:

<http://www.zulenet.com/ecosomatics/soundasations/default.html>

Dr Rosemary Faire, REAT, RMT, MA(Movement Arts), Cert. Advanced Graduate Studies in Expressive Arts Therapy (European Graduate School).
University academic – Expressive Arts Therapist – Environmental Community Artist

“Rosemary has designed and run courses in tertiary and adult education settings since 1981. Her education and teaching career has spanned fields of Biological Sciences (PhD in epigenetics), Somatic Education (MA), Music Therapy (Grad Dip) and Expressive Arts Therapy (CAGS). She also has over twenty years’ experience working with individuals and groups in the contexts of personal development, movement therapy, arts therapies, community arts and mental health rehabilitation.”

I’ve been very lucky to have had the opportunities to study with teachers of Expressive Arts Therapy and Somatic Education in the USA and Switzerland, and am motivated to share what I’ve learned to foster resilience and peer support in the helping and teaching professions where burnout is a potential undermining factor.