

ART THERAPY STUDIO: INTROSPECTION AND CONTEMPLATION IN THE ARTS [ARTST5859]

With Markus Alexander, MA, CAGS, REAT (PhD Candidate)

Markus

Markus Alexander, MA, PhD Candidate, is a Registered Expressive Arts Therapist. He is a pioneer in the field of inter-modal expressive arts therapy and on the faculty of the European Graduate School in Switzerland. He is a body-awareness and movement specialist as well as a musician and actor. Markus has also taught painting at Glass Lake Studio which he founded in New York in 1986. In recent years he has taught at International Symposia and training institutes in Italy, Sweden, Norway, Germany, Denmark, Spain and Israel, as well as throughout North America.

This course looks at contemplative art, dance and music as illustrated over the past several centuries and is designed to guide students in creating visual art, poetry, movement and music in response to these artworks. Our senses relate to the artworks as we perceive them now, through our beingness. The arts are generally thought of as expressive and extraverted. However, a therapeutic context often lends itself to a more introspective approach, which will be explored in this course. Inspiration and devotion will be examined from the artists' perspectives. Students will learn how to develop a client's ability to express their contemplative nature through artistic expression. They will leave the course more confident in using various art forms as a means to enter into quiet places within, giving it form both within and without. Intrapersonal, interpersonal, and transpersonal work will be explored in visual, auditory and kinesthetic ways. Students will explore assessment of a client's primary mode of communication through the research work of Dawna Markova, PhD. There are no pre-requisites. No previous experience in the arts is necessary.

May 5 - 9, 2008

(Mon-Fri, 9:00am–
5:00pm)

Last day to register: 4 Apr,
2008

Maximum enrollment: 15

\$590 Graduate Credit

\$590 Non-credit

Workshop

Art material fee: \$40

(Audit option not available
for Art Therapy Studio ARTST
courses.)



**St. Stephen's
College**

University of Alberta Campus
8810 – 112th Street
Edmonton, Alberta

Register Online:

[www.ualberta.ca/ST.STEPHENS/ssregfrm.h
tm](http://www.ualberta.ca/ST.STEPHENS/ssregfrm.htm)

or Register by Phone: (780) 439-7311

**REGISTER EARLY SPACES ARE
LIMITED**

