
Certified Specialist Programme in Trauma-Informed Expressive Arts Therapy

Creative Interventions For Complex Trauma

Accelerated Experiential Dynamic Psychotherapy (AEDP) is a type of psychotherapy that focuses on transforming emotional experiences, developed by Diana Fosha, it is used in the Certified Specialist Programme in Trauma-Informed Expressive Arts Therapy to help individuals process and heal from traumatic experiences. AEDP combines elements of humanistic and psychodynamic therapies to create a unique approach that emphasizes the importance of emotional experience and transformative change.

Adaptive Information Processing (AIP) model is a theoretical framework used to understand how the brain processes and integrates traumatic memories, it is related to Eye Movement Desensitization and Reprocessing (EMDR) therapy, which is also used in the Certified Specialist Programme in Trauma-Informed Expressive Arts Therapy. AIP suggests that the brain has a natural tendency to process and integrate traumatic memories in a way that promotes healing and recovery.

Adverse Childhood Experiences (ACEs) refer to traumatic events that occur during childhood, such as physical or emotional abuse, neglect, or loss of a loved one. ACEs can have a profound impact on an individual's physical and mental health throughout their lifetime, and are often addressed in the Certified Specialist Programme in Trauma-Informed Expressive Arts Therapy. ACEs can increase an individual's risk of developing mental health disorders, such as depression, anxiety, and post-traumatic stress disorder (PTSD).

Art Therapy is a form of expressive therapy that uses art making as a way to promote healing and self-expression. Art therapy is often used in the Certified Specialist Programme in Trauma-Informed Expressive Arts Therapy to help individuals process and integrate traumatic memories, and to promote emotional regulation and well-being.

Attachment-Based Therapy is a type of therapy that focuses on attachment relationships and how they impact an individual's emotional and relational experiences. Attachment-based therapy is often used in the Certified Specialist Programme in Trauma-Informed Expressive Arts Therapy to help individuals develop a more secure and resilient sense of self and to improve their relationships with others.

Body-Oriented Psychotherapy is a type of therapy that focuses on the body and its role in processing and integrating traumatic experiences. Body-oriented psychotherapy is often used in the Certified Specialist Programme in Trauma-Informed Expressive Arts Therapy to help individuals develop greater awareness and regulation of their physical sensations and emotions.

Complex Post-Traumatic Stress Disorder (CPTSD) is a type of trauma that occurs when an individual experiences repeated or prolonged exposure to traumatic events, such as emotional or physical abuse. CPTSD is often addressed in the Certified Specialist Programme in Trauma-Informed Expressive Arts Therapy, and can have a profound impact on an individual's emotional and relational experiences.

Complex Trauma is a type of trauma that occurs when an individual experiences repeated or prolonged

exposure to traumatic events, such as emotional or physical abuse. Complex trauma can have a profound impact on an individual's emotional and relational experiences, and is often addressed in the Certified Specialist Programme in Trauma-Informed Expressive Arts Therapy.

Creative Interventions are a type of intervention that use creative activities, such as art, music, or drama, to promote healing and self-expression. Creative interventions are often used in the Certified Specialist Programme in Trauma-Informed Expressive Arts Therapy to help individuals process and integrate traumatic memories, and to promote emotional regulation and well-being.

Dance Movement Therapy is a type of expressive therapy that uses dance and movement as a way to promote healing and self-expression. Dance movement therapy is often used in the Certified Specialist Programme in Trauma-Informed Expressive Arts Therapy to help individuals process and integrate traumatic memories, and to promote emotional regulation and well-being.

Dissociation is a type of defense mechanism that occurs when an individual disconnects from their thoughts, feelings, or bodily sensations as a way to cope with traumatic experiences. Dissociation is often addressed in the Certified Specialist Programme in Trauma-Informed Expressive Arts Therapy, and can have a profound impact on an individual's emotional and relational experiences.

Emotional Dysregulation is a type of emotional experience that occurs when an individual has difficulty regulating their emotions in response to traumatic experiences. Emotional dysregulation is often addressed in the Certified Specialist Programme in Trauma-Informed Expressive Arts Therapy, and can have a profound impact on an individual's emotional and relational experiences.

Emotional Intelligence is the ability to recognize and understand emotions in oneself and others, and to use this awareness to guide thoughts and behaviors. Emotional intelligence is often developed in the Certified Specialist Programme in Trauma-Informed Expressive Arts Therapy to help individuals develop greater awareness and regulation of their emotions.

Eye Movement Desensitization and Reprocessing (EMDR) therapy is a type of therapy that uses eye movements or other forms of stimulation to process and integrate traumatic memories. EMDR therapy is often used in the Certified Specialist Programme in Trauma-Informed Expressive Arts Therapy to help individuals heal from traumatic experiences and to promote emotional regulation and well-being.

Expressive Arts Therapy is a type of therapy that uses expressive activities, such as art, music, or drama, to promote healing and self-expression. Expressive arts therapy is often used in the Certified Specialist Programme in Trauma-Informed Expressive Arts Therapy to help individuals process and integrate traumatic memories, and to promote emotional regulation and well-being.

Internal Family Systems (IFS) therapy is a type of therapy that focuses on the internal family system and how it impacts an individual's emotional and relational experiences. IFS therapy is often used in the Certified Specialist Programme in Trauma-Informed Expressive Arts Therapy to help individuals develop greater awareness and regulation of their emotions and to promote healing and integration.

Mindfulness-Based Stress Reduction (MBSR) is a type of therapy that focuses on mindfulness and

meditation to reduce stress and promote relaxation. MBSR is often used in the Certified Specialist Programme in Trauma-Informed Expressive Arts Therapy to help individuals develop greater awareness and regulation of their thoughts and emotions.

Narrative Exposure Therapy (NET) is a type of therapy that uses narrative techniques to process and integrate traumatic memories. NET is often used in the Certified Specialist Programme in Trauma-Informed Expressive Arts Therapy to help individuals heal from traumatic experiences and to promote emotional regulation and well-being.

Neuro-Linguistic Programming (NLP) is a type of therapy that focuses on the neurological and linguistic aspects of communication and behavior. NLP is often used in the Certified Specialist Programme in Trauma-Informed Expressive Arts Therapy to help individuals develop greater awareness and regulation of their thoughts and emotions.

Polyvagal Theory is a type of theory that explains how the autonomic nervous system responds to threat and safety. Polyvagal theory is often used in the Certified Specialist Programme in Trauma-Informed Expressive Arts Therapy to help individuals understand and regulate their physiological responses to traumatic experiences.

Post-Traumatic Stress Disorder (PTSD) is a type of trauma that occurs when an individual experiences a traumatic event, such as combat, abuse, or neglect. PTSD is often addressed in the Certified Specialist Programme in Trauma-Informed Expressive Arts Therapy, and can have a profound impact on an individual's emotional and relational experiences.

Psychodynamic Therapy is a type of therapy that focuses on the unconscious mind and its role in shaping thoughts, feelings, and behaviors. Psychodynamic therapy is often used in the Certified Specialist Programme in Trauma-Informed Expressive Arts Therapy to help individuals develop greater awareness and regulation of their emotions and to promote healing and integration.

Sensorimotor Psychotherapy is a type of therapy that focuses on the sensorimotor aspects of experience, such as body sensations and movements. Sensorimotor psychotherapy is often used in the Certified Specialist Programme in Trauma-Informed Expressive Arts Therapy to help individuals develop greater awareness and regulation of their physical sensations and emotions.

Somatic Experiencing (SE) is a type of therapy that focuses on the somatic aspects of experience, such as body sensations and movements. SE is often used in the Certified Specialist Programme in Trauma-Informed Expressive Arts Therapy to help individuals develop greater awareness and regulation of their physical sensations and emotions.

Trauma-Informed Care is an approach to care that takes into account the traumatic experiences of individuals and provides a safe and supportive environment for healing and recovery. Trauma-informed care is often used in the Certified Specialist Programme in Trauma-Informed Expressive Arts Therapy to help individuals feel safe and supported as they process and integrate traumatic memories.

Trauma-Informed Expressive Arts Therapy is a type of therapy that uses expressive arts, such as art, music,

or drama, to promote healing and self-expression in individuals who have experienced trauma. Trauma-informed expressive arts therapy is often used in the Certified Specialist Programme in Trauma-Informed Expressive Arts Therapy to help individuals process and integrate traumatic memories, and to promote emotional regulation and well-being.

Yoga Therapy is a type of therapy that uses yoga and mindfulness techniques to promote healing and self-expression. Yoga therapy is often used in the Certified Specialist Programme in Trauma-Informed Expressive Arts Therapy to help individuals develop greater awareness and regulation of their thoughts and emotions, and to promote relaxation and reduction of stress.