

Opening New Doors with Psychodrama And Expressive Arts Therapy

Friday January 13th 12pm-3pm CST

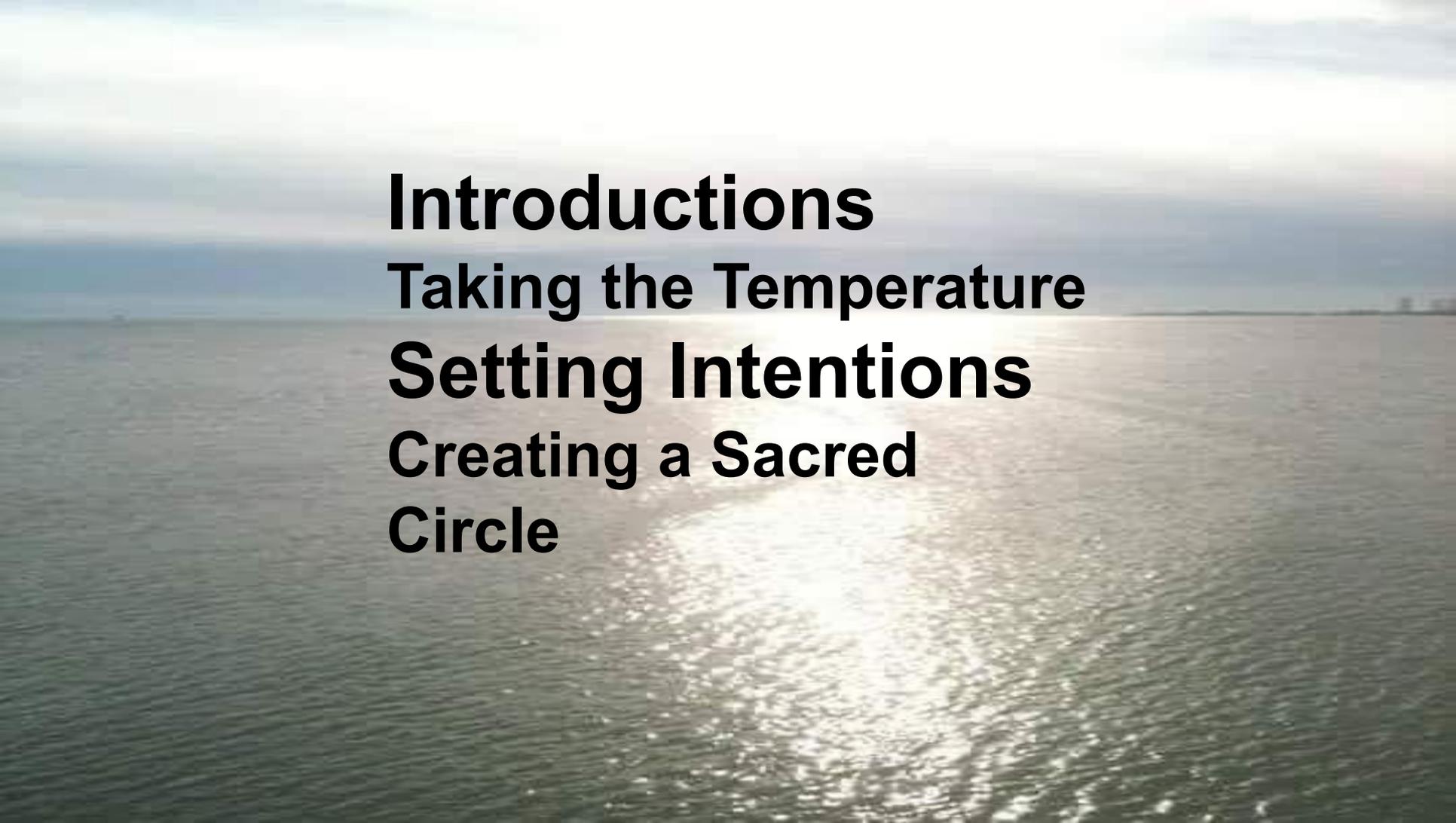
Eve Brownstone, LCPC, EXAT, CP
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**OPENING NEW DOORS
WITH PSYCHODRAMA &
EXPRESSIVE ARTS
THERAPY**

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**JAN, 13, 2023
ONLINE TRAINING
CE AND
PSYCHODRAMA
CREDITS**

register at
realtruekaren.com



Introductions

Taking the Temperature

Setting Intentions

Creating a Sacred

Circle

Overview

- **Introductions**
- **Taking the Temperature**
- **Collective Experience**
Discussion How did/do we cope?
- **What are the keys to your life?**
- **Building Resources**
Personal Affirmation
Self-care Holding
- **Break**
- **Old Door**
Process and Share
- **New Door**
Process and Share
- **Dance party**
- **Creative Feedback and Q & A**
- **Closing**



Thank you,

**Dr. Elaine Ades Sachnoff and
Lorelei Goldman,**

**Psychodrama Institute of
Chicago, 1989**

Discussion:

How have we gotten through the last 2+ years?

It's been a collective trauma.

We have gotten through this.

Practice RAIN.

Recognize feeling

Allow feelings

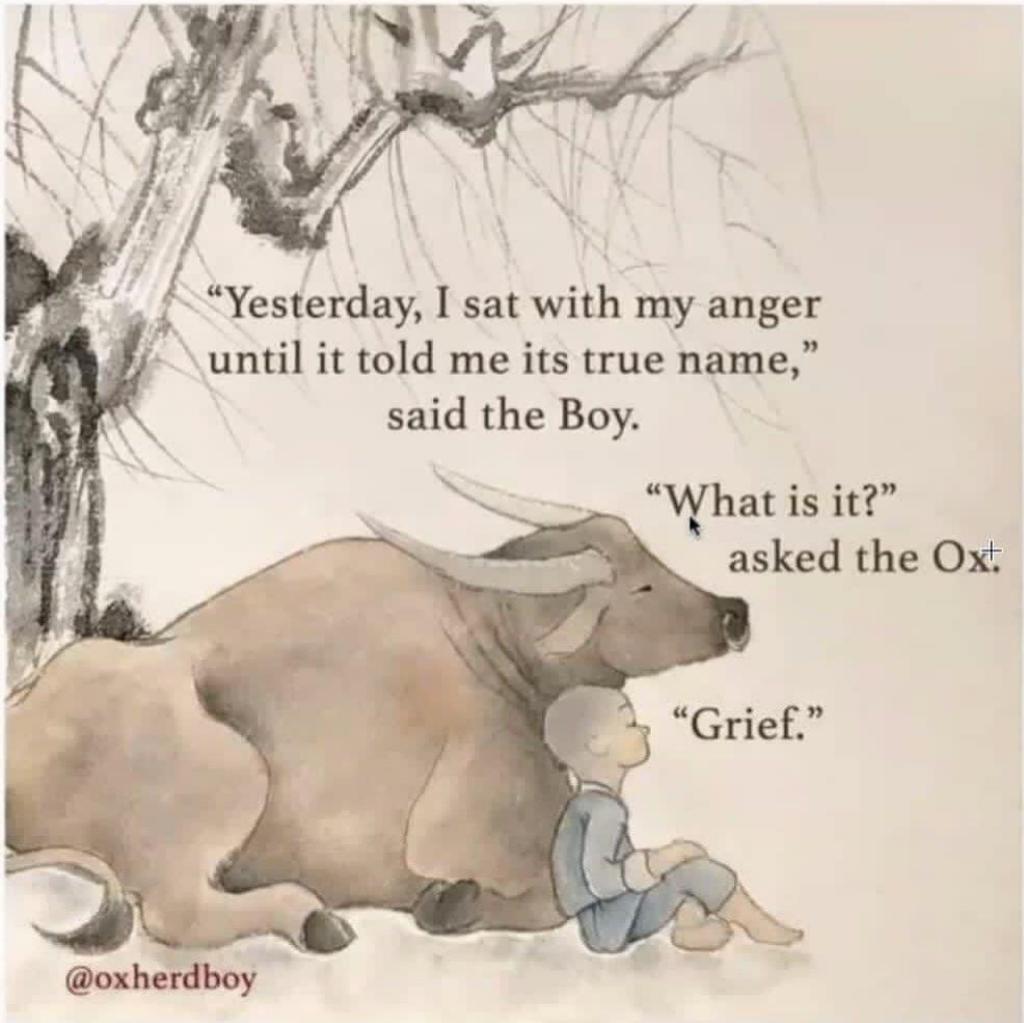
Investigate

Where do you hold the feeling in your body.

Speak to that part as a dear one

Ask, "what do you need dear one.?"

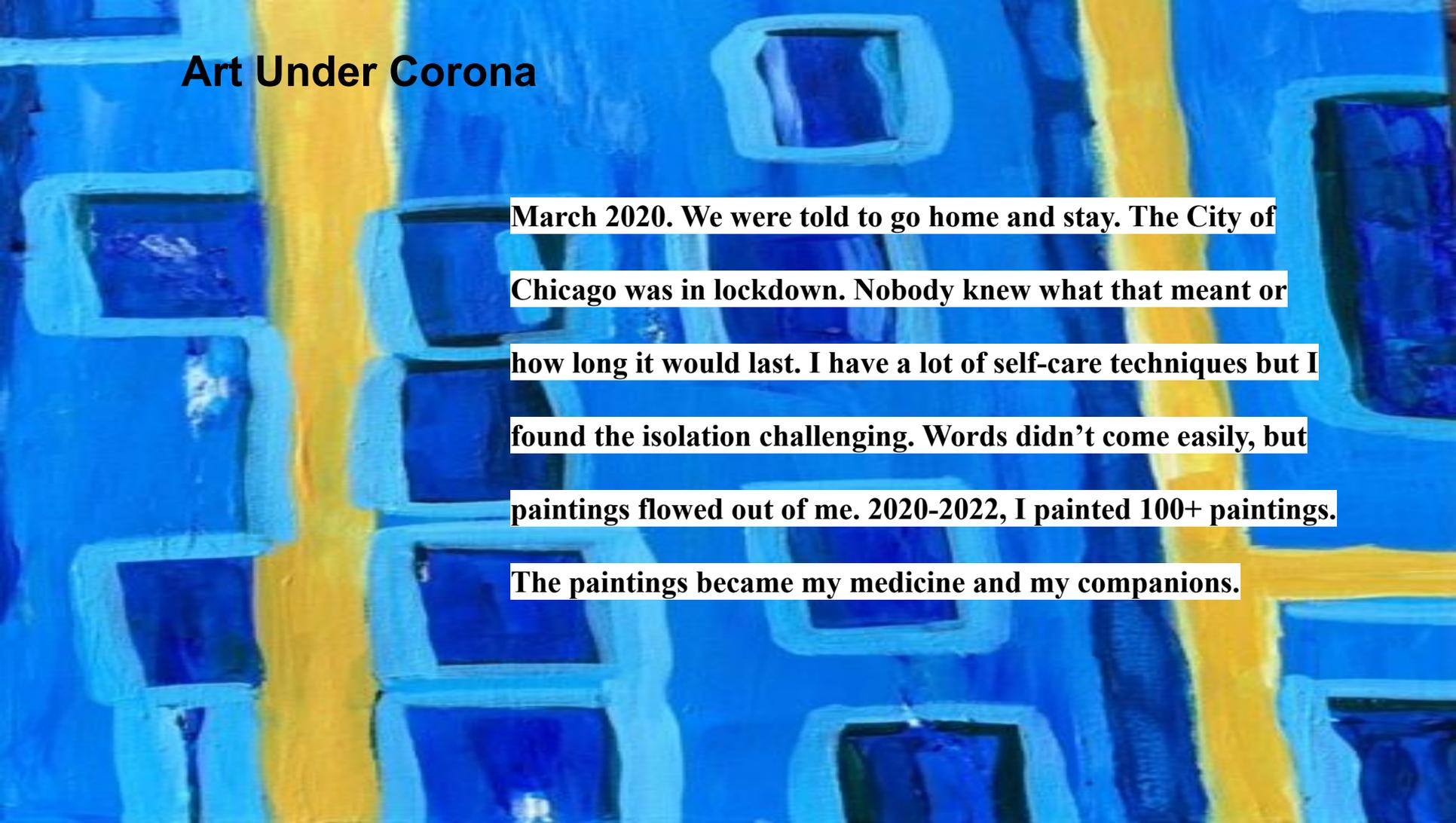
Nurture yourself by Tara Brach



“Yesterday, I sat with my anger
until it told me its true name,”
said the Boy.

“What is it?”
asked the Ox.

“Grief.”

An abstract painting featuring vertical stripes of bright yellow and various shades of blue. The composition is filled with numerous rectangular shapes, some of which are outlined in a lighter blue, creating a grid-like or window-like pattern. The overall effect is vibrant and textured.

Art Under Corona

March 2020. We were told to go home and stay. The City of Chicago was in lockdown. Nobody knew what that meant or how long it would last. I have a lot of self-care techniques but I found the isolation challenging. Words didn't come easily, but paintings flowed out of me. 2020-2022, I painted 100+ paintings. The paintings became my medicine and my companions.

What are keys to your life?

Internal/External

What are the keys to your life?

What is helpful?

What is hurtful?

Who has the keys to your life?

Thoughts, feelings, qualities, people,
situations, etc.



Personal Affirmation/Call on the Allies

Choose six people you admire living or dead and famous or not famous.

What are the six qualities of each that inspire you?
Of the qualities what are the top six?

I came here to be _____, _____ list qualities and
add

I see that in you.

If you can see a quality in someone else it is already
within you.

Compassionate Holding
Tell yourself as you hold:
You are okay
You are safe
You are loved.

- 1. Hold sides of head.**
- 2. Hold heart and belly.**
- 3. Hold back of neck and belly.**
- 4. Hold heart.**

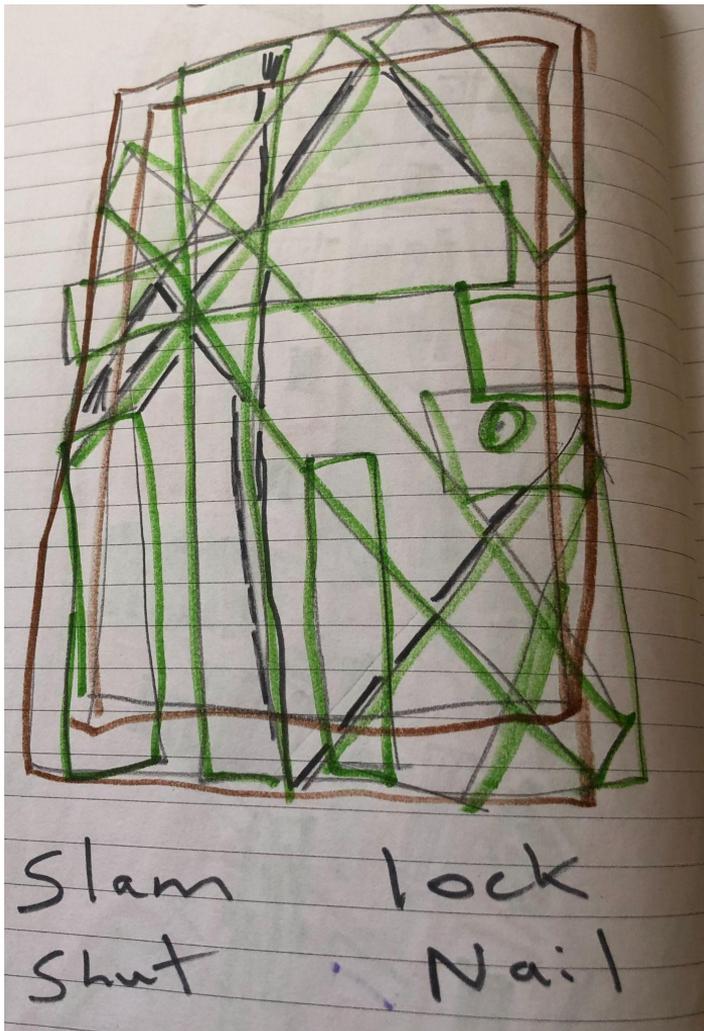
Gentle breathe from your belly
In through your nose and out through
your mouth.

A wide-angle photograph of a sunset over a large body of water. The sun is a bright orange and yellow orb on the horizon, casting a long, shimmering reflection across the water. The sky is a gradient of blue and purple. In the foreground, there are several large, white ice floes floating in the water. In the distance, a pier or breakwater structure is visible on the right side, with a small boat or structure on it. The overall mood is calm and peaceful.

Break for five minutes

Old Door/ New Door Exercise

Trust is the key to opening doors you can't yet see!



- **Old Door**
- **Visualize an old door you want to close.**
- **Draw the door.**
- **Dialogue with the image.**
- **(Written)**
- **Hello. What do you want me to know?**
- **Role-reverse**
- **Speak as the door.**
- **Then role-reverse back.**
- **You have the last word.**

- **Concretize closing the old door.**
- **Close that door. Say goodbye.**
- **Group support.**



**Process and Share
Old Door**

A wide-angle photograph of a sunset over a large body of water. The sun is a bright orange-yellow orb on the horizon, casting a long, shimmering reflection across the calm water. The sky transitions from a pale blue at the top to a soft orange near the horizon. In the foreground, several white, irregular ice floes are scattered across the dark blue water. On the right side, a long pier or breakwater extends into the water, with a small structure or boat visible at its end. The overall mood is peaceful and quiet.

Break for five minutes



- **New Door**
- **Visualize a new door.**
- **Visualize yourself opening your new door.**
- **Draw and write things, experiences, people and qualities you want to experience in your new door**
- **Dialogue with the new door(Written)**
Hello.
What do you want me to know?
- **Role-reverse**
- **Speak as the door.**
- **Then role-reverse back.**
- **You have the last word.**
- **Walk through the new door**
- **Embody the new experience with the group's help**



**Process and Share
New Door**

A wide-angle photograph of a sunset over a large body of water. The sky is filled with soft, wispy clouds in shades of blue, grey, and orange. The sun is low on the horizon, creating a bright, shimmering reflection on the water's surface. The water is dark blue with gentle ripples. The overall mood is serene and peaceful.

Dance/Movement Party

Can't Stop This Feeling

<https://music.apple.com/us/album/cant-stop-the-feeling/1154238159?i=1154239184>

Creative Feedback

evebrownstone@gmail.com

What are some takeaways?

Some Takeaways

- Trust the process.
- Listen
- Keep it simple.
- Create a safe space
- Consistency
- Not about product but process
- Pillows
- Get out of your head and into your body.
- Plant your own garden.
- Action in Motion

Q & A

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Closing

People Have the Power

<https://music.apple.com/us/album/people-have-the-power/209671912?i=209671934>

Books

Knill, Barba, and Fuchs. Minstrels of Soul. Canada: Palmerston Press, 1995.

McNiff, Shaun. Art As Medicine. Boston, MA: Shambhala, 1992.

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Rogers, Natalie. The Creative Connection. Palo Alto, California: Science & Behaviour Books, 1993.

Brownstone, Eve. I Got This. Chicago, IL: Amazon Books, 2017.

Kellermann, Moreno. Focus on Psychodrama. London, England: Jessica Kingsley Publication, 1992.

Roth, Gabrielle. Sweat Your Prayers. NYC, NY: Putnum, 1997.

Newham, Paul. Using Voice and Movement in Therapy. London, England: Jessica Kingsley Publication, 1996.

Degges-White, Suzanne. Integrating The Expressive Arts in the Counseling Practice.

Malchiodi, Cathy. Trauma and Expressive Arts Therapy. On Amazon.

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Eve Brownstone has provided compassionate care for the creative soul for thirty years. She facilitated her first psychodrama group in 1990. Eve supports and empowers her clients to look within to gain more: self-awareness, self-love, and self-acceptance. Art therapy, dance/movement therapy, guided imagery, meditation, journaling, and role-play are some of the tools used for this journey. The arts are great outlets to cope with stress as well as strong therapeutic tools that get below the surface to the heart of the matter. Not everyone's first language is verbal. The arts help us speak. Eve also utilizes Internal Family Systems, Mindfulness, Positive Psychology, and Trauma-Informed Care techniques, and Poly-Vagal techniques in her treatment approach.

Eve was trained by some of the top expressive arts therapists at Lesley University in Cambridge, MA, and in Chicago at the Psychodrama Institute of Chicago. Eve wrote her Master's Thesis about how being a twin impacted her relationship with herself and others in 1993. Eve has been licensed since 1998. Eve spent many years working for community mental health agencies, group practices and maintained a private practice for seven years.

Eve is also the author of *I Got This!*, a creative look at the many faces of Love;.Opening New Doors, a book of poetry and process, which examines a journey from fear to love; Born In Relationship tells the story of one identical twin's search for herself and healthy relationships. *I Got This* is available on Amazon.com and *Born In Relationship* is available at Barnes & Noble.com. Eve is also a twin expert after co-facilitating a twin support group in Boston for four years and served as a guest expert on several talk shows in Chicago and NYC.

Eve is also a working artist and published writer. Eve has been featured in numerous art shows connected with Gallery B1e, 7013 Studio, Oliva Gallery,PO Box Collective and The Photographers of Rogers Park.

Feel free to reach out to Eve Brownstone at evebrownstone@gmail.com.

Karen Carnabucci, LCSW, TEP, is a trainer, psychotherapist, author and consultant in private practice in Lancaster, Pa., and the founder of the Lancaster School of Psychodrama and Experiential Psychotherapies.

She teaches psychotherapists, coaches, educators and other helping and healing professionals how to design and conduct sessions that are enlivened with authentic human connection, spontaneity, creativity and sensitivity.

Karen is the author of “Show and Tell Psychodrama: Skills for Therapists, Coaches, Teachers, Leaders” and co-author of “Healing Silence and the Fury” with Linda Ciotola and “Integrating Psychodrama and Systemic Constellation Work: New Directions for Action Methods, Mind-Body Therapies and Energy Healing.” Most recently she collaborated with Regina Moreno on “Words of the Daughter: A Memoir.” Karen has particular interest in expanding creativity and spontaneity, the use of embodiment as a way of deep learning and understanding, and social change. Learn more about Karen at www.realtruekaren.com.

Seeing into Darkness by Mark Nepo

Fear gets its power from our not looking, at either the fear or what we're afraid of. Remember that attic or closet door behind which something terrifying waited, and the longer we didn't look, the harder it was to open the door?

As a boy this obsessed me until I would avoid that part of the house. But, finally, when no one was home, I felt compelled to face the unknown. I stood before that attic door for the longest time, my heart pounding. It took all my small boy inner strength to open it.

I waited at the threshold, and nothing happened. I inched my way in and stood in the dark, even longer, until my breathing slowed, and to my surprise, my eyes grew accustomed to the dark. Pretty soon, I was able to explore the old musty boxes, and found pictures of my grandfather, my father's father, the only one in the family that I am like.

Seeing those pictures opened me to aspects of my spiriIt seems whatever the door, whatever our fear - be it love or truth or even the prospect of death - we all have this choice, again and again: avoiding that part of our house, or opening the door and finding out more about ourselves by waiting until what is dark becomes seeable.