

who we are includes you

We are the nonprofit organizations relieving suffering and building hope at the front lines of need.

We are the caregivers who serve around the clock with no time to care for ourselves.

We are the arts educators bringing the joy of creative expression to youth in distressed communities.

We are the teachers in search of new tools to engage and meet the complex needs of students.

We are the creative arts therapists healing trauma through the combined power of arts and psychotherapy.

We are the health care professionals seeking ways to humanize medicine and meet intangible needs that conventional care is not designed to address.

We are the mental health professionals who value the expression of the unconscious or unspoken self through the arts.

We are the parents who wish to find empathy for their children and who need to have empathy for themselves.

We are the individuals who want to grow and heal from developmental wounds.

We are the community that wants to embrace diversity.

We are the businesses striving to do well by doing good.

We are the public health advocates who seek more effective ways to benefit humanity.

We are the people who believe that the world needs meaningful human connection and healing that can be facilitated through the arts.

"The shortest distance between two people is a story."

Terrence Gargiulo

featured partnerships

Remo, Inc. & Remo Recreational Music Center

Los Angeles Unified School District

UCLA Visual & Performing Arts Education (VAPAE) Program

Broward Behavioral Health Coalition

Boys & Girls Clubs

UCLA Creative Minds Project at Safe Place for Youth, PATH, The People Concern

National Center for Creative Aging

Kaiser Permanente Educational Theatre

Norwalk-LaMirada Unified School District

National Associations for Art, Dance/Movement, Drama, Music & Poetry Therapy

Yetunde Price Resource Center

El Monte City School District – Jeff Seymour Family Center

Santa Clarita Performing Arts Center at College of the Canyons

Turnaround Arts at the Kennedy Center

Los Angeles County Department of Mental Health

Oxnard School District

The Cancer Support Community West Los Angeles

Monterey Peninsula Unified School District

Des Moines Performing Arts

Alcott Mental Health Center

Ability First

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UCLArts  Healing



Transforming lives through creative expression by integrating the innate benefits of the arts with mental health practices—for self-discovery, connection, and empowerment.



The arts offer innovative ways of improving health and well-being. A focus on the **process** of creative expression can reduce stress, elicit insight, reveal meaning, shift emotions, heal trauma, foster empathy, build support, bridge diversity, create community, and more.

We facilitate transformation by integrating the innate benefits of the arts with mental health practices to achieve social, emotional, physical and cognitive goals. We offer programs for professional development and personal benefit in art, dance/movement, drumming, music, theater, writing, and other mind-body practices.

Experience it for yourself. Our programs serve all ages and underserved populations, such as those living with challenges of trauma, illness, special needs, or social isolation.

Our tools create a public health safety net because they are **easy to implement** in health care, educational, recreational, and other settings.

Visit our interactive website, uclartsandhealing.org, to find programs, download materials, view videos, read our blog, and post/search for resources of all kinds.

Annual Spring Conference on Creativity & the Arts In Healing provides arts-based tools for facilitating communication, building connection, enhancing mindfulness, fostering engagement, reducing stress, and managing the impact of trauma. All sessions are delivered by leading national experts in art, dance, drama, drumming, music, writing, and play—integrated with mental health practices. expressivetherapiessummit.la

“Music and rhythm find their way into the secret places of the soul.”

Plato



signature programs

Certificate Program in Social Emotional Arts (SEA) empowers educators, community arts professionals, and others in developing their own programs that maximize the social-emotional benefits of the arts. Our eight-day training is interactive and experiential, and features creative approaches to group behavior management, verbal and nonverbal communication, managing special needs, traumatic responses and self-care, personal presentation, and program evaluation. SEA also offers best practices in art, dance/movement, drumming, music, poetry, and theater. Offered three times a year: spring, summer intensive, and fall semi-intensive.



Social Emotional Arts on a Shoestring offers a practical manual of activities in art, movement, music, and writing to support social-emotional well-being for any population and setting, particularly those with limited resources. It is designed to help create rapport and connection, evoke positive emotions and bolster resilience, manage stress and pain, facilitate verbal and nonverbal communication, strengthen self-identity, and manage grief and loss. Half-day to two-day training options.

Beat the Odds®: Social & Emotional Skill Building Delivered in a Framework of Drumming integrates the power of contemporary drum circles with group counseling to build strengths such as focus and listening, team building, leadership, expressing feelings, managing anger/stress, empathy, and gratitude. This evidence-based and trauma-informed program with scripted manual can be delivered by those without musical experience. Half-day to one-day training options.

Dance for All: Social & Emotional Learning through Creative Movement is a therapeutic program based in dance/movement and yoga that is easily adapted to a variety of populations. The comprehensive curriculum includes eight theme-based modules, each divided into three sections that can be mixed and matched according to needs of the dancers. One-day facilitator training.

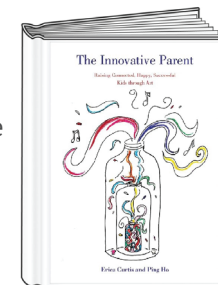
“Every national tragedy involving violence underscores the need for innovative programs that facilitate social-emotional well-being, for prevention and healing. The arts allow individual expression within the context of community. Their nonverbal element makes them accessible to persons of diverse abilities. The process of creative expression evokes unconscious information that, when reflected upon in meaningful dialogue, can build emotional well-being, empathy, and deepened social connection.”

Ping Ho, MA, MPH, Founding Director, UCLArts & Healing

Raising Connected, Happy, Successful Kids through Art teaches simple and practical art therapy-based tools for home or therapeutic settings to help kids understand and express their emotions, communicate nonverbally when words aren't working, build connections with others, develop problem-solving skills, confront fears and anxiety, and much more. Based on *The Innovative Parent: Raising Connected, Happy, Successful Kids through Art*, by Erica Curtis and Ping Ho (Ohio University/Swallow Press, 2019). One-hour to four-hour training options.

Customized programs of any type can be arranged

The Innovative Parent Even the best talk-based practices can be limiting. How can art help temper storms of emotion, defuse sibling conflicts, get teeth brushed, and raise happy, successful kids? Authors Erica Curtis and Ping Ho integrate cutting-edge research, years of clinical expertise, and their own parenting experience into a revolutionary yet practical guide for anyone who works with children. Plentiful illustrations and anecdotes bring concepts to life and show art in action with kids and parents.



Find *The Innovative Parent* at www.uclartsandhealing.org/shop or directly through Amazon.