

Introduction to Anti-Ableism for Creative Arts Therapists

A self-work tool for improved compassion, empowered personal processing, and professional alliance for clients & communities

Tuesday, April 25, 8:15PM - 9:30M EDT

PRESENTATION DESCRIPTION

In this phenomenological workshop we will process experiences of overt and subtle ableism through lived-experience examples. Participants will practice pin-pointing symptoms of the pain/shame/guilt cycle associated with experiencing ableism personally and professionally and enlist their own coping skills and use of modalities to build a protocol for processing in-real-time. This workshop will include an embodied experiential about embracing the diversity of our individual needs as professional helpers, a short talk on anti-ableism work through the lens of personal empowerment and one-on-one client advocacy and support, and will close with a short question and answer time. This workshop will leave you empowered to mindfully shift towards personal advocacy as your anchor for seeing more opportunities to create access for all.

LEARNING OBJECTIVES

1. Witness unconscious, internalized ableism and process these experiences in a safe space.
2. Enhance compassion for clients/patients through greater awareness of the disabled experience.
3. Build personal accountability around access, starting with ourselves, our teams, and our clients.
4. Prepare for professional action around disability access through proven techniques.
5. Become cause-in-the matter of anti-ableism in your immediate world.

CONTINUING EDUCATION

1.25 ADTA CE, 1.25 NBCC CE

PRESENTER INFORMATION



Ramanda Brockett, R-DMT, MA, MS is a Lesley University Alumni with 15+ years of experience as a liturgical dancer and choreographer. Brockett is expanding dance/movement therapy awareness and opportunities in the St. Louis metro area through her work at a local children's hospital. She currently serves within the ADTA's Multicultural & Diversity Committee as the Public Relations Secretary for the Spiritual & Religious Affinity Group, and the Community Care Secretary for Disability Access Advocacy Group. Brockett is also the artist behind Lady Brock Studio and has practiced visual arts collage as part of her professional self-care for the past six years on topics of intersectionality.