

URSULINE COLLEGE
Counseling and Art Therapy

CAT 545W-01 Advanced Techniques: Inspiring Clients to Achieve their Goals

Fall 2022 – 1 credit elective course
(Non-Credit Option Available; See Below)



Friday-Saturday, September 30 & Oct 1, 2022
10:00 AM – 5 PM (both days)

This workshop will focus on therapeutic interventions aimed to inspire clients to achieve their goals by clarifying needs, desires, and values. Participants will learn and practice at least 8 creative interventions, and these interventions will be discussed in the context of practical application. Participants will also be asked to examine what gives meaning to their work as a therapist and how to rejuvenate around this to better serve clients.

Attendees will:

- Learn the application of creative goal setting techniques.
- Practice interventions to reflect client needs and inspire them to achieve their goals.
- Apply goal setting to their own professional development to improve client care.

Instructors: Heidi Larew, M.A., LPCC-S, LICDC-CS, ATCS, works for Alta Care Group in Mahoning and Trumbull Counties where she develops art therapy programming, provides supervision, and works with children and young adults. She has previously worked in psychiatry, hospice, with people who have disabilities, and with people diagnosed with personality disorders. She also works in private practice serving teens and adults and provides post-graduate supervision. She recently contributed a chapter entitled “The Pause: Borderline Personality Disorder, DBT-Informed Art Therapy, and the Construct of Emptiness” in the book “DBT Art Therapy Informed Practice: Skillful Means in Action” edited by Susan Clark, 2021.

Gail Rule-Hoffman, M.Ed., LPC-S, ATR-BC, LICDC-S, former director of the Counseling and Art Therapy program and current professor.

Location: 304B, Parker Hannifin, Ursuline College

- 12 “Counseling Only” CEUs, Provider No. RCX 031702
- 12 “Continuing Education Clock Hours” available for ATR-BC’s
- Non-credit Option is \$120 fee. Cash or check accepted; Check payable to “Ursuline College”
- Workshop Fee to be received one week prior to workshop
- For more information, contact Pat Janosko, Administrative Assistant
pjanosko@ursuline.edu or 440.646.8139