

Struggle and Joy: Using Art to Transform

At a glance...

How can art practices truly transform us, and bring motivation and presence alive, for us and our clients? This session explores use of art to transform through narrative. Subtly beginning to bring things into the therapeutic session that are story or narrative based can help make struggle meaningful. Engaging with Jungian notions of archetypes, myth, and journey, we will explore through art making and discussion. This session will engage with art in the galleries as well as art making in the GRAM art studio. Bring: notebook or sketchbook. Dress comfortably. All art materials provided. No art experience or background required!



Friday, February 21, 2025
9:00am - 12:00pm



Grand Rapids Art Museum
101 Monroe Center St NW
Grand Rapids, MI 49503



Register Now
www.gvsu.edu/swce

Speakers

Jill Eggers is an artist and art educator with a BFA from Western Michigan University and an MFA from Yale University. She led the Painting program at Grand Valley State University for 24 years and previously taught at Wichita State University. She has also taught in Chicago and England public schools. Recently, her teaching has integrated arts and meditation to enhance learning and well-being in healthcare and other fields. She developed a course for pre-med students at Harvard University to improve diagnostic skills and patient-caregiver communication. Jill has a Buddhist teaching practice and a painting studio in Grand Rapids, with her work displayed nationally and in private and public collections. Personal work: <https://jilleggers.com/> Buddhist teaching: <https://www.dharmastudio.org/>



Steven Edelman is an LPC, expressive arts therapist, community arts teacher, visual artist, and writer in Grand Rapids, MI. Originally from Nebraska and Wyoming, he moved to West Michigan in 2011. He holds Master's degrees in Comparative Religion (Temple University, 2010) and Clinical Mental Health Counseling with a Specialization in Expressive Arts Therapy (Lesley University, 2019). He works as a therapist with Thrive Wellness Collaborative and as a teaching artist for Artists Creating Together. His focus is on Archetypal Psychology's view of the Psyche as a polymorphic structure with dramatic/aesthetic motivations. In his free time, he enjoys collaging, daydreaming, and a healthy obsession with fairy tales.



Objectives

Participants will:

- Acquire increased understanding of the role of narrative and its uses in therapeutic art making.
- Be able to identify at least 3 ways art making can increase personal and professional motivation/vitality.
- Develop increased comfort and confidence in use of art within therapeutic settings.

Cost
\$59

Course Level:
Beginner

CE Credits
3.0