



EUROPEAN CONSORTIUM OF ARTS THERAPIES EDUCATION

ECArTE

18TH EUROPEAN ARTS THERAPIES CONFERENCE

8-11 SEPTEMBER 2026

PULA, CROATIA

Arts-based research methodology to remember and return: Centering marginalized voices through an intersectional lens

Yasmine Awais & Britton Williams

Healing and harm are cyclical, repeating and returning to communities and the Self. The arts can aid researchers in better understanding these patterns, ultimately imagining and realizing new solutions. This workshop explores how arts-based methodologies facilitate creative entry points into discussions surrounding healing and harm in the communities we are a part of/the communities we research. The facilitators provide a BIPOC (Black, Indigenous, and People of Color), womanist, interdisciplinary lens from art therapy and drama therapy to promote healing, growth, and wellness with various patients, clients, and communities.

Utilizing the arts as a way to obtain data all the way through analysis and ultimately dissemination to the public, the facilitators share how the arts are a particularly useful research methodology when studying topics that may be difficult to put into words. Specifically, the facilitators will share the creative practices they have utilized in their qualitative research to address concerns surrounding managerialism in higher education and Black healing and liberation, areas where participants and researchers are marginalized in academic spaces.

Attending to critical race feminist and intersectional theories which centralize the voices of those who are marginalized and silenced finds value in their narratives. In order to deeply understand these stories, the facilitators democratize research by promoting novel and creative research methodologies which are explored in this workshop through recycling/remembering via collage



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and storytelling. The facilitators invite attendees to bring in a research question or interest to workshop and aim to engage participants in the following:

1. Recognize how culturally informed arts-based methodologies can unsettle traditional norms and research paradigms
2. Identify arts-based data collection methods that recognize the ways in which marginalized persons, particularly BIPOC womyn and Black persons, express themselves
3. Understand ways to analyze arts-based methodologies informed by arts therapy theories and practices

Biography

Yasmine Awais, PhD, LCAT, ATR-BC, ATCS is a clinician, scholar, and educator. She is Assistant Professor of Psychology at Marist University. Her research interests include diversity in higher education (broadly) and in the creative arts therapies (specifically), clinical supervision, persons infected and affected by HIV/AIDS, and community corrections. Recently, she has been engaged in projects surrounding mindfulness-based art therapy (MBAT) applications for adolescent and young adult cancer survivors.

Britton Williams, PhD, LCAT, RDT-BCT is a Black woman. Drama Therapist. Artist. Activist. Storyteller. She is a multitude of hyphens, contradictions, and ands. She is an educator and student. A thinker and dreamer. She is deeply and urgently concerned with the possibilities that live with/in radical (re)imagining and the inextricable connectedness of healing and liberation. Britton's research lifts the history and trajectory of Black creative healing and seeks to historicize and (re)imagine mental health care for Black people(s) through a liberatory lens. Britton has a private practice, is Associate Professor at California Institute of Integral Studies (CIIS), and Adjunct Professor at New York University (NYU).



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Recent Publications

Awais, Y.J. (2022). **Naming who performs care: Occupational segregation in the creative arts therapies.** *The Arts in Psychotherapy, 80*(2022).

Mayor, C., & Williams, B. (2024). **Dreaming of an abolitionist drama therapy.** *The Arts in Psychotherapy, 90*, 102189.

Williams, B., & Lepere, R. (2023). **Breathing beyond borders: Reclaiming BIPOC knowledges and methodologies in drama therapy.** *Drama Therapy Review, 9*(1), 3-8.