



Expressive Therapies Continuum: An Inclusive Journey for Expressive Arts Therapies

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The true value of life lies not in reaching a destination, but in the journey (Cavafy, 1992). Expressive therapists journey into the unknown, confronting various possibilities where courage is tested. Therefore, we need multicultural and multimodal competences in therapeutic interventions that incorporate social justice, healing traditions, and self-inquiry (Snir & Gavron, 2023; Riccardi et al., 2025). In this workshop, the Expressive Therapies Continuum (ETC) will be experienced to evoke personal and communal narrative journeys portraying the myriad therapeutic uses of art expressions. The ETC can increase understanding and communication among varied arts therapies practitioners, uniting them under one theoretical model (Hinz 2020, Lusebrink, 1991).

The ETC provides a structure for therapeutic exploration on three bipolar levels of information processing. Each level, from simple Kinesthetic/Sensory activities (dance, movement, music, art) through Perceptual/Affective experiences (art, music, drama), to complex cognitive processes and multileveled symbols (poetry, drama, art) offers a portion of the therapeutic journey; a necessary repetition and deepening of self-information. Creative expression is the overarching experience (Lusebrink, 1990) accompanying the return home to a more balanced and cohesive self. Therapist and client understand the therapeutic processes holistically, including and encouraging integrated functioning of body, mind, and spirit. This holistic view is applicable across cultures, as the journey shapes us far more than the arrival.

The journey is difficult but essential for psychological growth; therefore, the creative process becomes a heroic venture (Ehrenzweig, 1967). Human experience has a storied nature; the concept of narrative identity suggests that sharing one's life story contributes to unifying disparate aspects of the self into an integrated sense of identity (McAdams et al., 2006; Ricoeur, 1983). Through multimodal expressive experiences, workshop participants will experience how the ETC inspires sharing one's story through various channels and that this repetition can usher one home to a unified sense of self.



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Biographical Statements

Lisa D. Hinz, PhD, ATR-BC, is a licensed clinical psychologist and board-certified art therapist. She is an associate professor and director of the Art Therapy Psychology Doctoral Program at Dominican University of California. Dr. Hinz is the author of many professional publications and three books on art therapy. The second edition of her book, *Expressive Therapies Continuum: A Framework for Using Art in Therapy* was released in January 2020 and builds upon her interest in materials and methods in art therapy. Dr. Hinz specializes in the treatment of eating issues, substance abuse, and lifestyle medicine; she maintains a private practice in St. Helena, California.

Maria Riccardi, PhD, ATR-BC, is a registered art therapist, a career counsellor, and a licensed clinical psychotherapist. She is a full-time professor of art therapy at l'Université du Québec in Abitibi-Témiscamingue. Her research and clinical work are focused on school-based art programs for immigrant adolescents, art-based supervision, community-based art studios as well as media properties and their role in assessment. She has founded a clinic in Montreal based on the Expressive Therapies Continuum, providing educational and emotional support to children and their families.

Joshua Kin-man NAN, PhD, has many years' experience of using art in his social work practice, working with a wide range of populations, including traumatized children and youth, and individuals with mental health issues. He also has extensive experience in providing use of arts training to different healthcare professionals. As an assistant professor and research fellow of Saint Francis University in Hong Kong, his major research areas include investigation of psychophysiological interaction in emotion regulation, integration of clay art therapy with the Expressive Therapies Continuum, efficacies of various art therapy techniques in enhancing behavioural—emotional competence in children and youth, and applying use of arts in life—death education and palliative care.

Kathy Gotshall, ATR, LCSW, is a Board-Certified Art Therapist and Licensed Clinical Social Worker. She founded the distance hybrid graduate art therapy program at Saint Mary-of-the-Woods College, expanding access to art therapy education. She is currently an Adjunct Professor at the Winnipeg Holistic Expressive Arts Therapy (WHEAT) Institute, where she teaches graduate-level courses in clinical internship and assessment. Her clinical and



academic work is grounded in a deep commitment to the expressive arts. Kathy's own creative practice includes mixed media and abstract watercolor, reflecting themes of emotion, intuition, and transformation.

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Lisa Hinz

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