

"The Expressive Arts Therapy session was relaxing, joyful and profound.

I learned about myself in the process, got more in touch with myself".

- C.N., Deer Park Monastery, Escondido, CA

My Purpose is to facilitate individual and group expression through art, music, drama, and dance/movement to clients of all ages with all levels of functioning. I provide creative opportunities that integrate education, mentoring and therapy. I offer resources, support, and introductory training in arts therapies to parents, faculty, and professionals in other institutions through seminars and workshops. I use integrated arts therapy to help people reach their fullest potential.



Alessandra Colfi, Ph.D.(c), IEATA

Alessandra obtained her B.A. in Linguistics, her Master in Fine Art, and she is completing her Ph.D. in Expressive Arts Therapy. She's a member of the International Expressive Arts Therapy Association and the Associate Director of the Expressive Arts Therapy Department at IUPS. Alessandra is a professional artist in the community with exhibitions and awards for her mixed-media artwork; Alessandra has been using art and its therapeutic effects for over 7 years in private and clinical settings (assisting adults, teens and children; cancer patients, Alzheimer's seniors, developmentally disabled adults and children).



Alessandra's Expressive Arts Therapy & Creative Playshops™ are offered at Golden Door; Cal-A-Vie The Spa Haven; La Costa Resort & Spa; Art Campus @ Fallbrook; International University of Professional Studies—IUPS; San Dieguito Adult Education; Fairwinds Retirement Community; TERI, Inc.; Californiae Foundation for International Global Arts; OMA School of Art; Cosmikids; DeepBlue; Deer Park Monastery; Caring Community - Living with Cancer; Shi-ho Gallery; The Unity Center, and The Children School. Alessandra's fine art and Cardissima!™ cards are in galleries and high-end stores.

Expressive Arts Therapy



All are welcome!
No art experience necessary.

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"The Expressive Arts Playshop is a great way to express our creativity and inner thoughts"

~ M.D.S., 13 years old, San Diego, CA

What is Expressive Arts Therapy?

Expressive Arts Therapy uses movement, art, music, writing, sound, and improvisation in a supportive setting to facilitate growth and healing. It is a process of discovering ourselves through



any art form that comes from the multi-layered levels of the self. By accessing the forms, symbols and information that emerge from the core of our individual experiences, the Expressive Arts provide space for the imagination and create dialogue between inner and outer realities. These forms and symbols engage our capacity to make meaning, to heal, and to grow in a direction consistent with our authentic self. The Expressive Arts touch the creative core and speed up internal processing, thus making it applicable to all forms of therapy and all issues.

Our purpose is to make art that is an expression of challenges, issues and conflicts of life; and to give voice to life's joy and rewards as well.

Art Therapy helps individuals, groups, and families to express difficult issues and concerns. Developmental abilities, personalities, and interests take shape and can be directed more positively through the process of visualization and manipulating art materials. It addresses neurological impairments, fine and gross motor skills, communication and socialization, and limitations caused by stroke or developmental processes. Pain, anger management, poor impulse control, end-of-life issues, wellness and self-discovery respond particularly well to art therapy.

Dance / Movement Therapy promotes a heightened awareness of one's body in the environment. Specific techniques provide relief from excess pain, reduce stress, improve body image, strengthen parent-child relationships, and encourage greater understanding in social interactions.

Drama Therapy explores ways to express events and personal needs and negotiate social interactions. Role-play, theatre games, creative storytelling, and participation in drama socialization groups are effective in treating social anxiety, obsessive compulsive disorder, stress, and strengthening team building.

Music Therapy interacts with the brain through such elements of music as rhythm and melody. It addresses neurological impairments and fine and gross motor functioning.

" I think this kind of art making (Expressive Arts) really makes me calm and it gets rid of other things"

~ V.B., 15 years old, West Covina, CA

"Your Expressive Arts Therapy Playshop for cancer patients and their caregivers is so enjoyable and valuable, and your facilitative style adds a warm, personal touch to the experience. Thank you for yet another wonderful workshop - what a wonderful release for the participants." ~ Malinda L. Breda, Ph.D., Program Coordinator/Support Group Facilitator at Caring Community - Living with Cancer, San Diego, CA

"Alessandra's manner with children, her genius with art and her vision of uplifting the hearts and minds of all through her medium is inspiring. She has added a rich, consciousness-based dimension to our CosmiKids experience that helps us support the spirit of our youth in a truly innovative and playful way."

~ Judy Julin, Founder and CEO, CosmiKids, Inc

"I did enjoy the experience (Expressive Arts Therapy Playshop), even though I don't consider myself an artist. The art was relaxing and interesting."

~ U.P., 15 years old, San Diego, CA

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