

# Trauma and Expressive Art

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This session is two-fold and involves both theory and practice. The first part of the session focuses specifically on the brain and trauma and how it impacts learning (theory and practice). The session will include a brief overview in regards to how trauma affects the brain/body and how this in turn impacts both learning and behavior. The second part of the session will look specifically at Expressive Arts and Self-Regulation (practical and applied) and how this can be implemented within the classroom setting as a regulation tool to help prepare impacted students for learning. Please come prepared to participate and create!



**Michelle Bembridge**

Michelle Bembridge is a registered social worker, and has a Bachelor of Indigenous social work from the First Nation University of Canada. Michelle began her career with the Ministry of Social Services as a child protection worker. Working with the Ministry exposed her to the numerous community agencies that Saskatoon has which support the growth and development of healthy children and families. She began work as an elementary counsellor with Saskatoon Public Schools in 2009. Michelle is passionate about ensuring students feel safe in schools and connecting them to community supports. Sometimes students struggle with various traumas that they cannot or sometimes should not verbalize. Using expressive arts with students both enables and empowers them to express their needs and wants in a safe and therapeutic way. The activities Michelle engages students in, focus on strength building, resiliency and hope.



**Marnie Carlson**

Marnie Carlson is a registered Social Worker and has completed her Bachelor of Arts Degree from the University of Saskatchewan and her Bachelor of Social Work Degree from the University of Regina. Marnie's passion for Community Schools and Community Education began when she started her career with SPS as a Community School Coordinator. Marnie began her role as an Elementary School Counsellor with Saskatoon Public Schools in 2013. Utilizing Trauma Informed Expressive Arts has been an effective tool to support students within an educational setting. Art is a safe, inclusive, self-regulating medium that helps students feel calm, empowered, supported and engaged.



**Jason Johnson**

Jason Johnson has worked as a school counsellor with Saskatoon Public Schools for over twenty years. Jason has worked in many situations, he is specializing in the area of trauma and its impact on education. To be able to support student learning expressive arts provides students with an avenue to express themselves and understand how they are feeling. Art also provides a great strategy to help children regulate, calm and develop positive sense of self.