



# USING FILMS TO HEAL

## USING FILMS TO BUILD ATTACHMENT WITH CHILDREN AND DEEPENING THERAPEUTIC WORK WITH CLIENTS

Description of how films can be healing focusing on: - the origins and theory of Cinema Therapy and Film/Video-Based Therapy - Bonnie Harnden's research on the regulating effects of beauty and awe, - the experience of catharsis in film and how this can lead to deeper emotional work, - the experience of insights from film due to identification with the character, - the explanation of Robert Landy's Role Theory and how it relates to the healing impact of films, - and finally how one can create action plans from the inspiration behind films. Description of how parents can build secure attachment through attuning to children's interests in films/TV/YouTube, and how one can learn more about your child through what characters they strongly identify with/love. Within this, an explanation of dramatic projection and the therapeutic mechanisms behind dramatic projection.

### Objectives:

- Learn how to use films therapeutically with clients
- learning specific interventions
- Learn how to use films to attune to your children
- learning specific techniques
- Learn about how to use films for your own self care.

### DATE

JULY 25, 2019

### TIME

9:00am – 4:00pm  
(registration at 8:30)

### PRICE

SPECIAL SUMMER PRICING  
\$175

EARLY BIRD (UNTIL JUNE 21, 2019)  
\$125

### WHERE

228 HAMEL – AULNEAU  
RENEWAL CENTRE

### LUNCH IS INCLUDED

### target audience

[parents; counsellors; mental health professionals]

### level of knowledge

[novice]



Presenter: Elliot Maxwell holds an MA in Drama Therapy and is Certified Canadian Counsellor.