

# CEU Workshops

## Trauma, Response, Recovery and Healing through the Arts & Couples Counseling

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### I. TRAUMA, RESPONSE, RECOVERY AND HEALING THROUGH THE ARTS

Trauma, Response, Recovery and Healing through the Arts Workshop/Seminar subject matter will include dynamic, creative, effective applications within a developmental orientation to individual, family and group experiences of grief, loss, and trauma both personal and catastrophic; it will include identifying symptoms of trauma, trauma healing activities from normal to severe trauma, and basic hygiene, health, and stress reduction exercises for children, families, parents, grandparents, and extended families and groups; course material is relevant for local, national, and international communities.

### II. COUPLES COUNSELING WORKSHOP

Couples Counseling Workshop/Seminar for Therapists one day Seminar content will include: Descriptions-Examples-Dynamic Activities developed by seasoned therapist during 20 years work with couples addressing:

- 1) Relaxation/Stress Reduction, 2) Alliance with couple, 3) Communication Styles, 4) Family of Origin, 5) Developmental Stages-Life Cycle relevance to choice and change within individual, couple, and family interactions; attendees will get to participate in and experience directly all presented techniques, exercises, and activities.



Photo by Gary Yost

Marilla Waesche Pivonka, M.A., MFT, earned her California State License to practice Marriage, Family, Child Counseling in 1986. She works with individuals and small groups, and for many years has enjoyed working with children, adolescents, couples, and families at her office in Corte Madera.

Marilla was invited by International Baccalaureate to help develop workshops for teacher trainers in Sri Lanka following the Tsunami. She returned to Sri Lanka in December of 2007 to co-lead Teacher Training Seminars, entitled, "Trauma, Response, Recovery, and Healing through the Arts".

Marilla is an accomplished artist having studied at Putney Institute of Art, England, and the Corcoran Art Institute in Washington, D.C. She has composed and performed original music for theatre, film, and multi media events. She recorded her first music CD of original compositions, entitled, "Inner Landscapes", in 1999, and a second Children's Music CD, "Unusual Musical Cat" in 2006.

Visit her on the web: [www.marilla.us](http://www.marilla.us)