



**Portland Creative Arts  
Therapies Coalition**  
[www.creativeartstherapiespdx.org](http://www.creativeartstherapiespdx.org)

## Portland Creative Arts Therapies Week Activities

**Background:** Portland-based creative arts therapists have teamed up to celebrate Creative Arts Therapies (CAT) Week 2010. Portland’s smorgasbord of activities coincides with the national celebration of Creative Arts Therapies Week, March 21 to 28, promoted by the National Coalition of Creative Arts Therapies Associations.

The workshops and events featured in Portland during the last week of March showcase how the disciplines of art therapy, dance/movement therapy, music therapy and psychodrama can be used in health care, education, and community settings to promote health, social functioning, positive behavior changes, self-awareness, and mind-body integration. These activities are open to all those interested in using creative arts for healing and promoting creative arts therapies into the fabric of PDX life. Preregistration is necessary for workshops. Visit [www.creativeartstherapiespdx.org](http://www.creativeartstherapiespdx.org) for complete information.

### Activities:

<b>KEY</b>
<i>*denotes activity led by a creative arts therapist</i>
<i>†denotes related activities of interest to CAT community</i>

### Saturday, March 20

Event: Authentic Movement Introductory Workshop\*

Time: 2- 5 PM

Place: Belmont Yoga, 4246 SE Belmont St., Suite #4 (upstairs), Portland

Description: This unique and profoundly simple form of movement is practiced with eyes closed, in the presence of a nonjudging witness. It derives from Carl Jung’s work with “active imagination.” Please bring a journal; art materials will be supplied.

Facilitator: Carolyn Johnson

Cost: \$25, limited to 10 participants

Registration: (503) 442-4014 or e-mail [carolynmjohnson@msn.com](mailto:carolynmjohnson@msn.com)

## Tuesday, March 23

Event: Putting Passion into Action\*  
Time: 6 – 8 PM  
Place: Multnomah Arts Center, 7688 SW Capitol Hwy, Portland  
Description: An introduction to psychodrama. No previous acting experience necessary.  
Facilitator: Tamar Berg  
Cost: \$20  
Registration: (503)320-2555 or e-mail [bergtamar@yahoo.com](mailto:bergtamar@yahoo.com)

## Wednesday, March 24

Event: Creative Dance Portland\*  
Time: 10 – 11:30 AM  
Place: Opening to Life Studio, 407 NE 12th. Ave., Portland  
Description: This ongoing class of individual and group improvisation follows Barbara Mettler's approach to dance. No previous experience is needed.  
Facilitator: Yael Schweitzer  
Cost: \$8 per session  
Registration: (971) 404-8249 or e-mail [mindfultherapy@live.com](mailto:mindfultherapy@live.com)

## Friday, March 26

Event: Tao Soup+ performance (See [www.thebrooklynbay.org](http://www.thebrooklynbay.org))  
Time: 8 PM  
Place: The Brooklyn Bay, 1825 SE Franklin, Bay K, Portland  
Description: In this ensemble piece five drunken monkeys offer insight and humor inspired by the Tao Te Ching. The work is rooted in the mindfulness and body-based improvisational form originated by Scott Kelman.  
Cost: \$15, discount for students & seniors  
Reservations: (503) 258 9000 or e-mail [brooklynbay@mac.com](mailto:brooklynbay@mac.com)

## Saturday, March 27

Event: Entering into Emptiness Workshop<sup>†</sup> (See [www.thebrooklynbay.org](http://www.thebrooklynbay.org))  
Time: Two days: 9 AM – 4 PM Saturday; 10 AM – 5 PM Sunday  
Place: The Brooklyn Bay, 1825 SE Franklin, Bay K, Portland  
Description: The creative process is an act of entering into emptiness and discovering what emerges from moment to moment. By engaging other players through awareness, movement, sound and words, the group discovers connection, meaning, and story. No previous experience is needed.  
Facilitator: Melanya Helene  
Cost: \$100  
Registration: (503)258-9000 or e-mail [brooklynbay@mac.com](mailto:brooklynbay@mac.com)

Event: In My Mind's Eye: PhotoTherapy and the Creation of Photographic Narratives \*  
(See [www.the100thmonkeystudio.com](http://www.the100thmonkeystudio.com))  
Time: 1 – 4:30 PM  
Place: The 100<sup>th</sup> Monkey Studio, 110 SE 16<sup>th</sup> Ave., Portland  
Description: Explore the practice of photo projection, the reworking of photo biographical images and the use of collage in the creation of self-portrait photographic imagery. Bring a family photograph for color copying and use in your artwork.  
Facilitator: Rachel O'Rourke  
Cost: \$60 all materials included  
Registration: (503) 232-3457

Event: Young Film-makers Festival Film Screening  
Time: 7- 9 PM, doors open 6:30pm  
Place: Mosaic, 1832 NE 39th Ave., Portland  
Description: This film showing caps a week-long spring break program during which at-risk youth create four short films on the theme of "cultural brokenness." FreeArts NW, a local organization committed to bringing therapeutic art activities to under-served youth, with support from the City of Portland Office of Violence Prevention, is program facilitator. (See <http://freeartsnw.web.officelive.com>)  
Facilitator: Free Arts NW, a Program of the Charitable Partnership Fund  
Cost: Free  
Information: [freeartsnw@gmail.com](mailto:freeartsnw@gmail.com)

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Reservations: (503) 258 9000 or [e-mail brooklynbay@mac.com](mailto:brooklynbay@mac.com)

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Description: In this ensemble piece five drunken monkeys offer insight and humor inspired by the Tao Te Ching. The work is rooted in the mindfulness and body-based improvisational form originated by Scott Kelman.

## Sunday, March 28

Event: Portland Creative Arts Therapies (CAT) Coalition\* –open meeting  
Time: 2 – 4 PM  
Place: People’s Food Co-op, upstairs Community Room, 3029 SE 21<sup>st</sup> Ave., Portland  
Description: This meeting is for creative arts therapists, health workers, and those interested in using creative arts for healing and promoting creative arts therapies into the fabric of PDX life. Come and learn more about how you can get involved in peer networking, community outreach, public health policy advocacy, and in-service trainings for health and education professionals.  
Facilitators: CAT Coalition steering committee  
Cost: Free  
Information: Carolyn Johnson at (503) 442-4014 or carolynmjohnson@msn.com

Event: Impressionism Open Studio\* (See [www.the100thmonkeystudio.com](http://www.the100thmonkeystudio.com))  
Time: 11 AM – 1 PM  
Place: The 100<sup>th</sup> Monkey Studio, 110 SE 16<sup>th</sup> Ave., Portland  
Description: Explore impressionism with a short interactive talk at the beginning of class, then spend the remainder of the class creating your own Impressionist piece. No art making experience necessary!  
Facilitator: Beth Ann Short  
Cost: \$40 including all art materials  
Registration: (503) 232-3457

## Ongoing, March 4 – April 9

Event: Healing Cancer through the Arts  
Time: 8 AM – 5 PM  
Place: Legacy Good Samaritan Medical Center, Building 3, Lower Level, 1130 NW 22<sup>nd</sup> Avenue, Portland  
Description: This exhibit features the art of Legacy Good Samaritan cancer patients, their families and the Legacy staff who support them. The art reflects and communicates each artist’s cancer experience.  
Facilitator: The Legacy Cancer Healing Center  
Cost: Free  
Information: (503) 413-7284