



CELEBRATING NEURODIVERSITY: EXPRESSIVE THERAPY MODALITIES AT GXC

Join us at #GXC2024 as we celebrate the transformative power of expressive therapies.

Led by **Professor Temple Grandin** and other renowned experts, these sessions emphasize inclusivity and accessibility for all minds. Through creative and therapeutic approaches, we address the needs of those with behavioral and mental health issues and other neurodiverse conditions.

Our email today focuses on **celebrating neurodiversity** including:

- **Brendan Berry and Joseph Green:** Creative Arts Therapy.
- **Michelle Esrick:** Wired For Love.
- **JC Hall:** Hip Hop Therapy.
- **Stephen Porges and Anthony Gorry:** Therapeutic Scientifically Crafted Music.
- **Carolann Valentino:** Purpose Through Interactive Musical Comedy.
- **Kikan Massara:** Symbolic Perspectives to Relate to and Heal.

Expressive therapies offer essential tools for therapists, educators, and caregivers to help individuals thrive by tapping into their unique strengths. Whether your client's think in pictures, patterns, or words, #GXC2024 will provide you with practical insights and resources to support their growth.

Secure your place at #GXC2024

For Our Fathers: Enhancing Mental Health And Recovery Through Creative Arts

Monday, Oct 7, 2024 | 3:00 PM - 4:30 PM



Brendan Berry is a Grammy-winning music therapist and composer. He co-founded *For Our Fathers* and works in addiction recovery and mental health services for the music industry. Berry has scored films like *The Anonymous People* and *Tipping the Pain Scale*.



Joseph Green is a professional storyteller, educator, and person in recovery. With 20 years of experience, he uses spoken word and workshops to address substance use, mental health, and social justice. Green co-created *For Our Fathers* and his work is featured in the *Recovery Starts With Hope* campaign.

Overview: Brendan Berry and Joseph Green present "*For Our Fathers*" focusing on the power of creative arts in mental health and addiction recovery. Combining music and spoken word, they offer a unique perspective on recovery, storytelling, and creative expression as tools for healing.

Learning Objectives:

- Explore the therapeutic value of creative arts in recovery.
- Understand the intersection of storytelling and healing.
- Apply creative tools to improve mental health services.

Wired For Love

Wednesday, Oct 9, 2024 | 10:00 AM - 11:30 AM



Michelle Esrick is an award-winning filmmaker, poet, and social activist. Her film, *Cracked Up* explores comedian Darrell Hammond's trauma and recovery and has influenced trauma-informed care legislation. Esrick also directed *The Wavy Gravy Movie* and produced the Oscar-shortlisted *Ram Dass, Going Home*. During the pandemic, she launched *Cracked Up: The Evolving Conversation*, a series focused on trauma and healing.

Overview: Michelle Esrick explores the science behind love and connection as essential for health and well-being. The session emphasizes overcoming internal and external conflicts, healing through connection, and understanding love as a critical component of human survival.

Learning Objectives:

- Explore the science of love and connection for healing.
- Understand how old survival mechanisms disrupt connection.
- Learn practical approaches to fostering love and overcoming division.

Transforming Trauma Through Hip Hop Therapy

Monday, Oct 7, 2024 | 1:00 PM - 2:30 PM



JC Hall is a Hip Hop artist and clinical social worker, running the Hip Hop Therapy Studio at Mott Haven Community High School. He utilizes

Overview: JC Hall introduces the transformative potential of Hip Hop Therapy (HHT) as a creative and therapeutic modality. Hall explores the cultural and therapeutic roots of HHT and its impact on trauma healing through rhythm, rhyme, and self-expression in underserved communities.

Learning Objectives:

- Investigate Hip Hop's cathartic elements in therapy.

music to help students express emotions and process trauma through writing and performing. His program is featured in the award-winning documentary *Mott Haven*. JC is the creator of *hiphotherapy.com* and a recipient of the 2024 Psychotherapy Networker Vanguard Award for his contributions to mental health.

- Understand Hip Hop Therapy's therapeutic principles.
- Analyze the impact of HHT in educational settings.
- Practice trauma-informed techniques with music.

Unleashing the Therapeutic Potential of Scientifically Crafted Music

Tuesday, Oct 8, 2024 | 1:30 PM - 3:00 PM



Dr. Stephen Porges is a neuroscientist, Distinguished University Scientist at Indiana University, and creator of the Polyvagal Theory. His research on the autonomic nervous system and trauma has influenced psychotherapy and trauma treatment.



Anthony Gorry is a music and audio innovator with over 20 years of experience in the music industry. He co-founded Polyvagal Music LLC™ with Dr. Stephen Porges, applying music science for wellness. Gorry has worked with top artists like Gwen Stefani and Moby.

Overview: Stephen Porges and Anthony Gorry present their groundbreaking Polyvagal Music (PVM), designed to activate healing through music that mirrors the body's natural rhythms. This session discusses the impact of PVM on autonomic nervous system regulation and its therapeutic potential.

Learning Objectives:

- Understand the link between the autonomic nervous system and health.

- Explain how physiological state impacts behavior and health.
- Explore how music can calm the nervous system.

The Empowerment Experience: Purpose & Resilience Through an Interactive Musical Comedy

Monday, Oct 7, 2024 | 9:45 AM - 11:15 AM



Carolann Valentino is a Positive Psychology Practitioner, award-winning entertainer, and speaker. Known for her one-woman musical comedy *Burnt at the Steak*, she blends humor, inspiration, and psychology to empower individuals and organizations. As a fitness expert, trauma therapist, and resilience trainer, she helps clients unlock intuition and overcome obstacles. Her upcoming talk show, *BYOBaggage*, focuses on self-repair and transformation

Overview: Carolann Valentino's session blends humor, song, and motivational speaking to explore resilience and the importance of finding purpose in both personal and professional life. Through interactive performances, participants will learn how to connect more deeply with their intuition, embrace their calling, and inspire their clients and colleagues.

Learning Objectives:

- Explore strategies behind resilience and persistence.
- Differentiate between job, career, and calling.
- Enhance engagement through meaning-making and storytelling.
- Foster self-trust and empowerment through creative expression.

What If Art Can Help? Using Symbolic Perspectives to Relate to, and Heal, Human Suffering

Monday, Oct 7, 2024 | 4:45 PM - 5:45 PM



Kikan Massara is a psychotherapist, author, and researcher specializing in consciousness studies, meditation, and emotional health. She uses art, myths, and symbols to facilitate emotional healing and trauma recovery. Massara holds an MA in Psychotherapy and Counselling and is accredited in both the UK and Sweden. She authored *The Twelve Steps—Symbols, Myths and Archetypes of Recovery*.

Overview: Kikan Massara explores how symbolic perspectives, including art and mythology, can be used therapeutically to understand and heal human suffering. The presentation emphasizes reviving symbolic thinking in a rational world and highlights art's ability to unlock inner healing.

Learning Objectives:

- Understand metaphoric languages in therapy.
- Develop symbolic perception for therapeutic use.
- Apply art as a therapeutic tool.

Over one quarter of attendees coming to #GXC2024 have been recommended by their colleagues and almost 50% have previously attended and are returning!

Not yet registered? Book your spot!

REGISTER FOR #GXC2024 NOW!



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