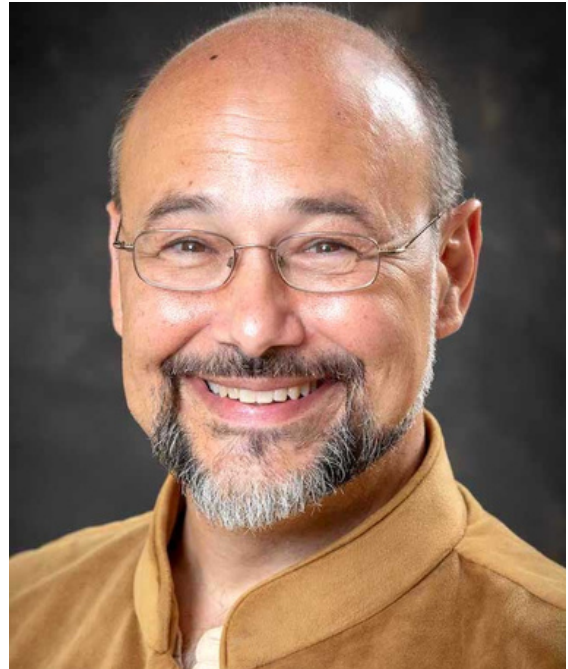


# CHRISTOPHER KAVI CARBONE

## BIOGRAPHY

Christopher Kavi Carbone, MA, RDT, C-IAYT, E-RYT, CHHC, has worked with holistic approaches to wellness, integrating mindfulness practices with multi-modal expressive & creative arts in a broad range of settings for over 35 years. He is known for bringing a gentle and positive spirit into his work with people of all ages in local communities.

Christopher currently leads programs in the Rhode Island area as an Expressive Arts Facilitator, Registered Drama Therapist, Certified Yoga Educator and Yoga Therapist, Sound Healing Artist, and professional Performing Artist. He has worked with guiding, supporting, teaching across the lifespan, from ‘newborns to ninety-somethings’, with special



attention to the joys of working with children and families, including those with developmental delays and differing abilities, through arts and wellness experiences. Through integrative and interdisciplinary approaches, Christopher seeks to elucidate ways that mindfulness, embodiment, somatic awareness, movement, storytelling, sound vibration, rhythm, music and all the arts contribute to supporting the individual and collective well-being. That extends to our planet earth, as Christopher seeks to lead with ecological awareness, and a sense of appreciation for our natural world, connecting eco-consciousness and the arts as crucial keys for our future.



*Christopher and Katherine  
Carbone\_Gaia Gathering\_Present  
Moment Arts - Newport, RI 2003*



*Christopher\_camp braveheart  
photo drumming outside with kids  
group 2015*

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With over 35+ years of study, practice and teaching in his portfolio, Christopher, along with his creative wife and collaborator Katherine Carbone, has co-founded and co-led several organizations including “Present Moment Arts Center” and “Arts-in-Celebration” based in Newport, RI. Christopher also serves as Program Coordinator and faculty member in Salve Regina University’s professional training program in the Expressive & Creative Arts, part of the Holistic Graduate Programs, in the Department of Counselor Education and

Expressive Arts, dedicated to training counselors, educators, social workers, health-care practitioners and other helping professionals in utilizing the arts and holistic practices for personal growth and well-being.

## WHAT DREW YOU TO THE FIELD OF EXPRESSIVE ARTS?

My childhood years primed me for embracing creativity, with storytelling, reading, and imagination leading the way. Early on with family and friends, I also heard and felt the hum of music flowing naturally into life as an example of creativity as part of life, accompanied by family members with their accordions, guitars, dancing, and song. Looking back upon those years, I see how as a teen, with ongoing experiences, such as playing guitar with a youth choir at church services or at other community events, all instilled in me a love for guiding people to sing, to encourage singing from the heart, and for making participatory music in community. In the 1980’s in my undergraduate years, I relished new opportunities to explore the performing arts through the revelation of theater training, and to pursue creative writing and storytelling. With that inspiration, seeing how helpful this could be for dealing with the challenges of life, I helped establish several creative arts programs in the city of Hartford, Connecticut’s public schools. These community engagement projects centered around themes of the arts and social-emotional learning and being-in-community. After graduation I followed my heart, teaching language arts and communications, integrating creative writing, theater, movement and music, while teaching and working internationally in Italy and Europe. While there, I had the profound experience of working with an international service team, helping in refugee camps during the war in the former Yugoslavia. During that project, I was both humbled and inspired to facilitate alongside other collaborators, using the expressive and creative arts to support the children and families there, to deal with and heal from the traumas of that tumultuous time. The experience of working in those international spaces brought into vivid perspective the deep potential that the expressive and...



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creative arts approaches hold for healing, with individuals and communities. Years later, all these early moments are still tangible in the ways they helped shape and guide me on the path of the Expressive Arts.

## HOW ARE YOU IMPLEMENTING MULTIMODAL EXPRESSIVE ARTS IN THE DOMAINS OF THERAPEUTIC WORK, ARTISTIC PRACTICE, CONSULTATION, EDUCATION, AND ACTIVISM?

After moving back to the US, and during my years of Graduate Studies and beyond, living, training, performing, and teaching in the vibrant times and spaces of New York City through the 1990's, I trained in, practiced, and taught performing arts and multi-modal expressive arts as vehicles for individual and community transformation. In addition, I felt called to explore other modalities of integrative wellness, that went back to my earlier roots in actor training work, featuring embodiment practice, mindfulness, and yoga / somatic work. This led me to becoming immersed in the fields of yoga and mindfulness teaching, and adaptive / therapeutic yoga. That also connected with my burgeoning interest in sound healing work, chant and song, rhythm and drumming, vibrational / energy work, and interfaith spiritual teachings. So, throughout those years in my personal practice and in my community work, I became deeply interested in ways of integrating my interests in the arts and healing, with holistic approaches to self-awareness, wellbeing, and transformation.

In 2000, I moved back to New England with my wife, Katherine. We were called to the waves, in the Ocean State of Rhode Island. Katherine and I co-founded several community-based organizations / projects dedicated to the creative and healing arts, including: "Present Moment Arts Center" and "Arts-in-Celebration", based in Newport, RI. Areas of interest continued from the New York work, including the therapeutic work with children and families, and in workshop spaces and educational arenas, deepening into sound, music and rhythm facilitation, arts advocacy, and community building. During those years, I continued adding to my trainings and additional fieldwork, including earning full credentials as an RDT (Registered Drama Therapist, focusing on Transpersonal approaches, with multi-modal applications) and C-IAYT (Certified Yoga Therapist, focusing on adaptive yoga, and mental-emotional-spiritual elements of practice.)

So, for over 35+ years now, I've been blessed to have the opportunity to learn, practice, guide and facilitate:

- Artistically: a range of modalities, including numerous Theater productions, Performance Art events, Improvisational theater groups, Interactive Storytelling performances and events, Musical groups and performances, Chant and Song leading.

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- Therapeutically: Drama Therapy, focusing especially on group work, with a multi-modal and transpersonal focus, integrating elements of sound, writing and visual art; Yoga, Mindfulness, and Yoga therapy with individuals and groups, with all ages. Sound Healing work, including Nada Yoga, the yoga of sound. Grief work and Bereavement process, supported by arts and nature. Population groups include children with developmental disabilities and children on the autism spectrum, and adults of all ages.
- Educationally: Theater-in-Education; Arts-in-Education, featuring Social Emotional Learning; Music and Rhythm facilitation at all age levels, including in early-childhood and



*Christopher and Student - Arts Process Salve\_student imagery 2012*

families; Literacy projects connected with storytelling, creative writing, and enactment; International students, including immigrants from around the world; Higher Education, including college level and graduate program level teaching of inter-disciplinary approaches to teaching and learning.

- Activism: Environmental Activism through the Arts; Street Theater; creating Community Rituals for peace and justice; participating in Vigils for Peace with music; Arts Advocacy in our Schools; supporting Inter-cultural Development, through knowledge, awareness, and skills.

## HOW DO YOU ENVISION YOUR WORK AND ARTISTIC PRACTICE MOVING FORWARD?

Since arriving in Rhode Island, I have been blessed to be part of many circles utilizing the arts, mindfulness, and other holistic practices for healing and community-building. Along with my community work in therapeutic and educational settings and projects, as mentioned above, I have also had the good fortune to become involved with the integrative work happening at Salve Regina University's Expressive & Creative Arts Graduate training program. This program grew out of Salve's Holistic Counseling program in the mid-1990's, with co-founders Barbara Ganim and Susan Fox, when the expressive arts field was beginning to open up alongside the development of other creative arts therapies, arts-in-education, and arts-in-health paradigms. Encountering the heart-centered approach to Expressive & Creative Arts at Salve, felt like another home to me, deeply familiar, after having been so involved in these arts-based practices for years, while it also gave a space to more deeply affirm and integrate my longtime interests in multi-modal and inter-



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modal elements and creative process. I appreciated the emphasis on specifically connecting visual journaling and imagery directly with elements of embodiment, movement, story, and sound, which became the connecting threads to weave everything together. It became clear that using a holistic, multi-modal, and inter-modal approach to the expressive and creative arts makes the impact of this process for individuals, groups, and communities even more powerful. I am so grateful for the dynamic energy that the multi-modal and inter-modal processes offer people, and it's deeply fulfilling to see the benefits come through, in the lives of participants who experience this work.

In recent years, I have taken on expanded responsibilities in my current role as Program Coordinator and as a faculty member in our program at Salve. In the future, I am looking to utilize my teaching and coordinating roles for an expanded vision for our program, for our students and alumni community. For example, we are exploring ways to build our network of community connections and partners, locally and beyond. We are exploring how we can help broaden the reach of the arts, knowing how meaningful this can be for our world. In addition, our Expressive & Creative Arts branch at Salve, continues to grow alongside the main trunk of our department, with the Clinical Mental Health Counseling programs, which founded one of the country's first Holistic Counseling programs (about 40 years ago) and a more recent Rehabilitation Counseling program. As part of this, we are continually looking to deepen roots and grow into further integrations with the arts and holistic practices in the therapeutic realm.

During the years of the pandemic and afterwards, some considerable life-shifts have occurred, which included needing to pull back from some of my varied community roles and projects. On a personal note, in addition to my current teaching / guiding roles, I am feeling called to be reconnecting with community and deepening my own personal practice, to help build support for self and others, as we face these challenging times in the world together, with creativity, upliftment, and care. One theme and practice that I'd like to bring to the forefront for sharing, is the potency of mindfulness and creativity as a vital act of hope, of helping to cultivate contemplation with compassionate, creative action, to support and improve people's lives and our world.

## **WHAT ARE YOUR THOUGHTS ON THE CURRENT ROLE OF EXPRESSIVE ARTS IN YOUR REGION AND INTERNATIONALLY?**

I deeply believe how the expressive arts as practice, as a way of life, and as a field, holds potential to keep blossoming with its benefits, for individuals and communities, locally and worldwide, especially as awareness of the educational and therapeutic value continues to grow. In local communities and regionally, we are seeing and sensing and hearing a growing recognition of the value of the arts as a process, as a vibrant component for personal development and healing and

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community building and social change. Rhode Island has a strong commitment to the arts, and it's clear that more seeds are ripening and are getting ready to bloom in these fields. More individuals here are aware of the potential benefits, and are seeking out opportunities – to be working and living with the arts-based approaches in ways that support and complement so many other ways of self-inquiry, interpersonal connection, and community support and change. With that, I am aware that ongoing pollination throughout the region is still ready to happen, in terms of integrating these practices into certain educational, community, wellness, and mental health settings and building connections across fields. I am committed to contributing to that shift, sharing my own practice and teaching, and continuing to encourage others to embrace the transformative power of the arts.

Internationally, it's exciting to see how expressive arts are being integrated into diverse contexts, from schools and hospitals to community centers and healing retreats. As a person who has lived and worked abroad, I have experienced the benefits of encounters with a diversity of backgrounds and cultures in supporting growth. The global community of expressive arts practitioners seems ever-vibrant and full of dynamic individuals, and it's wonderful to see that world-wide connection continuing to grow, with the rise of virtual conferences and meetups in recent years.

## HOW DOES BEING A PART OF IEATA IMPACT YOUR WORK IN EXPRESSIVE ARTS?

IEATA is a gift to our world! It's exciting to see the growth and blossoming of the organization over time. I've been appreciating the ongoing work of IEATA as a member, while being involved with a number of other professional organizations related to the arts, holistic practices, and wellbeing over the years. At this point, I see how much has already been inspired by IEATA in its organization and by its individual members in the past 30 years, and I also see the potential for continued flourishing for IEATA and its membership in the future. It's so meaningful to witness the valuable offerings of arts professionals from all over the world, each contributing their unique perspectives and insights. Through workshops and conferences and online events, I've been able to deepen my understanding of intermodal expressive arts and expand my connections as a facilitator and educator. The advocacy that IEATA provides for the value of multimodal and intermodal approaches is especially vital, and it's inspiring to know that there is a global movement dedicated to using a range of creative approaches for healing and social change. I look forward to further collaborations with others in the field, and advancing the practice of expressive arts in the world.



# PARTING THOUGHTS...

Much of my adult life has been dedicated to some form of teaching / performing / creating / guiding / facilitating / leading with Expressive and Creative Arts for over 35+ years now, and this has connected me with a variety of local, national and international organizations related to celebrating the arts, holistic practices and well-being. I hold gratitude for the amazing opportunities to learn, help and share practices with others, over this length of time. Even having been an IEATA professional member for a while, I am newer to leaning-in more directly in my involvement here, and I am looking forward to connecting more fully with the broader IEATA community and the amazing individuals here. This refers to my own personal work and process, as well as to my role in teaching / mentoring students in the Salve Regina Expressive and Creative Arts community. I look forward to continuing to build connections with the broader creative circles here in our expressive arts communities.

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## PROFESSIONAL LINKS

- [expressive.creative.arts@gmail.com](mailto:expressive.creative.arts@gmail.com)
- <https://www.linkedin.com/in/christopher-carbone-arts>
- <https://salve.edu/graduate-and-professional-studies/expressive-creative-arts>
- <https://www.facebook.com/SalveExpressiveCreativeArtsProgram>
- <https://www.arts-in-celebration.com/>

## EDUCATION, TRAINING, AND AFFILIATIONS

- Undergraduate Studies: Trinity College, Hartford, CT
- Graduate Studies: NYU, Tisch School of the Arts, NY, NY
- Expressive & Creative Arts Program: Salve Regina University, Newport, RI
- Omega Theater: Transpersonal Drama Therapy, Multi-Modal Expressive Theater Arts, Boston, MA
- Publications include:
  - Contributing author, Chapter on “Weaving our Experience: A Tapestry of Healing: Integrating Sound, Rhythm, and Story” in the book: *The heart and soul of psychotherapy: A Transpersonal Approach through Theater Arts: Drama Therapy -- Psychodrama -- Transformational Theater*. Trafford Publishing. Edited by Linden, B., & Hinsdale, K. (2013).
- Contributing author:
  - section in Chapter on, “Transpersonal Drama Therapy”, in the book: *Current Approaches in Drama Therapy*. Charles C Thomas, Publisher, Ltd. Edited by Johnson, D. R., & Emunah, R. (2021).