



Introducing the IEATA January 2023
Member Spotlight:
Kathleen Horne



Biography

Kathleen Horne, MA, LMHC(S), REACE, REAT is Co-Founder and Core Faculty at Expressive Arts Florida Institute. She is on the Board of IEATA as an Advisor, and was the Co-Chair of the IEATA REACE Committee for 8 years. Her background includes many years as clinical director of a sexual abuse treatment program, counselling at an art college, a private Expressive Arts therapy practice, and co-founding two training programs in Expressive Arts. Kathleen created the Art as a Healing Practice workshop series, which she has facilitated in-person, live online, and as a self-study. Her personal arts practice includes art journaling, stitching, knitting, and

a special affinity for mandalas, which she always returns to. Kathleen has a BA in Psychology from University of British Columbia (1971), an MA in Rehabilitation Counselling from University of South Florida (1988), an Expressive Arts Therapy Certificate from California Institute of Integral Studies (1998), and a Certificate in Eco-Psychology from The Retreat at Pacifica (2021). Originally from Vancouver, B. C., she and her husband divide their time between Sarasota, FL, and Cortes Island, B.C., Canada. She has 2 children, 2 grandchildren, 3 step-children, and 2 step-grandchildren. Kathleen is proud to be an elder, and is refining her work life to include more time for art, writing, family, and travel. She is inspired by wild places, by diverse cultural landscapes, by deep inner listening, and by witnessing the wisdom of the expressive arts ripple out through the lives of her students and colleagues.

What drew you to the field of expressive arts?

Well, this is its own long origin story, so here it is in a nutshell!

I stopped making art when I was about 9 years old, as I always compared myself to my older brother, who was highly skilled as a realistic artist. I didn't really know that there were other ways, besides his way, to make art. As I grew up, I think I saw myself as somewhat creative, but certainly not as artistic. The longing for visual art expression didn't awaken until I was in my mid-forties and going through a challenging time of transition. Suddenly, I just "had to" make art – it seemed almost essential, would wake me in the middle of the night, and I could only say "yes". In addition to making visual art, I joined an improv theatre group. Stepping with courage and vulnerability into the arts began a period of intense personal healing, coupled with significant professional change, as I heard about Expressive Arts through a small ad in a magazine, and something echoed deep inside me. I found myself in a remarkable training at California Institute of Integral Studies just a few weeks later, and I never looked back. Along the way, I reclaimed myself as an artist. The expressive arts – visual arts, guided meditation, movement, music, writing, - have been an integral part of my life since then. As a psychotherapist, I integrated the expressive arts into my practice and eventually became a Registered Expressive Arts Therapist. I wanted, though, to spread this work into ever-widening circles, leading me to pursue becoming a Registered Expressive Arts Consultant Educator, and creating our training institute with my partners. I believe this work is one pathway to personal and global change, and it is a joy to share it in all possible ways. I am deeply grateful to each of the people - teachers, partners, colleagues, students - who I have had the opportunity to walk with on this journey.



Kathleen engaged in personal mandala practice at her home studio 2021

How are you implementing multimodal expressive arts in the domains of therapeutic work, artistic practice, consultation, education, and activism?

I had a private Expressive Arts therapy practice for years, but now my primary work is as an educator (REACE) in our business and training program - Expressive Arts Florida Institute. Originally founded by Tamara Knapp, Elizabeth Bornstein, Victoria Domenichello-Anderson and myself, EAFI teaches Expressive Arts as central, with Expressive Arts Therapy and Expressive Arts Education/Consultation/Facilitation as two branches, with many applications. Tamara and I are now Co-Faculty and Partners teaching a delightfully diverse group of students who are called to this work - some on the REAT path and some as future REACE's. The vision and commitment of these amazing people inspire me. Our almost 60 graduates are each taking this work forward in unique and important ways. My own personal expressive arts practice is a necessary component of my professional work. I am also involved in a collaborative book project that I hope will be a significant contribution to the field.

I believe that this work, this practice, this outlook on life IS activism, by its very nature. It is part of the movement to cultivate a new way of being-in-the-world, a deeper, more holistic way of knowing, an emergence of a deeper wisdom that transcends divides, a trust in the human imagination to bring forth new possibilities and new solutions.

I am not saying that EXA is THE way; I am saying that it is ONE way, and one that contributes to the whole. I have no idea what the outcome will look like. I am simply and imperfectly offering what I believe in and what I know - setting my course and then surrendering to the winds of change. I am very grateful to have discovered my gift and my purpose.



*Kathleen co-teaching with Tamara Knapp. Expressive Arts Florida Certificate Training Program.
Online via Zoom. 2022*

How do you envision your work and artistic practice moving forward?

At the age of 75, I am learning to be much more discerning about what I say 'yes' and 'no' to. In our business and training program, I am gratefully taking a back seat to the leadership of Tamara Teeter Knapp, who has stepped into that role with grace, vision, and skill. I am continuing to teach, to support, and to guide, both through our business and through IEATA. I am continuing to discover, practice and articulate the relationship between expressive arts and ecopsychology. I am prioritizing my own art and my personal EXA practice, taking on some writing projects, and devoting more time to family, self-care, and travel. This work of Expressive Arts, though, is much more than a career for me. It is a wisdom practice, and way of life, and that is not something to embrace, not to retire from. Rather, I must keep asking myself, through contemplation, deep listening, and arts practice what is right for me, now?

What are your thoughts on the current role of expressive arts in your region and internationally?

I am grateful for the strong expressive arts community in the Sarasota, Florida area. There is a core and growing group of people who get together and share expressive arts practice. During COVID, we continued online, and now we are able to be together again in-person, which feels like a huge gift. And, unpredictably, the pandemic, while separating and isolating us, also significantly broke down geographical borders, allowing our work to be truly global, which has always been the IEATA vision. I am deeply grateful for the worldwide connections and collaborations that have developed over the last three years, and I am filled with hope.



Kathleen (co-teaching with Tamara Knapp) Dive In to Expressive Arts at Hollyhock Lifelong Learning Center, Cortes Island British Columbia, 2019

Students with their completed sagomas; Kathleen drumming the completion of the program.

How does being a part of IEATA impact your work in expressive arts?

From the time that I enrolled in my first summer training at CIIS, IEATA has been the container, the circle of support, for me. I had the opportunity to apply and become a REACE in the original pilot program. Serving on the IEATA Board has extended that circle of support and inspiration, as well as given me the opportunity to be involved in shaping the field. IEATA supports expressive arts education, practice, and therapy world wide, and sets and maintains professional standards and registration, bringing scholarship, professional legitimacy and standards of practice to the field itself. It has been, and is, an honor to witness this dedicated team of practitioners and students, working together in service of a common vision.

Additional thoughts...

Expressive Arts is a portal into the mystery, a path from the ordinary to the non-ordinary. It is a path of courage. When we dare to walk it, we find that we have access to our best self- the self that knows, at a deep level, what to do, how to live, what gifts we have and how to offer them. We walk into a territory that is deeper than the polarities that divide us - both from each other but even more importantly from ourselves - and when we find ourselves in that deep place we realize that it is not altogether foreign, as we often experience a sense of remembering. This is a place that has been with us all along, even though we have been disconnected from it.

In one way or another, the humans on this planet are moving towards this remembering, this re-alignment with living in harmony with Earth, this knowing ourselves as part of nature. Yes, there is denial, opposition, and destruction that tries to oppose the evolution. We are, though, in the birth canal, and the force for change cannot

and will not be denied. Through expressive arts, we are a voice for one of the threads of this great turning. I think it is vital that we own this, that we don't pretend that we are talking only about a profession. We are taking our places on the courageous pathway to changing the world.

Professional Links

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[Facebook - Kathleen Horne](#)

Educational Links

[Expressive Arts Florida Institute](#)

[Expressive Arts Florida - Facebook](#)

[EAFI Certificate Training Program](#)

[Creative Wisdom: Introductory Online Training in Expressive Arts](#)

[Art as a Healing Practice Self-Study Workshop](#)

[Introduction to Mandala: Universal Symbol of Transformation](#)

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