



CONNECTING TO YOUR AUTHENTIC SELF

11:30 AM EST
5:30 PM CAIRO, EGYPT

Materials Needed

- Liquid Paints
- Paint brushes
- Colored pencils
- Colored paper
- Colored crayons
- Markers

MEETING DETAILS

Date: October 15th, 2022

Time: 11:30 am EST

Duration: 1.5 Hours

Location: Meeting will be hosted online via Zoom

[CLICK HERE](#) to Join the Zoom Meeting

Zoom is a free video conferencing platform! Although a Zoom account isn't necessary to join the meeting, you can create one by clicking [HERE](#).

At the designated time, join in the conversation by clicking the link below or call in using the information above

Find your local number:

<https://us02web.zoom.us/j/86066980460>

Meeting ID: 860 6698 0460

Passcode: ieata

Forum Presenter:



Aisha Radwan

Expressive Arts Therapist

Aisha Radwan is an Egyptian artist and an expressive arts therapy facilitator, she works at The Clinic and MPC Psychology Center, with groups and individuals. Aisha is a Master degree researcher in MCs psychology one from the UK Liverpool University and finishing another psychology master degree with thesis topic of the effect of Expressive Arts Therapy Methods, a long case study on adults who have been traumatized as children, from Helwan University.

She holds an Art Therapy Diploma from Helwan University, and Art Therapy foundation course from by (The British Art Therapy Association) focused on psychotherapy for individual and group sessions for all needs and backgrounds. Worked as a college faculty in Jaipur, India teaching students Expressive Arts, worked as an Expressive Arts therapist in different places such as Berjeel Hospital in Abu Dhabi, CRS Catholic Relief Services a UNICEF project, Hermal Hospital, Nile Sanitarium, Dr Sandra Elsisi psychiatry clinic, and have been a part of the first wellness festival in Egypt RAABTA. She holds individual and group Expressive Arts Therapy retreats and sessions since 2017.

Expressive Arts Therapy is an intermodal revolutionary approach to healing through the use of our imagination, where it uses forms of creative expression such as visual arts, music, and dance drama,

poetry, and writing to help you explore and transform difficult emotions. The focus of expressive arts therapy is on the therapeutic effect of the creative experience, and it highlights the human capacity to transform thoughts, emotions, and experiences into tangible shapes and forms. It can involve gesture, movement, dance, clay, puppetry, creative writing, journaling, poetry, theater, performing arts, sand tray, photography sound or music and visual arts.

Forum Hosts - IEATA Regional Co-Chairs



Katrina Plato, PhD, ATR



Christine Dave, MA, REAT
