



Description

Amanda Alarja's deep-seated curiosity led her to explore collective and intergenerational trauma, and she fervently researched how Expressive Arts Therapy and holistic wellbeing practices can pave the way for a more harmonious society.

This workshop will explore how we can embody peace within ourselves. How can we stay grounded in our compassion with an open heart in the midst of chaos? This is one of many questions that we will explore through an embodied way to connect to our humanity, using the arts as a resource to root us in our wisdom. We will hold a safe space through the arts to create a sense of empowerment, experiencing Inner Peace.

Suggested Materials

- Colours
- papers
- Scissors
- Old magazines
- Glue
- And Wearing comfortable clothes for movement

Presented By:



AMANDA ALARJA

is, a devoted humanitarian, prioritizes humanity's holistic wellbeing. As a psychologist who uses expressive arts in her work, dialogue facilitator, and peace advocate, she's unwavering in her quest to create a better world.

Hailing from Palestine, Amanda's deep-seated curiosity led her to explore collective and intergenerational trauma, and she fervently researched how Expressive Arts Therapy and holistic wellbeing practices can pave the way for a more harmonious society in Palestine, contributing to conflict transformation.

Amanda's intellectual pursuits extend to existential psychology, where she explores life's profound meaning and expressive arts. She shares her expertise through group therapy, retreats, and Self Care training, benefiting psychologists, social workers, and humanitarian workers.

An alumna of Birzeit University, Palestine, Amanda holds a Bachelor's degree in Psychology and Sociology, along with a Master's in Community Psychology. She also possesses a Diploma in Expressive Arts Therapy from Women's Christian College in India.

Beyond her professional life, Amanda is married to an Indian and currently living in India and also exploring the vast culture, She is a proud mother to her three-year-old daughter, Aadya. She passionately promotes Veganism, finds solace in yoga and joy on the Tennis court. Her multifaceted journey exemplifies her unwavering commitment to making the world better, one step at a time.



AISHA RADWAN

We live in a world today in which many could experience a feeling of helplessness, loneliness,



loss, and even rootlessness, and my strong belief is that through the arts we get back to ourselves, and our own wisdom. The universe is one being and everyone is interconnected through an invisible web of stories that can be told through the Expressive Arts. My belief is that one of the main aims of art is to create connection, harmony, balance, and beauty in our lives.

I'm an educator, a psychotherapist, and an expressive arts therapist. My background education is in both art education and psychology. Teaching with Dr. Markus Scott-Alexander, a two years training in Expressive Arts Therapy. I founded the Expressive Arts Egypt organization. I'm also the International Committee Co-Chair of Expressive Arts Without Borders. The first in Africa & the Middle East to receive The Rising Star Award from IEATA, Regional Committee co-chair of IEATA, and Co-Regional coordinator for the Middle East region.

Currently working in Clinics of Behman Hospital, worked at ARCH college in India, The Knowledge Hub Universities, Coventry University, Berjeel Hospital, and UNICEF projects.

Open Forum Hosts IEATA Regional Co-Chairs



Katrina Plato, PhD, ATR



Aisha Radwan

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

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