

# Gather Your Assets & Gratitude:

Learn Two Techniques That Support Our Effort to Find and Enhance Areas of Good

**A special live online webinar presented by  
Emily Walsh, LCAT, from  
The Art Therapy Studio in Ithaca, NY**

**Join us live online on  
Friday, October 23, 2020  
10:00am-11:00am EST  
\$25/person**

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Includes 1.0 hours of CE credit for NY Social Workers, Mental Health Counselors, Creative Art Therapists, and Marriage & Family Therapists, NBCC, and Pennsylvania Social Workers, Marriage and Family Therapists and Professional Counselors (See our CE information online at [www.familyservicesociety.org](http://www.familyservicesociety.org)).

## *Gather Your Assets & Gratitude*



Learn 2 techniques that support our effort to find & enhance areas of good

In this hands-on webinar you will learn two strategies that support the resilience-building strategy of practicing gratitude.

In her TED talk “The Three Secrets of Resilient People,” Lucy Hone notes that it’s vital for us to have an ‘Intentional and deliberate effort to note the good,’ especially in difficult times. But how do we do this? In this quick webinar, you’ll learn two techniques to use with your clients that support their effort to find areas of good.

You will walk away with one mindfulness practice and one drawing strategy that support identifying assets and increasing gratitude.

You will learn how to use walking meditation to increase focus on what is working and how to guide your clients in creation of a personal Resource Map

Why is this important? It’s all too easy to slip into a mode where we’re spending most of our time focusing on problems. Our culture supports this focus on what’s wrong, scary or divisive. We need practices that support us in our efforts to consciously pay attention to what *isn’t* broken. We can’t wait for everything in the world to settle before connecting with our own vitality. We need concrete strategies that take the negative filters off of our mind, eyes and heart so that all the resources and assets that have been there all along are revealed to us. This shift in perspective increases our gratitude, decreases stress and increases our sense of wealth.

**MATERIALS NEEDED:** Paper and pencil are required. Colored pencils and/or markers are also recommended.

### **OUR PRESENTER:**

***Emily M. Walsh, Licensed Creative Art Therapist*** has been in practice for ten years. Her experience include residential care for teenagers, work in a community outpatient clinic, group work via workshops, a creativity for wellness group at Cornell, and intensive outpatient for people with eating disorders. In private practice since 2014, Emily also volunteers with a group of art therapists and artists in Ithaca to offer free open-access community art studios - check it out on Facebook, and join them at their next event- “Open Art Hive.”



Sponsored by Family Service Society, Inc.’s Professional Training Institute program in Corning, NY.

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