



EXPRESSIVE ARTS FOUNDATIONS

REACE Designation Requirements

Submission Requirements for Expressive Arts Foundations

Expressive Arts Foundations self-study program offers 40 hours of self-led education towards your [REACE designation](#) with the [International Expressive Arts Therapy Association](#). You can purchase the **Expressive Arts Foundation Program** [HERE](#). This program was created by myself, Shelley Klammer (REACE #32). You can read my professional bio [HERE](#).

This reasonably priced self-study course requires an extensive amount of personal documentation on your end that you can also use as part of your REACE application. I charge an additional document review and certification fee in addition to your course bundle fee to verify that you have completed all of the hours in the program.

To verify the hours that you complete in Expressive Arts Foundations, I ask you create one consolidated PDF document for the entire program, and document the photographs of your expressive art and writing that you create for each lesson. The requirements for time tracking are listed below.

This program focuses on exploring many forms of expressive art and writing. To document your experiential process, if you are not familiar with Word, Pages or other document formatting programs, I suggest you use Google docs. Please scan or photograph all of your artwork, and type out or photograph all your writing. Please include your observations and responses to every lesson in your submission document.

Organization and Clarity

Create your document in an organized, easy to understand format. Please document your expressive arts experiences as clearly as possible. I always welcome creative formatting but keep in mind that your documentation needs to be as clear and as professional as possible for your REACE application.



You will need to save your document as a PDF when your programs are complete and submit it to me to verify your hours. See [HERE](#) for hour verification review and certification fees. Once I verify that you have done the work, I will issue a certificate that affirms your educational hours for IEATA.

If you choose to submit part of all of your Expressive Arts Foundations documentation to IEATA, I encourage you make extra efforts on the “Symbolic Journeys” portion of the program. The association will take a close look at how you combine more than one expressive arts modalities within in a single session. Please read [Multimodal Expressive Arts Practices](#) for further ideas about how set up and document your personal practice.

It is not necessary to paste the entire daily lesson directive into each entry if it is long. Do make reference to the course name and the lesson number for each entry. Please reference the specific art or writing directive in part or in your own words for increased clarity. Please also observe and comment about your personal experience of each expressive arts process.

How to Document Each Entry

Title of course:

Lesson name and number:

Brief description of expressive arts directive:

Photograph or writing entry:

Personal observations:

Comments on the intermodal creative process:

Learning expressive arts processes will work for you if you put in the work. Whenever you deeply and wholeheartedly experience an expressive arts process or a combination of processes, you will better be able to facilitate the expressive arts for other people.

Please note: If your document is untidy, incoherent or incomplete, I will send it back to you for editing before I verify your completed hours for IEATA and you will be charged an additional hours verification fee.

Extra Supervision Support and Feedback

If you want extra support and feedback, and would like to discuss and anchor your expressive arts processes, or if you have extensive questions, I invite you to book a supervision session online (for an additional fee) with me [HERE](#) at any time.

Please note: Hours spent in one-to-one supervision are for your own professional development only. You will not be able to log individual supervision hours with me with IEATA.

Your thorough and professional documentation process can serve as demonstration of your experiential practice in the expressive arts for your [REACE designation](#). For this reason, you are welcome to spend extra time on each assignment to improve your chances of being accepted.

Demonstrating how you combine and experience different modalities in a single session entry, for example combining painting with poetry or collage with writing, will greatly enhance your application process.

Please note: you will be awarded **40 hours** regardless if spend a minimal or maximum amount of time in the program.

Requirements for Time Tracking

This program takes 15 minutes a day for 160 days. You are welcome to do several lessons a day if you would like to fast track your process.

1. [Dive Deep Webinar](#): (REACE: 1 hour) - Watch the webinar and consider how you would like devote yourself to a expressive arts themed journal for the next 30 days for 15 minutes per day.
2. [50 Expressive Art Journal Ideas](#): (REACE: 8 hours) Download PDF, read through, and choose one expressive practice from the 50 ideas in the guidebook. Create a mono-themed expressive arts journaling practice for at least 15 minutes a day for 30 days. Observe, document and comment on your process each day.

Documentation required: 30 entries of mono-themed expressive art or writing (15 minutes each.)

3. [Narrative Therapy](#): (REACE: 7.5 hours) This course provides 30 story prompts. Spend at least 15 minutes writing each story prompt. Observe, document and comment on your process each day.

Documentation required: 30 story writing entries (15 minutes each.)

4. [Expressive Poetry](#): (REACE: 2.5 hours) Spend at least 15 minutes a day for ten days creating an “image poem.” Observe, document and comment on your process each day.

Documentation required: 10 image poem entries (15 minutes each.)

5. **Intuitive Collage:** (REACE: 5 hours) Spend at least 15 minutes a day for 15 days creating a small intuitive collage. Observe, document and comment on your process each day.

Documentation required: 15 small intuitive collage entries (15 minutes each.)

6. **Symbolic Journeys:** (REACE: 12 hours) Combine **at least 2** of the directives in each session: symbolism, poetry, collage, painting or drawing. Spend at least 15 minutes a day for 45 days exploring multimodal creation. Observe, document and comment on your process each day.

Documentation required: 45 multimodal expressive arts entries (15 minutes each.)

7. **Healing Difficult Emotions:** (REACE 4 Hours) Spend 15 minutes a day for 15 days completing the expressive arts directives. Observe, document and comment on your process each day.

Documentation required: 15 expressive arts entries (15 minutes each.)

Work at Your Own Pace

If you follow all the prompts and suggestions in the order I recommend, you will complete 160 consecutive days of expressive arts practice. Each daily exercise takes on average about 15 minutes to complete.

Before submitting your finished document, please make sure that you have completed 145 expressive art and writing entries.

145 Expressive arts entries are required to complete your documentation for the Expressive Arts Foundations Program.

Final Important Note on Multi-Modal Expression

Every course in Expressive Arts Foundations offers two or more simple art and writing directives with the exception the #1-Mono-themed Journaling and #2-Narrative Therapy which offers single prompts.



If you feel like singing, playing or dancing to music while you paint, write or collage, please feel free to experiment and document, document, document! Be sure to explore, observe, document how it feels to combine writing with art, poetry with collage, etc.

It is very important in your documentation for IEATA to show that you understand how to work in an integrated multi-modal arts process within a single session.

If you have any questions, please write me at shelley@expressiveartworkshops.com

With care,

Shelley Klammer

Expressive Art Workshops