

OPTIMIZING BRAIN HEALTH THROUGH THE CREATIVE ARTS

Sunday, June 23, 2013

1-4 pm

2008 Dempster Street
Evanston, IL 60202

Registration Fee: \$40

Register online at: itachicago.org

Questions?

Christine Hazelett • 847.448.8336



We are all creative beings!

Accessing your natural creative abilities can help you become a **better leader, inspired thinker, and more efficient** in your daily tasks.

This interactive workshop will help you understand where creativity occurs in the brain and how you can use the creative arts to enhance your thinking, emotional responses, and general well-being. Experiential exercises will help get your creative process flowing!

In this workshop participants will:

- Learn where the creative process begins in the brain and how it can enhance brain functioning
- Understand how accessing your creative self can enhance the way you think, live, and feel
- Experience a guided creative process

Turn for information
about the presenters





Christine Hazelett, LCPC, ATR-BC

Christine is a Licensed Clinical Professional Counselor and Board Certified Art Therapist who specializes in child development, family systems, and social, emotional and behavioral disorders in childhood. Christine serves as the Practice Manager at the Institute for Therapy through the Arts. Christine graduated with a BFA in Fine Art/Art Education as well as a master's degree in Art Therapy from the University of Illinois at Chicago. She has been practicing art therapy for 12 years. Christine practices relational and attachment focused therapies in the treatment of individuals, families and groups. She works collaboratively with her clients to assist them in developing strong relationships, social skills, emotional and cognitive problem solving and effective communication through expressive therapies.



Jennifer Medina, Ph.D.

Dr. Jennifer Medina is a clinical neuropsychologist who specializes in cognitive assessment of adults as well as mindfulness-based and cognitive-behavioral psychotherapy (CBT). Her practice at the Chicago Center for Cognitive Wellness is focused on working with adults experiencing cognitive or mood difficulty and those who are interested in healthy brain functioning and cognitive wellness. In addition to neuropsychological assessments, Dr. Medina provides individual and group psychotherapy and leads wellness programs using an integrative style and a compassionate approach to meet the needs of each person. Dr. Medina received her Ph.D. in clinical psychology with a specialization in neuropsychology from Northwestern University's Feinberg School of Medicine. Her research has focused on understanding the relationship between mood and cognitive functioning. She currently maintains an appointment at Northwestern's Neurobehavior and Memory Clinic.

Institute for Therapy through the Arts

Founded in 1975, the Music Institute of Chicago's Institute for Therapy through the Arts (ITA) is one of the few comprehensive community-based arts therapy programs in the United States that offers all four arts modalities - Music, Drama, Art, and Dance/Movement therapies. ITA therapists work with individuals of all ages who have psychological, physical and developmental challenges, encouraging them to achieve their fullest potential through the arts.

Chicago Center for Cognitive Wellness

The Chicago Center for Cognitive Wellness (CCCW) is a full service psychology and coaching practice that helps people live their best lives. The CCCW integrates comprehensive assessment with support services to help clients move toward their goals of greater happiness, better health and improved thinking.