

High Desert Healing: A Women's Retreat and CE training in Santa Fe, NM.

October 8-12th, 2025

This retreat offers a trauma-informed, experiential exploration of creative arts therapies, with a focus on drama therapy, nature-based metaphor, and embodied, somatic group practices. Participants will deepen their understanding of role theory, and integrative methods for supporting emotional and nervous system healing and therapeutic engagement within a supportive, feminist framework. Through a combination of workshops, reflection, creative activities, and group process, clinicians will gain tools to enhance their practice while nourishing their own creative and professional resilience. CE hours include psychoeducation, experiential learning, group discussion, and post-retreat virtual processing to discuss application in clinical work. This retreat holds space for the simple but radical act of *women gathering to support each other's humanity in deeply oppressive times.

- 1. Integrate creative arts, expressive, somatic, and nature-based interventions into clinical practice to support client insight, emotional regulation, and therapist/client well-being. Explore how interventions from multiple modalities—including drama therapy, nature therapy, dance/movement, visual arts, writing, and music can enhance a cohesive clinical framework and support group and individual growth and development.**

- 2. Understand the principles of Drama Therapy's Role Theory and Method in order to assess client identity, relational dynamics, and systemic influences, and utilize embodied interventions to support role flexibility and integration. Learn to expand individual role repertoires using storytelling, expressive movement, writing, and drama-based strategies in alignment with treatment goals.**

- 3. Demonstrate and practice drama therapy techniques such as role-play, improvisation, storytelling, and thematic metaphor to support self-expression and emotional processing. Identify opportunities and limitations for using drama therapy with clients in session.**

4. **Develop awareness and practice around nature-based therapeutic interventions using metaphor, sensory discovery, and creative expression to facilitate insight, meaning-making, and healing.**
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5. **Implement culturally responsive and trauma-informed creative and somatic practices that reflect feminist relational values and acknowledge intersectional client experiences, processing the effects of oppressive systems on individual emotions and nervous systems.**
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6. **Identify and apply creative, nonverbal strategies to navigate client resistance and increase emotional engagement in session.**
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7. **Clarify the ethical use and limitations of drama therapy practices for clinicians outside the drama therapy credentialing pathway.**

20 CEs available to NY state licensed LMHCs, LMFT, LCSW, Psychologists and LCATS through a partnership with New York Creative Arts Therapists, PLLC

*While 'Women' features prominently in our title and mission, we invite all those who identify as femme, non-binary, and trans to feel included as attendees, taking the time to consider if a space explicitly using the word 'Women' feels comfortable for you. As a therapeutic, creative, and wellness-oriented project, we care *deeply* about inclusivity and representation. We identify as 'elder millennial' cis-het white women therapists, and with that, acknowledge that we have inherent limitations in the kinds of community we attract. We are proud to support an intergenerational community, and have hosted retreaters in their 20's-70's!